

St John's School - Three Week Lunch Menu



St John's School
I FATHERHEAD

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Broccoli	Pea & watercress	Celeriac	Cream of mushroom	Cream of cauliflower
With homemade bread baked fresh every morning					
Main meal <i>Did you know?</i> All our red meat is free range from local Surrey Hills farms. Whilst our poultry & eggs are all free range & English	Penne pasta Tomato & basil pasta sauce Mushroom carbonara pasta sauce Garlic bread Peas & broccoli Corn on the cob	Chicken fajitas Baked sweet potato wedges or potato wedges Corn salsa Build your own fajitas Toppings: tortilla chips, guacamole, sour cream, salsa, cheese	Homemade chicken katsu curry Pilau rice Spring rolls Stir fry vegetables	Homemade Italian style meatballs in a tomato & basil sauce Spaghetti Garlic bread Fine green beans Corn on the cob	Battered fish & chunky chips Frittata lorraine Crushed new potatoes Peas Creamed spinach Served with lemon wedge, tartare sauce, large pickles
Vegetarian	Green pesto & cherry tomato tortellini	Vegetable & black bean fajitas	Plant based katsu curry	Red pesto tortellini	Three cheese pasta bake
Jacket potato Daily hot & cold toppings	Chickpea dhal with mint yoghurt Cottage cheese & chives	Chilli con carne Sour cream & guacamole	Bolognese Cream cheese, smoked salmon & dill	Butter chicken curry Smoked mackerel, crème - fraiche & spring onions	Baked bacon, mushroom & - cheese jacket skins Prawns & marie rose
Jacket potatoes served with a daily selection of toppings including: baked beans - grated cheese - tuna mayo					
Lighter option	Spinach, red pepper & cheese frittata	Bean chilli sin carne Brown rice	Miso grilled aubergine	Huevos rancheros	Red mullet & sauce vierge
Salad	Lean green veggie salad Sliced mixed peppers	Sweet chilli dressed mixed bean salad Grated carrot	Greek salad Soya beans	Bocconcini & cherry tomato caprese salad Chickpeas	Potato salad Rainbow salad
Daily salads of tomato, cucumber & mixed leaves with dressings					
Daily desserts	Blueberry muffins Oreo cheesecake	Brownies Berry compote, yoghurt & honey granola	Fudge cookies Tiramisu	Rocky road Fruit salad	Apple & rhubarb crumble with custard Eton mess
A daily selection of flavoured yoghurts, jellies, flavoured mousses, melons, grapes & fruit salad					

St John's School - Three Week Lunch Menu



St John's School
I FATHERHEAD

Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Roasted red pepper	Pea & mint	French onion	Creamy parsnip	Carrot & coriander
With homemade bread baked fresh every morning					
Main meal <i>Did you know?</i> All our red meat is free range from local Surrey Hills farms. Whilst our poultry & eggs are all free range & English	Red Thai curry Rice Spring rolls Broccoli & peas	Beef burger BBQ pulled pork burger Fries Mixed vegetable fries Corn on the cob Build your own burger: Cheese slices, bacon, lettuce, tomato, cucumber, red onion rings, relish, spicy mayo, burger sauce, BBQ sauce, crispy onion, pickles	Turkey tikka curry Fragrant rice Samosa Garlic & coriander naan Broccoli	Toad in the hole Mashed potato Onion gravy Peas Steamed carrots	Homemade chicken goujons French fries Bolognese pasta bake Garlic bread Sweetcorn
Vegetarian	Vegetable lasagne	Plant based burger	Vegetable & chick pea curry	Plant based sausage in the hole	Roasted vegetable, red pepper pasta bake
Jacket potato Daily hot & cold toppings	Chickpea dhal with mint yoghurt Cottage cheese & chives	Chilli con carne Sour cream & guacamole	Bolognese Cream cheese, smoked salmon & dill	Butter chicken curry Smoked mackerel, crème - fraiche & spring onions	Baked bacon, mushroom & - cheese jacket skins Prawns & marie rose
Jacket potatoes served with a daily selection of toppings including: baked beans - grated cheese - tuna mayo					
Lighter option	Lentil & vegetable hotpot Crushed new potatoes	Vegetable chickpea tagine Spiced couscous	Lemon, garlic & herb roast chicken with sweet potato discs & broccoli	Chilli con carne Brown rice	Homemade fishcake Roasted sweet potato disc
Salad	Meatless Caesar salad Beetroot	Coleslaw Sliced mixed peppers	Tabbouleh Soya beans	Bocconcini & cherry tomato caprese salad Sweetcorn	Tuna niçoise Grated carrot
Daily salads of tomato, cucumber & mixed leaves with dressings					
Daily desserts	Butterscotch tart Two jelly fruit with cream and sprinkles	White chocolate blondies Oreo crumb, chocolate mousse & Chantilly	Smarties cookie Trifle	Cranberry, pumpkin seed and caramel flapjacks Strawberry & white chocolate cheesecake	Sticky toffee pudding with toffee sauce Berry compote, yoghurt & honey granola
A daily selection of flavoured yoghurts, jellies, flavoured mousses, melons, grapes & fruit salad					

St John's School - Three Week Lunch Menu



St John's School
I FATHERHEAD

Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day	Tomato & basil	Leek & potato	Cream of celeriac	Miso vegetable broth	Cream of mushroom
With homemade bread baked fresh every morning					
Main meal <i>Did you know?</i> All our red meat is free range from local Surrey Hills farms. Whilst our poultry & eggs are all free range & English	Quorn Swedish style balls Vegan sausage roll Mash potato Gravy Roasted squash & beetroot with spinach	Lamb shawarma Flatbread Tabbouleh Fries Grilled vegetables Build your own wrap Tahini dressing, chilli sauce, garlic mayo, fattoush, nut free dukkha, pickles, feta, hummus, babaganoush, tzatziki, khubz crisp	Roast pork Roast chicken Roast potatoes Carrots Peas Yorkshire pudding Gravy Apple sauce Wholegrain mustard	Rigatoni pasta Creamy tomato turkey pasta sauce Rich beef ragu Green pesto, spinach and roasted cherry tomato tortellini Garlic bread	Pepperoni pizza Wedges Spaghetti Bolognese Corn on the cob
Vegetarian	Vegetable pasty Mashed potato	Falafel Flatbread	Mushroom wellington	Rigatoni with tomato & basil pasta sauce	Veggie pizza
Jacket potato Daily hot & cold toppings	Chickpea dhal with mint yoghurt Cottage cheese & chives	Chilli con carne Sour cream & guacamole	Bolognese Cream cheese, smoked salmon & dill	Butter chicken curry Smoked mackerel, crème - fraiche & spring onions	Baked bacon, mushroom & - cheese jacket skins Prawns & marie rose
Jacket potatoes served with a daily selection of toppings including: baked beans - grated cheese - tuna mayo					
Lighter option	Shakshuka	Buffalo chicken wings Roasted sweet potato disc	Jacket potato with cream cheese, smoked salmon, dill & salad	Huevos rancheros	Seafood paella
Salad	Coronation cauliflower Sliced mixed peppers	Chicken Caesar salad Grated carrot	Quinoa salad Rainbow salad	Lentil salad Sweetcorn	Orzo pasta salad Beetroot
Daily salads of tomato, cucumber & mixed leaves with dressings					
Daily desserts	Granola bar Eton mess	Chocolate fudge brownies Fruit salad	White chocolate & cranberry cookies Lemon posset & berry compote	Raspberry & chocolate chip banana bread Trifle	Chocolate sponge & chocolate sauce Oreo crumb, chocolate mousse & chantilly
A daily selection of flavoured yoghurts, jellies, flavoured mousses, melons, grapes & fruit salad					