



**St George's**  
PREPARATORY SCHOOL

# Weekly Menu

## October

### 2nd October - 20th October

<b>Mo</b>	<p>HOMEMADE PESTO PASTA COOKED WITH SWEET BASIL, BROCOLI, SPINACH, AND LEMON JUICE WITH EXTRA VIRGIN OLIVE OIL</p> <p>SELECTION OF FRESH FRUIT</p>
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<b>Tu</b>	<p>SRI-LANKAN STYLE CHICKEN CURRY WITH CHICKPEAS, BLENDED SPICES COOKED WITH COCONUT MILK SERVED WITH BASMATI VEGETABLE RICE</p> <p>VEGETARIAN OPTION, SRI-LANKAN STYLE VEGETABLE CURRY WITH POTATO, GREEN BEANS AND CHICKPEAS, COOKED WITH COCONUT MILK AND BLENDED SPICES, SERVED WITH BASMATI RICE</p> <p>HOMEMADE CAKE OR FRESH FRUIT</p>
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*Every day, pupils can select from our fully stocked salad bar including:*  
 lettuce | tomatoes | cucumber | carrots | grated beetroot | coleslaw | ham | tuna with mayonnaise | egg mayonnaise | grated cheese | mixed pepper batons | hummus | rice/pasta/chickpea or potato salad.

*Additional rotated ingredients include:*  
 rocket | spinach | olives | chicken | gherkins | cousous | radish.

*Fresh fruit is also available daily including bananas, apples, oranges, satsumas and pears.*

<b>We</b>	<p>JERSEY BEEF BOLOGNAISE COOKED WITH CARROTS, PEPPERS, TOMATOES AND ONIONS, SERVED IN A TORTILLA WRAP WITH SOUR CREAM AND CHEESE</p> <p>VEGETARIAN OPTION, QUORN BOLOGNAISE WITH CARROTS, PEPPERS, TOMATOES AND ONIONS, SERVED IN A TORTILLA WRAP WITH SOUR CREAM AND CHEESE</p> <p>JERSEY NATURAL YOGHURT SERVED WITH HONEY, OR BERRIES AND PEACHES</p>
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<b>Th</b>	<p>VEGETABLE PACKED PASTA BAKED, TOPPED WITH GRATED MILD CHEDDAR CHEESE, CARROTS, COURGETTES, BROCOLI, PEPPERS AND LENTILS</p> <p>SELECTION OF FRESH FRUIT</p>
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<b>Treat Food Friday</b>	<p>JERSEY PORK SAUSAGES SERVED WITH NEW POTATOES, GARDEN PEAS AND SWEETCORN</p> <p>VEGETARIAN OPTION, VEGETARIAN SAUSAGES SERVED WITH NEW POTATOES, GARDEN PEAS AND SWEETCORN</p> <p>HOMEMADE CAKE OR FRESH FRUIT</p>
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