



# SPRING

## Term Menu



### WEEK 1

## LUNCH MENU

Week Beginning: 26/02/24 - 18/03/24 - 22/04/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDE</b>	Mixed Salad	Rainbow Salad	Mixed Salad	Mixed Salad	Mixed Salad   Green Peas & Sweet Corn
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S
<b>MAIN</b>	Chicken Curry and Basmati Rice served with Steamed Vegetables <small>Carrots   Tomato   Coriander   Onions   Turmeric   Ginger   Yellow Split Peas   Peppers</small>	Pasta In Tomato Sauce <small>Tomato   Parsley   Onion</small>	Pork Sausage and Mash with Steamed Mixed Vegetables <small>(Pork Sausages with Creamy Mashed Potato)</small>	Penne Beef Bolognese served with Steamed Broccoli and Cauliflower <small>Onions   Tomatoes   Carrots   Spinach   Peppers   Aubergine   Courgette</small>	Breaded Fish Fillet served with Roasted Potato Wedges
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S
<b>VEGETARIAN</b>	Vegetarian Korma <small>COCONUT MILK   DOUBLE CREAM</small>	Vegan Pasta with Tomato Sauce	Vegetarian Sausages with Mashed Potato	Pasta Napolitana <small>Tomatoes   Carrots   Onions   Basil</small>	Vegetarian Pita Pizza <small>Tomato   Cheese</small>
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S
<b>JACKET POTATO</b>	Baked Beans & Cheese	Tuna Mayo	Baked Beans & Cheese	Tuna Mayo	Coleslaw
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S
<b>SANDWICH</b>	Cheese & Tomato	Chicken Mayo Salad	Ham & Cheese	Cheese & Tomato	Tuna Mayo & Cucumber
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S
<b>DESSERT</b>	Chocolate Cake	Carrot Cake	Strawberry Jelly	Sliced Fruits <small>Orange   Watermelon   Melon</small>	Lemon & Poppy Seed Cake
	D E G H V S	D E G H V S	D E G H V S	D E G H V S	D E G H V S



**If you have any food allergies, please speak with a member of the catering team. Thank you!**

**D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE |  
H = HALAL | V = VEGETARIAN | S = SOYA**

**ALL FOOD IS NUT FREE | JPL KITCHENS ARE A NUT FREE ENVIRONMENT**



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# SPRING

## Term Menu



### WEEK 2

## LUNCH MENU

Week Beginning: 04/03/24 - 25/03/24 - 29/04/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDE</b>	Mixed Salad   Broccoli and Cauliflower D E G H V S	Mixed Salad D E G H V S	Mixed Salad   Green Peas & Sweet Corn D E G H V S	Mixed Salad   Garlic Bread D E G H V S	Mixed Salad   Green Peas & Sweet Corn D E G H V S
<b>MAIN</b>	Meatballs in Tomato Sauce with Basmati Rice Red Chillies   Carrots   Tomato Coriander   Onions   Peppers   Kidney Beans D E G H V S	Roasted Chicken with Roast Potatoes and Vegetables (with optional Gravy) D E G H V S	Beef Burger served with Roast Potatoes D E G H V S	Pasta in Tomato Sauce served with Broccoli and Cauliflower D E G H V S	Breaded Fish Fillet served with Roast Potato Wedges D E G H V S
<b>VEGETARIAN</b>	Vegan Meatballs in Tomato Sauce served with Basmati Rice Carrots   Parsley   Onions   Peppers   Sweetcorn   Potatoes   Cauliflower D E G H V S	Vegetarian Sausages and Roast Potatoes with Gravy D E G H V S	Vegetable Burger with Roast Potatoes (Optional Vegan Cheese) D E G H V S		Vegetarian Pita Pizza Tomato   Cheese D E G H V S
<b>JACKET POTATO</b>	Baked Beans & Cheese D E G H V S	Tuna Mayo D E G H V S	Baked Beans & Cheese D E G H V S	Tuna Mayo D E G H V S	Chicken Mayo D E G H V S
<b>SANDWICH</b>	Cheese & Tomato D E G H V S	Chicken Mayo D E G H V S	Ham & Cheese D E G H V S	Cheese & Tomato D E G H V S	Tuna Mayo D E G H V S
<b>DESSERT</b>	Chocolate Cake D E G H V S	Homemade Yoghurt with Fruit D E G H V S	Orange Cake D E G H V S	Sliced Fruits Orange   Watermelon   Melon D E G H V S	Carrot Cake with Cream Cheese Frosting D E G H V S



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## Term Menu



### LUNCH MENU

WEEK 3

Week Beginning: 11/03/24 - 15/04/24 - 06/05/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDE</b>	Mixed Salad D E G H V S	Salad   Steamed Vegetables D E G H V S	Rainbow Salad D E G H V S	Mixed Salad D E G H V S	Mixed Salad   Green Peas D E G H V S
<b>MAIN</b>	Chicken Korma served with Basmati Rice and Mixed Vegetables Ginger   Turmeric   Onions   Garlic   Red Pepper   Coconut Milk   Coriander D E G H V S	Penne Pasta with Tomato Sauce Carrots   Tomato   Onions   Garlic   Parsley D E G H V S	Lemon and Garlic Chicken served with Roast Potatoes and Corn on the Cob D E G H V S	Spaghetti Bolognese Served with Garlic Bread D E G H V S	Breaded Fish Fillet with Oven Baked Chips D E G H V S
<b>VEGETARIAN</b>	Sweet Potato Curry with Basmati Rice D E G H V S	Penne Pasta with Cheese Sauce D E G H V S	Vegetarian Pasty with Roast Potatoes D E G H V S	Spaghetti in Tomato Sauce served with Garlic Bread D E G H V S	Pita Pizza Tomato   Cheese D E G H V S
<b>JACKET POTATO</b>	Baked Beans & Cheese D E G H V S	Baked Beans & Cheese D E G H V S	Baked Beans & Cheese D E G H V S	Tuna Mayo D E G H V S	Baked Beans & Cheese D E G H V S
<b>SANDWICH</b>	Cheese & Tomato D E G H V S	Chicken Mayo D E G H V S	Ham & Cheese D E G H V S	Cheese & Tomato D E G H V S	Tuna Mayo D E G H V S
<b>DESSERT</b>	Chocolate Cake D E G H V S	Apple Cake with Custard D E G H V S	Strawberry Yoghurt D E G H V S	Sliced Fruits Orange   watermelon   Melon D E G H V S	Carrot Cake D E G H V S



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## PRODUCE IN SEASON INCLUDED IN YOUR MENU

FRUITS		VEGETABLES			
Apple	Berry	Pumpkin	Cabbage	Sweetcorn	Zucchini
					

## JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



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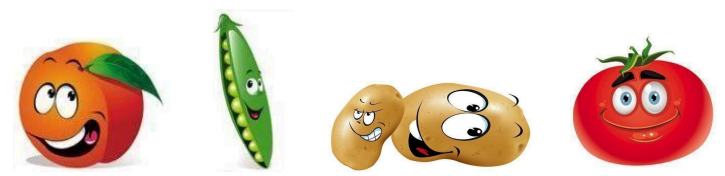
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## EAT MORE PLANTS

*Enjoy vegetables & whole grain*



## BUY FOOD THAT MEETS A CREDIBLE CERTIFIED STANDARD

*Consider MSC, free range and fair trade*

## EAT FEWER FOODS HIGH IN FAT, SALT & SUGAR

Keep foods such as cakes, sweets and chocolates, as well as cured meat, fries and crisps to an occasional treat. Choose water, avoid sugary drinks, & remember that juices only count as one of your 5-a-day, however much you drink.

## MODERATE YOUR MEAT CONSUMPTION

**BOTH RED & WHITE**

*Enjoy other sources of proteins such as peas and bean*



Moderately

## WASTE LESS FOOD

*One third of food produced for humans is lost or wasted*



## EAT A VARIETY OF FOODS

*Have a colourful plate*

Source



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