



# SPRING

## Term Menu



### WEEK 1

## LUNCH MENU

Week Beginning: 08/01/24 - 29/01/24 - 26/02/24 - 18/03/24

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDES

COLD

HOT

## MAIN

## VEGETARIAN

## DESSERT

Green Beans

D E G H V S P

Sweetcorn Salad

Red Onions | Carrots | Coriander

D E G H V S P

Broccoli Florets

D E G H V S P

Garlic Bread

FLOUR | MARGARINE | Garlic | Parsley

D E G H V S P

Minted Green Peas

Mint | Peas

D E G H V S P

Braised Red Cabbage

Red Cabbage | Cinnamon | Vinegar

D E G H V S P

Vegan Coleslaw

White Cabbage  
Red Cabbage | Carrot | Sunflower Oil

D E G H V S P

Roasted Carrots

D E G H V S P

Mixed Salad

Lettuce | Red Cabbage | Carrots

D E G H V S P

Grated Carrots

D E G H V S P

Noodles

WHEAT FLOUR

D E G H V S P

Aromatic Rice

D E G H V S P

Sautéed Potatoes

Turmeric | Paprika | Rosemary | Sunflower Oil

D E G H V S P

D E G H V S P

Baked Smoky  
Potato Wedges

D E G H V S P

Chicken & Vegetable  
Stir Fry

SOYBEAN | Bean | Ginger | Onions  
Carrots | Tomatoes | Coriander | Peppers

D E G H V S P

Vegan Chilli Non Carne

PEA PROTEIN | Onions | Tomatoes | Carrots  
Peppers | Kidney Beans  
Chili Flakes | Cumin | Paprika

D E G H V S P

Roasted Chicken with  
Garlic & Herbs

Rosemary | Thyme | Parsley | Sunflower  
Oil | Garlic | Lemon

D E G H V S P

Fusilli Tricolore with Roasted  
Mediterranean Vegetables

CHEDDAR CHEESE | MOZZARELLA  
Tomato | Spinach | Courgettes | Aubergine  
Red Onions | Garlic | Basil | Mix Peppers

D E G H V S P

Breaded Fish

(COD FISH)

D E G H V S P

Mixed Vegetables  
Stir Fry

Mushrooms | Carrots | Red Onions |  
Peppers | Courgettes

D E G H V S P

Vegetarian Wellington

FLOUR | Sweet Potato |  
Carrots | Spinach | Onions | Parsley  
Beetroot | Fennel Seeds

D E G H V S P

Gluten-Free Baked Penne  
Veggie Booster

COCONUT OIL  
Peppers | Onions | Spinach | Tomatoes  
Aubergine | Courgette | Carrots

D E G H V S P

Veggie Pasty

CREME FRAICHE | WHEAT FLOUR  
Cumin | Spinach  
Sweet Potato | Carrots

D E G H V S P

Chocolate Brownies

D E G H V S P

Vegetarian Strawberry Jelly

D E G H V S P

Cinnamon Apple Cake  
with Custard

D E G H V S P

Yogurt with Mixed Berries

D E G H V S P

5 Spice

Orange & Carrot Cake  
Cinnamon | Coriander | Clove | Ginger

D E G H V S P

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 BEAN | P = PEA PROTEIN

All food is NUT FREE | JPL kitchens are a NUT FREE environment

Please note this menu is subject to changes due to unforeseen circumstances.

ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.





LUNCH MENU		WEEK 2																											
		Week Beginning: 15/01/24 - 05/02/23 - 04/03/24 - 25/03/24																											
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY											
SIDES		Grated Raw Beets				Roasted Carrots				Sliced Wholemeal Baguette BARLEY   WHEAT FLOUR				Garlic Bread FLOUR   MARGARINE   Garlic   Parsley				Grated Cheese											
		D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
	COLD																												
	HOT	Cucumber Salad				Broccoli Florets				Cauliflower and Potato Gratin WHEAT FLOUR   MILK   CHEDDAR CHEESE   BUTTER				Mixed Salad Carrots   Tomatoes   Lettuce   Cucumber Red Cabbage				Vegan Coleslaw White Cabbage   Carrots   Sunflower Oil											
	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	
MAIN		Spiced Quinoa Rice														Baked Potato													
		D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
		Moroccan Chicken Stew Cumin   Cinnamon   Tomatoes Coriander   Garlic   Carrots   Onions Peppers   PotatoRaisins				Vegan Cottage Pie PEA PROTEIN   CHEDDAR CHEESE Green Peas   Garlic   Potato Onions   Tomatoes   Carrots				Lamb Rice Pilaf Cardamom   Tomatoes   Carrots Green Peas   Sweetcorn   Coriander   Garlic Turmeric   Onions   Peppers				Chicken Lasagne FLOUR   MILK   CHEDDAR CHEESE   Onions Garlic   Tomatoes   Basil   Parsley   Carrots				Baked Beans											
		D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
VEGETARIAN		Moroccan Chickpeas & Sweet Potato Style Stew Cumin   Cinnamon   Tomatoes   Onions Coriander   Garlic   Carrots     Peppers														Mixed Vegetable Stew Cardamom   Tomatoes   Carrots   Green Peas   Sweetcorn   Onions   Coriander Turmeric   Peppers   Grilled Aubergine				3 Cheese Vegetable Pasta Bake CHEESE   PECORINO   MOZZARELLA   WHEAT Onions   Spinach   Tomatoes Aubergine   Courgette									
		D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
		Chocolate Brownies				Apple & Pear Crumble with Custard				Yogurt with Mixed Berries				Sliced Fruits Orange   Pineapple   Melon				Sticky Toffee Date Cake											
DESSERT		D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P

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 BEAN | P = PEA PROTEIN

All food is NUT FREE | JPL kitchens are a NUT FREE environment

Please note this menu is subject to changes due to unforeseen circumstances.

ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.





## LUNCH MENU

WEEK 3

Week Beginning: 22/01/24 - 19/02/24 - 11/03/24

	MONDAY							TUESDAY							WEDNESDAY							THURSDAY							FRIDAY						
SIDES	Mixed Vegetables Carrots   Peas   Sweetcorn							Minted Peas							Green Beans							Garlic Bread FLOUR   MARGARINE   Garlic   Parsley							Minted Green Peas Mint   Peas						
	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
	COLD	HOT						Pitta Bread WHEAT FLOUR							Roasted Carrots							Sweetcorn							Mixed Salad						
MAIN	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
	Aromatic Rice							Noodles WHEAT FLOUR							Seasoned Potato Wedges																				
	Chicken Korma COCONUT MILK   YOGURT Carrots   Tomatoes Coriander   Onions   Turmeric Ginger   Yellow Split Peas   Peppers							Shepherd's Pie LAMB   Onions   Tomatoes   Carrots   Garlic   Green Peas   Parsley							Chicken Chow Mein WHEAT FLOUR   SOYA BEAN   Beansprouts Ginger   Onions   Carrots Tomatoes   Coriander   Mixed Peppers							Ratatouille Pasta Bake with Pecorino Cheese Onions   Tomatoes   Carrots   Spinach Peppers   Aubergine   Courgette							Breaded Fish (COD FISH)						
VEGETARIAN	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
	Vegetarian Korma COCONUT MILK   PLANT BASE CREAM Carrots   Tomatoes   Coriander Onions   Turmeric   Ginger Yellow Split Peas   Peppers							Vegan Shepherd's Pie PEA PROTEIN Onions   Tomatoes   Carrots   Garlic Green Peas   Parsley							Mixed Vegetables Stir Fry Mushrooms   Carrots   Red Onion   Peppers   Courgettes							Gluten-Free Baked Penne Veggie Booster COCONUT OIL Peppers   Onions   Spinach   Tomatoes Aubergine   Courgette   Carrots							Veggie Rolls With Feta Cheese FETA CHEESE   FLOUR   Cumin Spinach   Potatoes						
	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
DESSERT	Chocolate Brownies							Rice Pudding with Strawberry Jam MILK   Strawberries   Vanilla							Jam & Coconut Tray Bake							Yogurt With Mixed Berries							Carrot Cake With Cream Cheese Frosting						
	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P
	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P	D	E	G	H	V	S	P

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 BEAN | P = PEA PROTEIN






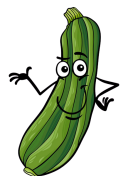
All food is NUT FREE | JPL kitchens are a NUT FREE environment

Please note this menu is subject to changes due to unforeseen circumstances.

ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.





FRUITS		VEGETABLES			
Apple	Berry	Pumpkin	Cabbage	Sweetcorn	Zucchini
					

## PRODUCE IN SEASON INCLUDED IN YOUR MENU

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



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 BEAN | P = PEA PROTEIN

All food is NUT FREE | JPL kitchens are a NUT FREE environment

Please note this menu is subject to changes due to unforeseen circumstances.

ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.







## 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



**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 BEAN | P = PEA PROTEIN**

**All food is NUT FREE | JPL kitchens are a NUT FREE environment**

**Please note this menu is subject to changes due to unforeseen circumstances.**

**ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.**

