



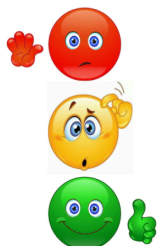
Summer



Speciality Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
Week Beginning: 15/04/2024 - 06/05/2024 - 10/06/2024 - 01/07/2024 - 22/07/2024					
SIDES	Green Beans & Grated Carrots	Sweetcorn Salad Red Onions Carrots Coriander	Roasted Carrots & Broccoli	Mixed Salad & Gluten Free Bread	Minted Green Peas Mint Peas
		Vegan Coleslaw White Cabbage Red Cabbage Carrot Sunflower Oil Potato Starch			
	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
Main	Mixed Vegetables Stir Fry with Rice Noodles (V)	Vegan Chilli Non Carne with Aromatic Rice (VG)	Vegetarian Sausages with Onion Gravy & Sautéed Potatoes (V)	Gluten-Free Baked Penne Veggie Booster (V)	Vegetable Burgers with Potato Wedges (V)
	Mushrooms Carrots Red Onions Peppers Courgettes	Onions Tomatoes Carrots Peppers Kidney Beans Chili Flakes Cumin Paprika	Potatoes Carrots Broccoli Onions Garlic Parsnips Parsley	COCONUT OIL Peppers Onions Spinach Tomatoes Aubergine Courgette Carrots	Sweet Potato Paprika Potatoes Onions Carrots Parsley Kidney Beans
	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
Dessert	Chocolate Cake (VG)	Strawberry Jelly (V)	Lemon Drizzle Cake (VG)	Vegan Yoghurt (VG)	Carrot Cake
				FABA BEAN PROTEIN Corn Sunflower	Cinnamon Coriander Clove Ginger Fennel
	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 | S = SOYA

SUITABLE FOR - VG = VEGANS | V = VEGETARIANS (Marked as a guide only)

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 ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.





Summer



Speciality Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 2

Week Beginning: 22/04/2024 - 13/05/2024 - 17/06/2024 - 08/07/2024

SIDES

Mixed vegetables

Green Beans | Sweetcorn | Carrots

Carrots & Cucumber Sticks
Sesame Seed- Free Houmous

Chickpeas | Lemon | Garlic | Smoked
Paprika | Cumin | Sunflower Oil

Vegan Coleslaw

White Cabbage
Red Cabbage | Carrot | Sunflower Oil

Mixed Salad &
Gluten Free Ciabatta

Vegan Coleslaw

Sunflower Oil | Maize Starch

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Main

Vegetable Curry (V)

Turmeric | Masala | Paprika | Carrots
Tomatoes | Coriander | Onions |
Peppers Yellow Split Peas

Moroccan Chickpeas & Sweet
Potato Style Stew with
Turmeric Rice

Turmeric | Cumin | Cinnamon | Tomato
Coriander | Garlic | Carrots | Onions
Peppers

Stuffed Baked Potato

Tomatoes | Carrots | Coriander | Garlic
Turmeric | Onions | Peppers
Grilled Aubergine

Gluten-Free Baked Penne
Veggie Booster

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

Vegetarian Sausages with
Onion Gravy &
Sautéed Potatoes (V)

Potatoes | Carrots | Broccoli | Onions
Garlic | Parsnip | Parsley

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Dessert

Chocolate Cake
(VG)

Vegan Yoghurt (VG)

FABA BEAN PROTEIN | Corn | Sunflower

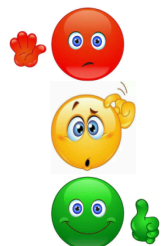
Carrot Cake (VG)

Sliced Fruits

Orange | Pineapple | Melon

Lemon Cake (VG)

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Speciality Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 3

Week Beginning: 29/04/2024 - 20/05/2024 - 24/06/2024 - 15/07/2024

SIDE

Mixed Vegetables

Carrots | Peas | Sweetcorn

Vegan Coleslaw

White Cabbage | Carrots | Sunflower Oil

Gluten-Free Tortilla Wraps

Sunflower Oil | Rice Flour

Mexican Street Corn Slaw

Red Cabbage | Carrots | Paprika |

Sweetcorn | Coriander | Chillies

Sunflower Oil

Mixed Salad &
Gluten Free Ciabatta

Cucumber Salad

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Main

Vegetarian Korma (V) (VG)

COCONUT MILK | PLANT BASED CREAM

Carrots | Tomatoes | Coriander

Onions | Turmeric | Ginger

Yellow Split Peas | Peppers

Jacket Potato served with

Baked Beans & Vegan Cheese

(VG)

Spiced Rice with Vegetarian

Fajita (V) (VG)

Carrots | Tomatoes | Coriander

| Cayenne Peppers | Onions | Peppers |

Courgettes

Gluten-Free Baked Penne

Veggie Booster

COCONUT OIL | Peppers | Onions |

Spinach | Tomatoes | Aubergine |

Courgette | Carrots

Smoked Paprika Potato

Wedges with Sweet Potato,

Beetroot and Red Pepper

Quinoa Burger

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Dessert

Chocolate Cake (VG)

Orange Jelly (V)

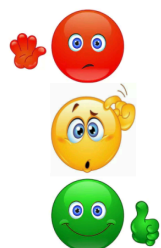
Whole Fruit

Vegan Yoghurt (VG)

FABA BEAN PROTEIN | Corn | Sunflower

Carrot Cake (VG)

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



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FRUITS

Apple

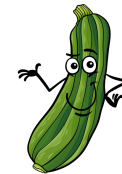
Berry

Pumpkin

Cabbage

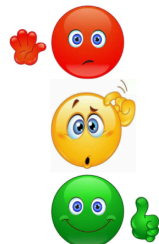
Sweetcorn

Zucchini



PRODUCE IN SEASON INCLUDED IN YOUR MENU

JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



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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

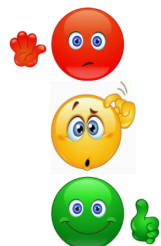
One third of food produced for humans is lost or wasted



EAT A VARIETY OF FOODS

Have a colourful plate

Source



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