



# Summer Term Menu



LUNCH MENU					WEEK 1						
Week Beginning: 15/04/2024 - 06/05/2024 - 10/06/2024 - 01/07/2024 - 22/07/2024											
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>SIDES</b>		Grated Carrots		Sweetcorn Salad <small>Red Onions   Carrots   Coriander</small>		Grated Raw Beets		Garlic Bread <small>FLOUR   MARGARINE   Garlic   Parsley</small>		Minted Green Peas <small>Mint   Peas</small>	
	<b>COLD</b>	Green Beans		Vegan Coleslaw <small>White Cabbage   Red Cabbage   Carrot   Sunflower Oil</small>		Summer Salad <small>Red cabbage   Red Onions   Carrots   Green Leaves   Cress Salad</small>		Mixed Salad <small>Lettuce   Red Cabbage   Carrots</small>		Grated Carrots	
<b>MAIN</b>		Noodles <small>WHEAT FLOUR</small>		Aromatic Rice		Sautéed Potatoes <small>Turmeric   Paprika   Rosemary   Sunflower Oil</small>				Baked Smoky Potato Wedges	
	<b>HOT</b>	Chicken Chow Mein <small>WHEAT FLOUR   SOYA BEAN   Ginger   Onions   Carrots   Tomatoes   Coriander   Mixed Peppers</small>		VEGAN Chilli Non Carne <small>PEA PROTEIN   Onions   Tomatoes   Carrots   Peppers   Kidney Beans   Chilli Flakes   Cumin   Paprika</small>		Piri-Piri Lemon and Herb Mix Chicken Drumsticks <small>Lemon   Parsley   Garlic   Chilli Flakes   Turmeric</small>		3 Cheese Vegetable Pasta Bake <small>CHEESE   PECORINO   MOZZARELLA   WHEAT   Onions   Spinach   Tomatoes   Aubergine   Courgette</small>		Breaded Fish <small>(COD FISH)</small>	
<b>VEGETARIAN</b>		Mixed Vegetables Stir Fry <small>Mushrooms   Carrots   Red Onions   Peppers   Courgettes</small>				Spinach, Red Onion and Feta Tart <small>FLOUR   EGG   MILK   Spinach   Red Onion   Cheese</small>		Baked Broccoli Pasta Bake <small>GLUTEN FREE FLOUR   PLANT BASED CREAM   VEGAN CHEESE   Onions   Garlic   Parsley</small>		Veggie Pasty <small>CREME FRAICHE   WHEAT FLOUR   Cumin   Spinach   Sweet Potato   Carrots</small>	
		Chocolate Brownies		Vegetarian Strawberry Jelly		Lemon Drizzle cake		Yoghurt with Mixed Berries		Sticky Toffee Date Cake	

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

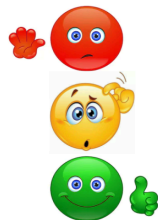
Thank you!

D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE |  
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All food is NUT FREE | JPL kitchens are a NUT FREE environment

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# Summer Term Menu



## LUNCH MENU

WEEK 2

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

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDES

COLD    HOT

Mixed vegetables  
Green Beans | Sweetcorn | Carrots

Pitta Bread  
WHEAT FLOUR

Sweetcorn

Garlic Bread  
FLOUR | MARGARINE | Garlic | Parsley

Cucumber Yoghurt Raita  
Natural Yoghurt | Cucumber |  
Mint | Red Onions

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

Iceberg Lettuce and  
Cress Salad

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  
Carrots | Tomatoes | Lettuce | Cucumber  
Red Cabbage

Summer Salad  
Red cabbage | carrots | green leaves  
cress salad

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

## MAIN

Aromatic Rice

Lemon and Mint Couscous  
Lemon | Garlic | Turmeric | Mint | Paprika

Rice and Peas

Cajun Potato Wedges  
Sunflower Oil | Cayenne Pepper | Paprika |  
Black Pepper | Garlic | Onions

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

Chicken Madras  
Turmeric | Masala | Paprika | Carrots  
Tomato | Coriander | Onions |  
Peppers | Yellow Split Peas

Moroccan Lamb Stew  
Cardamom | Tomatoes | Carrots  
Green Peas | Sweetcorn | Coriander |  
Garlic | Turmeric | Onions |  
Peppers | Potatoes

Jerk Chicken  
Tomato | Onion | All Spices | Chillies  
Paprika | Paprika | Coriander | Soy Sauce

Penne VEGAN bolognese  
PEA PROTEIN | CHEDDAR CHEESE | Onions |  
Garlic | Tomatoes | Basil | Parsley | Carrot

Chicken in Puff Pastry Rolls  
FLOUR | MILK | EGG | Carrots | Onions |  
Garlic | Parsley | Turmeric

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

Vegetable Curry  
Turmeric | Masala | Paprika | Carrots  
Tomato | Coriander | Onions | Peppers  
Yellow Split Peas

Moroccan Chickpeas &  
Sweet Potato Style Stew  
Cumin | Cinnamon | Tomatoes | Onions  
Coriander | Garlic | Carrots | Peppers

Caribbean Vegetable Pasties  
Ginger | Tomatoes | Sweet Corn | All  
Spices | Coriander | Garlic | Sweet  
Potato | Peppers

Gluten-Free Baked Penne  
Veggie Booster  
COCONUT OIL  
Peppers | Onions | Spinach | Tomatoes  
Aubergine | Courgette | Carrots

Spicy Mexican Bean Roll  
CHEDDAR CHEESE | FLOUR | Cumin  
Turtle Beans | Potatoes | Chilli | Coriander

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

Yogurt Eton Mess

Banana Cake with  
Vanilla Frosting

Sliced Fruits  
Orange | Pineapple | Melon

Lemon & Poppy Seed Cake

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

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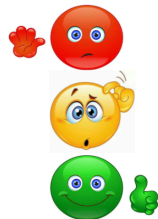
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# Summer Term Menu

WEEK 3

## LUNCH MENU

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

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDES

COLD HOT

Mixed Vegetables  
Carrots | Peas | Sweetcorn

Grated Cheese

Tortilla wraps  
WHEAT FLOUR

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

Pitta Bread

WHEAT FLOUR

Vegan Coleslaw

White Cabbage | Carrots | Sunflower Oil

Mexican Street Corn Slaw

Red Cabbage | Carrots | Paprika |  
Sweet Corn | Coriander |  
Chilies | Sunflower Oil

Mixed Salad

Grated Carrots

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

Baked Potato

Spiced Rice

Seasoned Potato Wedges

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

## MAIN

Chicken Korma

COCONUT MILK | YOGHURT  
Carrots | Tomatoes | Coriander |  
Onions | Turmeric | Ginger |  
Yellow Split Peas | Peppers

Baked Beans

Chicken Burritos

Kidney beans | Cumin | Carrots | Tomato  
Coriander | Onions | Peppers  
Sweet Corn

Ratatouille Pasta Bake with

Pecorino Cheese

CHEDDAR CHEESE  
Onions | Tomatoes | Carrots | Spinach  
Peppers | Aubergine | Courgette

Breaded Fish  
(COD FISH)

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

Vegetarian Korma

COCONUT MILK | PLANT BASED CREAM  
Carrots | Tomatoes | Coriander  
Onions | Turmeric | Ginger  
Yellow Split Peas | Peppers

Vegetarian Fajita

Carrots | Tomato | Coriander | Cayenne  
Pepper | Onions | 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

Vegetarian Orange Jelly

Jam & Coconut Tray Bake

Yoghurt 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

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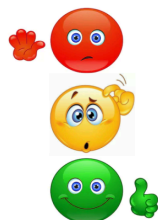
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FRUITS		VEGETABLES			
Apple	Berry	Pumpkin	Cabbage	Sweetcorn	Zucchini



**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*



## MODERATE YOUR MEAT CONSUMPTION

**BOTH RED & WHITE**

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



Moderately

## BUY FOOD THAT MEETS A CREDIBLE CERTIFIED STANDARD

*Consider MSC, free range and fair trade*

## WASTE LESS FOOD

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

## EAT A VARIETY OF FOODS

*Have a colourful plate*

## 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.



Source



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