



LUNCH MENU

WEEK 1

Week Beginning: 15/04/2024 - 13/05/2024 - 17/06/2024 - 15/07/2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDES

COLD HOT

Mixed Salad
Peas | Sweetcorn

Pitta Bread
WHEAT FLOUR

Grated Carrots

Green Peas

Mixed Salad
Tomato | Lettuce | Cucumber

D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C

MAIN

Sautéed Potatoes
Paprika | Rosemary

Cucumber & Mint Salad
Cucumber | Mint

Noodles
WHEAT FLOUR

Baked Potato Wedges

Garlic Bread
FLOUR | MARGARINE | Garlic | Parsley

D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C

Beef Sausages with
Onion Gravy
FLOUR | SOYA

Aromatic Basmati Rice
Garlic | Onions | Turmeric | Ginger

Chicken Chow Mein
SOYA BEAN | Bean | Ginger | Coriander
Carrots | Onions | Peppers | Tomato

Breaded Fish Fillet

Penne Veggie Booster
CHEDDAR CHEESE | Onions | Spinach
Tomatoes | Aubergine | Courgette |
Carrots | Peppers

D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C

VEGETARIAN

Vegetarian Sausages with
Onion Gravy
Rice | Carrot | Broccoli | Potato
Onion | Parsley

Smoky Mixed Bean
Chili Non Carne
Cumin | Paprika | Red Chillies
Carrots | Tomato | Coriander | Onions
Peppers | Kidney Beans | Turtle Beans

Mixed Vegetables Stir Fry
SOYA BEAN | Coriander | Tomato | Carrots
| Red Onions | Peppers |
Mushrooms | Ginger

Veggie Rolls with Feta Cheese
FETA CHEESE | Spinach | Potato | Basil
Turmeric | Cumin

GLUTEN FREE
Penne Veggie Booster
Onions | Tomatoes | Aubergine
| Courgette | Carrots

D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C

DESSERT

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

Whole Fruit

D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C D E G H V S P C



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

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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: 22/04/2024 - 20/05/2024 - 24/06/2024 - 22/07/2024		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SIDES	Vegan Coleslaw Cabbage Carrots	Grated Carrots		Tortilla Wraps FLOUR		Iceberg Lettuce		Sliced Wholemeal Baguette BARLEY WHEAT FLOUR			
	COLD HOT	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C		
MAIN	Rice and Peas	Herb Couscous		Sweetcorn		Garlic Baked Potato Wedges Garlic Potato Parsley		Mixed Salad Tomato Lettuce Cucumber			
	Jerk Chicken Thighs Tomato Onion All Spice Chillies Paprika Paprika Coriander Soy Sauce	Moroccan Meatballs BEEF FLOUR SOYA CELERY		Chicken Burrito Chicken Cumin Paprika Carrots Tomato Coriander Onions Kidney Beans Peppers		Cheeseburger BEEF FLOUR SOYA CELERY CHEDDAR CHEESE		Baked Broccoli Mac and Cheese FLOUR MILK CHEDDAR CHEESE PECORINO Onions Garlic Parsley			
VEGETARIAN	Caribbean Vegetable Pasties Ginger Tomatoes Sweetcorn All Spice Coriander Garlic Sweet Potato Peppers	Chickpeas Meatballs in Tomato Sauce Cumin Cinnamon Tomatoes Onions Coriander Garlic Carrots Peppers		Vegetarian Burrito Cumin Paprika Carrots Tomatoes Coriander Onions Peppers Kidney Beans		Vegetarian Burger FLOUR Sweetcorn Peas Turmeric Onion Peppers		Baked Broccoli Mac with Vegan Cheese GLUTEN FREE FLOUR PLANT BASE CREAM VEGAN CHEESE Onions Garlic Parsley			
	Whole Fruit	Whole Fruit		Whole Fruit		Whole Fruit		Whole Fruit			
DESSERT	Whole Fruit	Whole Fruit		Whole Fruit		Whole Fruit		Whole Fruit			



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LUNCH MENU WEEK 3
 Week Beginning: 29/04/2024 - 03/06/2024 - 01/07/2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDES		Grated Raw Beetroot	Minted Peas	Mixed Vegetables Carrots Peas Sweetcorn	Green Peas	Mixed Salad Carrots Lettuce Cucumber
	COLD HOT	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C
MAIN		Aromatic Rice Basmati Rice Ginger Garlic Onions Turmeric	Sautéed Potatoes Paprika Rosemary	Spiced Rice Cardamom Tomatoes Turmeric Garlic	Baked Smoky Potato Wedges	Garlic Bread FLOUR MARGARINE Garlic Parsley
		D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C
		Chicken Madras Chicken Masala Turmeric Paprika Coriander Carrots Tomatoes Onions Ginger Yellow Split Peas Peppers	Beef Sausages with Onion Gravy FLOUR SOYA	Chicken Chasseur Tomatoes Carrots Tarragon Garlic Mushrooms Onions Thyme	Breaded Fish Fillet	Penne Bolognese BEEF Onions Garlic Tomatoes Basil Carrots
		D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C
VEGETARIAN		Vegetable Curry Turmeric Paprika Carrots Courgettes Tomato Coriander Onions Ginger Peppers	Vegetarian Sausages with Onion Gravy Rice Carrot Broccoli Potatoes Onion Parsley	Vegetable Stew Cardamom Tomatoes Carrots Sweetcorn Onions Coriander Peppers Grilled Aubergine	Veggie Rolls With Feta Cheese FETA CHEESE Spinach Potato Basil Turmeric Cumin	GLUTEN FREE Penne Veggie Booster Onions Tomatoes Aubergine Courgette Carrots
		D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C
DESSERT		Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit	Whole Fruit
		D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C	D E G H V S P C



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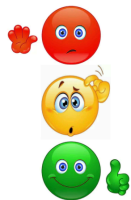
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Summer Term Menu

LUNCH MENU		WEEK 4																					
		Week Beginning: 06/05/2024 - 10/06/2024 - 08/07/2024																					
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY					
SIDES		Grated Carrots				Green Beans				Tortilla Wraps FLOUR				Pitta Bread WHEAT FLOUR				Garlic Bread FLOUR MARGARINE Garlic Parsley					
COLD		HOT		D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C			
MAIN		Aromatic Rice Basmati Rice Ginger Garlic Onions Turmeric				Noodles WHEAT FLOUR				Vegan Coleslaw Cabbage Carrots				Cucumber Mint Yoghurt Salad Natural Yoghurt Mint Cucumber				Mixed Salad Tomato Lettuce Cucumber					
		Chicken Korma COCONUT MILK DOUBLE CREAM Carrots Tomatoes Coriander Onions Turmeric Ginger Yellow Split Peas Peppers				Beef in Black Bean Sauce Beef FLOUR SOYA BEAN Ginger Tomatoes Bean Sprouts Carrots Red Onions Peppers Tomato				Chicken Fajitas with Rice Primavera Cumin Tomato Coriander Peppers Carrots Garlic				Bombay Potatoes Turmeric Masala Coriander Cumin Garlic				Beef Lasagne FLOUR MILK CHEDDAR CHEESE Onions Garlic Tomatoes Basil Parsley Carrots					
VEGETARIAN		Vegetarian Korma COCONUT MILK PLANT BASED CREAM Carrots Tomatoes Coriander Onions Turmeric Ginger Yellow Split Peas Peppers				Mixed Vegetables Stir Fry SOYA BEAN Ginger Tomato Beansprouts Carrots Red Onions Peppers Tomatoes				Vegetarian Fajitas Cumin Tomato Coriander Peppers Carrots Garlic				Courgette, Sweet Potato and Lentil Dhal Turmeric Paprika Carrots Courgettes Tomato Coriander Onions Ginger Yellow Split Peas Peppers Sweet Potato				Mediterranean Roasted Vegetables Lasagne FLOUR MILK CHEDDAR CHEESE Tomato Basil Parsley Peppers Courgettes Carrots Paprika Oregano Onions Garlic					
		D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C					
DESSERT		Whole Fruit				Whole Fruit				Whole Fruit				Whole Fruit				Whole Fruit					
		D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C				D E G H V S P C					



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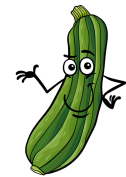
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Summer Term Menu

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



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

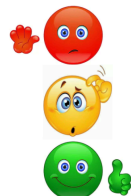
One third of food produced for humans is lost or wasted

EAT A VARIETY OF FOODS

Have a colourful plate



Source



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