



| LUNCH MENU | | WEEK 1 | | | | | | | | | |
|-------------------|------------|----------------------------------|-----------|--------------------------------------|-----------|------------------------------|-----------|---|-----------|--|-----------|
| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| SIDES | | Grated beetroot | | Garden peas | | Sweet corn | | Homemade olive bread | | Grated cheese | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| COLD | HOT | Cucumber salad | | Roasted carrots | | Mixed salad | | Tomato and basil salad | | Coleslaw | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| MAIN | | Turmeric basmati rice | | Sauteed potatoes | | | | | | Jacket potato | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| | | Chicken with pumpkin sauce | | Beef sausages with onion gravy | | Chicken chow mein | | Penne beef bolognese with parmigiano cheese | | Baked beans | |
| | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| VEGETARIAN | | Courgette and sweet potato curry | | Vegetarian sausages with onion gravy | | Vegetarian chow mein | | Penne pasta with mediterranean roasted vegetables | | | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| DESSERT | | Chocolate brownies | | Yogurt with mixed berries | | Strawberry jelly with fruits | | Sliced fruits orange, pineapple and melon | | Carrot cake with cream cheese frosting | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |



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

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



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



| LUNCH MENU | | WEEK 2 | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|-----|--------------------------|---|--|---|------------------------|---|----------------------|---|--------------------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | | | | | | | | | | | | | | |
| SIDES | | Sweet corn | | Broccoli | | Sweet corn | | Garlic bread | | Green peas | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |
| COLD | HOT | Cucumber with mint salad | | Roasted carrots | | Caribbean coleslaw | | Mixed salad | | Mixed salad | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |
| MAIN | | Aromatic basmati rice | | Rosemary roasted potatoes | | | | | | Crispy garlic baked potato wedges | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |
| | | Beef chilli con carne | | Lemon and thyme roasted chicken drumsticks | | Lamb jollof rice | | Beef lasagne | | Breaded fillet of fish | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |
| VEGETARIAN | | Bean chilli non carne | | Portobello mushroom wellington | | Vegetarian jollof rice | | Vegetable pasta bake | | Veggie pasty | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |
| DESSERT | | Chocolate cake | | Chia and strawberry yogurt | | Pineapple cake | | Fruit salad | | Apple and cinnamon cake with custard | | | | | | | | | | | | | | | | |
| | | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V | D | E | G | H | V |



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| LUNCH MENU | | WEEK 3 | | | | |
|-------------------|-----------|-------------------------------|-------------------------------|---------------------------|---|------------------------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| SIDES | | Naan bread | Roasted carrots | Corn on the cob | Sliced wholemeal bread | Sliced tomato |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| COLD | HOT | Green salad | Green peas | Coleslaw | Mixed salad | Iceberg lettuce |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| MAIN | | Turmeric basmati rice | | Carrot Rice | | Homemade Potato wedges |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| | | Chicken madras | Cottage pie (Beef) | Chicken fajita | Three cheese Vegetable pasta bake | Cheese burger (Beef) |
| | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| VEGETARIAN | | Chickpeas and courgette curry | Lentil vegetarian cottage pie | Sweet peppers fajita | Roasted vegetables penne pasta bake | Veggie burger |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |
| DESSERT | | Chocolate cake | Strawberry jelly with fruits | Lemon and poppy seed cake | Sliced fruits orange, pineapple and melon | Marble cake |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V |



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| LUNCH MENU | | WEEK 4 | | | | | | | | | |
|-------------------|----------|-----------------------|-----------|----------------------------|-----------|---------------------------|-----------|---|-----------|--------------------------------------|--|
| | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
| SIDES | | Grated carrots | | Mixed vegetables | | Corn on the cob | | Homemade olive bread | | Tomato salad | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| | COLD HOT | Green beans | | Yorkshire pudding | | Coleslaw | | Mixed salad | | Green peas | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| MAIN | | Aromatic basmati rice | | Roasted sauteed potatoes | | | | | | Homemade Potato wedges | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| | | Chicken chasseur | | Roasted beef | | Chicken biryani | | Ratatouille pasta bake with pecorino cheese | | Breaded fillet of fish | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| VEGETARIAN | | Root vegetable stew | | Vegetable wellington | | Sweet peppers frittata | | Roasted vegetables penne pasta | | Mushroom and mascarpone tart | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |
| DESSERT | | Chocolate brownies | | Apple crumble with custard | | Jam and coconut tray bake | | Sliced fruits orange, pineapple and melon | | Rice pudding with strawberry compote | |
| | | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | D E G H V | |



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