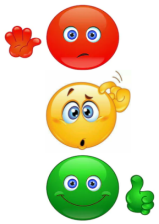




# Autumn TERM MENU

LUNCH MENU		WEEK 1									
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>SIDES</b>		Sweet corn		Garden peas		Broccoli florets		Sliced wholemeal baguette		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		
	COLD HOT	Wholemeal pita bread		Grated beetroot		Roasted carrots		Mixed 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		
<b>MAIN</b>		Aromatic basmati rice		Mashed potato						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		
		Chicken korma		Beef sausages with onion gravy		Chicken, pumpkin and leek pie		Penne beef bolognese		Baked 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		
<b>VEGETARIAN</b>		Courgette and sweet potato curry		Vegetarian sausages with onion gravy		Winter vegetables pie		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		
<b>DESSERT</b>		Chocolate brownies		Yogurt with mixed berries and chia seeds		Vegetarian 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		



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LUNCH MENU		WEEK 2									
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>SIDES</b>		Sweet corn		Broccoli florets		Sweet corn		Wholemeal homemade olive 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	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		Grated Carrots		coleslaw		Mixed salad with salad dressing		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	D E G H V	D E G H V	D E G H V	D E G H V	
<b>MAIN</b>		Aromatic basmati rice								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	D E G H V	D E G H V	D E G H V	D E G H V	
		Beef chilli con carne		Chicken chow mein		Spiced lamb pilaf		Chicken lasagne		Breaded fish fillet	
		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	
<b>VEGETARIAN</b>		Bean chilli non carne		Stir fry vegetables with rice noodles		Vegetarian jollof rice		Vegetarian 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	D E G H V	D E G H V	D E G H V	D E G H V	
<b>DESSERT</b>		Chocolate cake with chocolate sauce		Chia and strawberry yogurt		Vegetarian orange jelly with fruits		Fruit salad		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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LUNCH MENU	WEEK 3				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDES</b>	Sweet corn	Roasted carrots	Grated beetroot	Sliced whole grain bread	Cucumber sticks
	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	Green salad	Green peas	Cucumber	Mixed salad	Peas
HOT	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
<b>MAIN</b>	Turmeric brown rice	Mashed Potato	Wholemeal pita bread		
	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 bourguignon	One-Pot chicken winter stew	Mac & Cheese with Broccoli	Cottage Pie (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
<b>VEGETARIAN</b>	Chickpeas and courgette curry	Lentil and sweet potato stew	Mixed vegetables stew	Roasted vegetables penne pasta bake	Root vegetables pie
	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
<b>DESSERT</b>	Chocolate cake	Strawberry jelly with fruits	Lemon and poppy seed cake	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



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LUNCH MENU		WEEK 4									
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>SIDES</b>		Wholemeal pita bread		Roasted carrots		Sweet corn		Wholemeal homemade olive bread with sunflower seeds		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	
COLD	HOT	Cucumber salad with yogurt dressing		Minted peas		Broccoli florets		Mixed salad		Grated carrots	
		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		
<b>MAIN</b>		Aromatic basmati rice		Mashed potato						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 madras		Meatballs stew (chicken/beef)		Chicken in black bean sauce with noodles		Ratatouille pasta bake with pecorino cheese		Breaded fish fillet	
		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	
<b>VEGETARIAN</b>		Vegetable curry		Vegetarian sausages stew		Stir fry vegetables with rice noodles		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	
<b>DESSERT</b>		Chocolate zucchini cake		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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