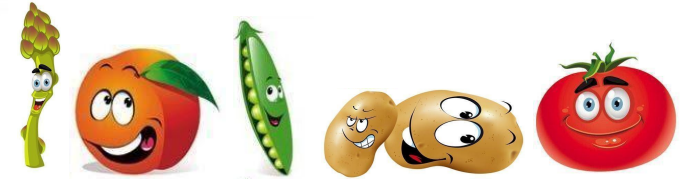


# Winter Term menu



LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDES</b>	Sweet corn	Garden peas	Tortilla wraps	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
COLD	Wholemeal pita bread	Grated beetroot	Grated carrots	Mixed salad	Coleslaw
HOT					
<b>MAIN</b>	Aromatic basmati rice	Sautéed potatoes	Sweet corn fried rice		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
	Chicken korma	Beef sausages with onion gravy	Chicken fajita	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
<b>VEGETARIAN</b>	Courgette and sweet potato curry	Vegetarian sausages with onion gravy	Vegetable burritos	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
<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



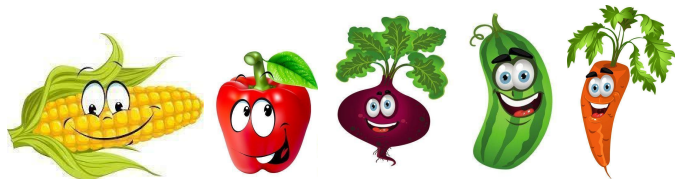
If you have any food allergies, please speak with a member of the catering team. Thank you!

D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE | H = HALAL | V = VEGETARIAN

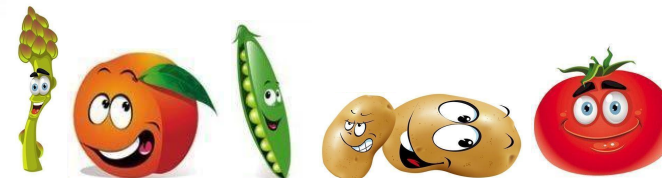
All food is NUT FREE | JPL kitchens are a NUT FREE environment

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# Winter Term menu



LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDES</b>	Sweet corn	Broccoli florets	Wholemeal pita bread	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
<b>COLD</b>	Cucumber with mint salad	Grated Carrots	coleslaw	Mixed salad with salad dressing	Grated carrots
<b>HOT</b>					
	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
	Beef chilli con carne	Chicken chow mein	Spiced lamb pilaf	Vegetable booster pasta bake	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
<b>VEGETARIAN</b>	Bean chilli non carne	Stir fry vegetables with rice noodles	Vegetarian jollof rice	Penne veggie booster	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
<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



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# Winter

## Term menu



LUNCH MENU	WEEK 3				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDES</b>	Sweet corn	Roasted carrots	Grated beetroot	Wholemeal homemade bread with sunflower seeds	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
COLD	Green salad	Green peas	Wholemeal pita bread	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>	Aromatic basmati rice	Mashed Potato	Turmeric brown rice		
	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	Ratatouille pasta bake with pecorino cheese	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



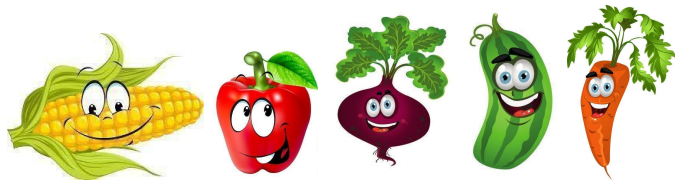
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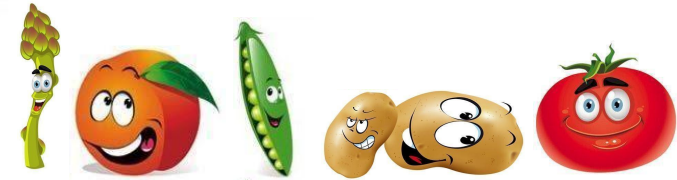
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# Winter Term menu



LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SIDES</b>	Wholemeal pita bread	Roasted carrots	Sweet corn	Wholemeal homemade rosemary 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	Cucumber salad with yogurt dressing	Minted peas	Broccoli florets	Mixed salad	Grated carrots
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	Sautéed 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
	Chicken madras	Beef sausages with onion gravy	Chicken in black bean sauce with noodles	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
<b>VEGETARIAN</b>	Vegetable curry	Vegetarian sausages stew	Stir fry vegetables with rice noodles	Roasted vegetables pasta bake	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
<b>DESSERT</b>	Chocolate zucchini cake	Vegetarian orange jelly with fruits	Jam and coconut tray bake	Sliced fruits orange, pineapple and melon	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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