

**BLACK
HISTORY
MONTH**

JPL catering



Reach Academy Menu



6th October 2023

SIDES

SALAD

South African Coleslaw

(Consists of Red Cabbage, White Cabbage, Green Onions, Ginger, Vinegar and Mayonnaise)

(This dish contains EGG)

Black Bean and Corn Salad

(Consists of Black Beans, Sweetcorn, Spring Onions, Spinach and Grated Carrots)

(This dish is EGG, GLUTEN and DAIRY FREE)

MAIN

VEGETARIAN

Veggie Pasty with Batata Harra (Spicy Potatoes)

(This dish contains GLUTEN)

MEAT

Ghanaian Chicken Pie with Batata Harra (Spicy Potatoes)

(This dish contains EGG and GLUTEN)

DESSERT

Tapioca Pearl Milk Pudding

(This dish contains DAIRY and GLUTEN)

VEGAN – Tapioca Pearl Coconut Milk Pudding

(This dish is EGG, GLUTEN and DAIRY FREE)



*Menu is subject to changes and availability

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

**BLACK
HISTORY
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Reach Academy Menu

13th October 2023



SIDES

SALAD

Kachumbari Salad

(Tomato, Red Onions and Cucumber Salad)

(This dish is EGG, GLUTEN and DAIRY FREE)

Moroccan Carrot Salad

(Grated Carrots, Red Onions, Raisins, Cumin, Lemon and Parsley)

(This dish is EGG, GLUTEN and DAIRY FREE)

MAIN

VEGETARIAN

West African Stew with rice & peas

Sweet potato, okra, spinach, carrots, potato, onion, chillies, ginger allspices, thyme, soy sauce coconut cream, kidney beans)

(This dish is EGG, GLUTEN and DAIRY FREE)

MEAT

Jerk Chicken with Rice & Peas

(Onion, chillies, ginger allspices, thyme, soy sauce, coconut cream and kidney beans)

(This dish contains SOYA)

DESSERT

Banana Bread

(This dish contains DAIRY, EGG and GLUTEN)

VEGAN - Carrot cake

(This dish is EGG, GLUTEN and DAIRY FREE)



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