



# Autumn Menu



## WEEK 1

### LUNCH MENU

Week Beginning: 01/09/25 - 22/09/25 - 13/09/25 - 17/11/25 - 08/12/25

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

### SIDE

Selection of Cold Salads

### MAIN

Turmeric & Carrot Rice

Onions | Garlic | Carrots | Ginger

Noodles

WHEAT FLOUR

Pourgouri Bulgur Wheat

RAPESEED OIL | Tomato | Paprika | Mint

Garlic Bread

WHEAT FLOUR | MARGARINE | Garlic | Parsley

Cajun Potato Wedges

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

Carrots | Tomato | Coriander  
Onions | Turmeric | Ginger |  
Yellow Split Peas | Peppers

Beef in Black Bean Sauce

SOYA BEAN  
Beansprouts | Ginger | Coriander  
Carrots | Onions | Peppers | Tomatoes

Chicken Fajitas

Cumin | Carrots | Tomato  
Coriander | Onions | Peppers | Sweetcorn

Vegan Penne Bolognese

Onions | Garlic | Tomato  
Basil | Parsley | Carrots  
BROWN LENTILS

Beef Pepperoni Pizza

CHEDDAR CHEESE | WHEAT FLOUR | Tomato  
| Basil | 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

### VEGETARIAN

Courgette &  
Sweet Potato Curry

Carrots | Courgettes | Tomato | Coriander |  
Onions | Turmeric | Ginger | Yellow  
Split | Peas | Peppers | Sweet Potato

Vermicelli Noodles Stir-Fry  
with Vegetables Spring Rolls

SOYA BEAN | Mushrooms | Carrots | Red  
Onion | Peppers | Courgettes

Mixed Vegetable Fajitas

Carrots | Tomatoes | Coriander | Cayenne  
Pepper | Onions | Peppers | Courgettes

Gluten-Free Penne Pasta with  
Mediterranean  
Roasted Vegetables

Tomatoes | Aubergine | Peppers | Basil  
Parsley | Courgettes

Pizza Margherita

CHEDDAR CHEESE | WHEAT FLOUR  
Tomato | Basil | Onion | 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

Chocolate Brownies

Lemon Drizzle Cake

Yoghurt with Berries

MILK | Strawberries | Blueberries

Sliced Fruits

Melon | Pineapple

Marble Cake

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!

D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE | H = HALAL |  
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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.



# Autumn Menu



## LUNCH MENU

Week Beginning: 08/09/25 - 29/09/25 - 03/11/25 - 24/11/25 - 15/12/25

### WEEK 2

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

### SIDE

Selection Of Cold Salads

Aromatic Rice

Onions | Garlic | Ginger

Noodles

WHEAT FLOUR

Pitta

WHEAT FLOUR

Garlic Bread

WHEAT FLOUR | MARGARINE | Garlic | Parsley

Smoky Baked Potato Wedges

Smoked Paprika | Parsley | Turmeric

### MAIN

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 Chilli Con Carne

Red Chillies | Carrots | Tomatoes |  
Coriander | Onions | Peppers | Kidney  
Beans

Chicken Chow Mein

SOYA BEAN | Beansprouts | Ginger | Coriander  
| Carrots | Onions | Peppers | Tomato

One-Pot Spiced Lamb Biryani

Cardamom | Cinnamon | Tomato  
Coriander | Garlic | Turmeric | Onions  
Peppers | Masala | Bay Leaves

Macaroni Bake with  
Cheese & Tomato

MILK | DOUBLE CREAM | CHEDDAR | CHEESE |  
PICORINO | Tomato Paste | Basil

Breaded Fish

| COD FISH |

WHEAT FLOUR

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

Bean Chilli Non Carne

Red Chillies | Carrots | Tomato |  
Coriander | Onions | Peppers | Five Bean

Mixed Vegetables Stir Fry

SOYA BEAN | Courgettes | Beansprouts |  
Carrots | Red Onions | Peppers

Curried Spring Veggie Pilaf

Cardamom | Tomato | Carrots | Green  
Peas | Sweetcorn | Coriander | Garlic  
Turmeric | Onions | Peppers | Grilled  
Aubergine

Gluten-Free Penne  
Veggie Booster

Onions | Spinach | Tomato | Aubergine |  
Courgette | Carrots | Peppers | Beets | Leeks

Veggie Rolls with  
Feta Cheese

FETA CHEESE | WHEAT FLOUR | Cumin  
Spinach | Potato

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

Chocolate Cake with  
Chocolate Frosting

Vegetarian Strawberry Jelly

Sliced Fruits  
Melon | Pineapple

JPL Tiramisu

Lemon Drizzle Cake

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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# Autumn Menu



## LUNCH MENU

Week Beginning: 15/09/25 - 06/10/25 - 10/11/25 - 01/12/25

## WEEK 3

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDE

Selection Of Cold Salads

Pitta

WHEAT FLOUR

Sautéed Potatoes

Mexican Rice

Ginger | Garlic | Onions  
Tomato | Cumin | Jalapños | Coriander

Garlic Bread

WHEAT FLOUR | MARGARINE | Garlic |  
Parsley

Smoked Paprika  
Potato Wedges

## MAIN

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

Jollof Rice with Chicken

Tomato | Onion | Garlic | Chillies  
Coriander | Ginger | Paprika

Beef Sausages with  
Onion Gravy  
SOYA BEAN | WHEAT FLOUR

Chicken Burritos  
Kidney beans | Cumin | Carrots | Tomato  
coriander | Onions | Peppers  
Sweetcorn

Beef Lasagne  
WHEAT FLOUR | MILK | CHEDDAR CHEESE |  
Onions | Garlic | Tomatoes  
Basil | Parsley | Carrots

Cheeseburger with  
Tomato & Lettuce

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

Caribbean Vegetable Pasties

Ginger | Tomato | Sweetcorn  
All Spices | Coriander | Garlic  
Sweet Potato

Vegetarian Sausages with  
Onion Gravy  
WHEAT FLOUR

Vegetarian Fajita  
Carrots | Tomato | Coriander | Cayenne  
Pepper | Onions | Peppers | Courgettes

Ratatouille Pasta with  
Pecorino Cheese  
MILK | WHEAT FLOUR | CHEDDAR | Paprika  
Cornflour | Onions | Tomato |  
Carrots | Spinach | Peppers |  
Aubergine | Courgette

Vegetarian Cheeseburger with  
Tomato & Lettuce

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

Banana Bread

Vegetarian Orange Jelly

Chocolate Cake

Sliced Fruits

Lemon Blackberry Cake

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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## PRODUCE IN SEASON INCLUDED IN YOUR MENU

FRUITS		VEGETABLES			
Apple	Berry	Tomato	Aubergine	Sweetcorn	Courgette
					

## JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



**EAT MORE PLANTS**

**BUY FOOD THAT MEETS**

**EAT FEWER FOODS**

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## MODERATE YOUR MEAT CONSUMPTION

**BOTH RED & WHITE**

*Enjoy other sources of proteins such as peas and bean*



## Autumn Menu



## A CREDIBLE CERTIFIED STANDARD

*Consider MSC, free range and fair trade*



## 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.

## 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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