



Winter Menu



WEEK 1

LUNCH MENU

Week Beginning: 05/01/26 - 26/01/26 - 23/02/26 - 16/03/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Selection of Cold Salads				
MAIN	Turmeric & Carrot Rice Onions Garlic Carrots Ginger	Noodles WHEAT FLOUR	Pourgouri Bulgur Wheat RAPSEED 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
	Carrots Tomato Coriander Onions Turmeric Ginger Yellow Split Peas Peppers	SOYA BEAN Beansprouts Ginger Coriander Carrots Onions Peppers Tomatoes	Cumin Carrots Tomato Coriander Onions Peppers Sweetcorn	Onions Garlic Tomato Basil Parsley Carrots BROWN LENTILS	Pepperoni Pizza BEEF CHEDDAR CHEESE WHEAT FLOUR Tomato Basil Onions Garlic
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

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JPL
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Winter Menu



LUNCH MENU

Week Beginning: 12/01/26 - 02/02/26 - 02/03/26 - 23/03/26

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDE

Selection Of Cold Salads

Aromatic Rice

Onions | Garlic | Ginger

Noodles

WHEAT FLOUR

Pitta

WHEAT FLOUR

Homemade

Olive & Rosemary Bread
FLOUR | YEAST | Rosemary | Olives

Smoky Baked Potato Wedges

Smoked Paprika | Parsley | Turmeric

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

Spiced Lamb Biryani

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

3 Cheese-Vegie Pasta Bake

CHEESE | PECORINO | MOZZARELLA | WHEAT
Onions | Carrots | Tomatoes |
Aubergine | Courgette

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

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

Apple crumble with Custard

Sliced Fruits Orange | Pineapple

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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LUNCH MENU

WEEK 3

Week Beginning: 19/01/26 - 09/02/26 - 09/03/26

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDE

Selection Of Cold Salads

Pitta

WHEAT FLOUR

Mashed Potatoes

Milk | Rosemary | Potato

Rice & Peas

Thyme | Garlic | Onions | Kidney Beans

Homemade

Tomato & Rosemary Bread

FLOUR | YEAST | Rosemary | Tomato

Smoked Paprika
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

MAIN

Jollof Rice with Chicken

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

Beef Sausages with

Onion Gravy
SOYA BEAN | WHEAT FLOUR

Jerk Chicken

Tomato | Onion | All Spices | Chillies
Paprika | Paprika | Coriander | Soy Sauce

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

Jamaican Cauliflower Curry

SUNFLOWER OIL | CHICKPEAS |
COCONUTMILK | Potato | Carrots |
Peppers | Onions | Paprika
| Cauliflower | Jamaican Spices

Vegetarian Sausages with
Onion Gravy
WHEAT FLOUR

Caribbean Vegetable Pasties
Ginger | Tomatoes | Sweetcorn | All Spices
Coriander | Garlic | Sweet Potato |
Peppers

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
Melon | Pineapple

Carrot 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

Apple

Berry



Tomato



VEGETABLES

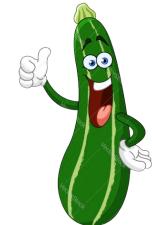
Aubergine



Sweetcorn



Courgette



JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



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EAT MORE PLANTS

Enjoy vegetables & whole grain



BUY FOOD THAT MEETS A CREDIBLE CERTIFIED STANDARD

Consider MSC, free range and fair trade



Winter Menu



EAT FEWER FOODS 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.



MODERATE YOUR MEAT CONSUMPTION

BOTH RED & WHITE

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



Moderately

WASTE LESS FOOD

*One third of food produced
for humans is lost or wasted*



EAT A VARIETY OF FOODS

Have a colourful plate



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