



LUNCH MENU

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

WEEK 1

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

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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

Pepperoni Pizza

BEEF | 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

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environment



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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

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

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

3 Cheese-Veggie 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

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

Apple crumble with Custard

Sliced Fruits
Orange | Pineapple

Lemon Drizzle Cake

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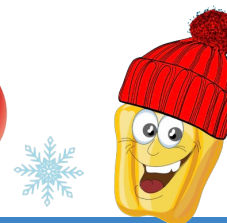
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LUNCH MENU

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

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

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

DESSERT

Banana Bread

Vegetarian Orange Jelly

Chocolate Cake

Sliced Fruits
Melon | Pineapple

Carrot Cake

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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!



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EAT MORE PLANTS

Enjoy vegetables & whole grain



MODERATE YOUR MEAT CONSUMPTION

BOTH RED & WHITE

Enjoy other sources of proteins such as peas and bean



Moderately



BUY FOOD THAT MEETS A CREDIBLE CERTIFIED STANDARD

Consider MSC, free range and fair trade



WASTE LESS FOOD

One third of food produced for humans is lost or wasted

EAT A VARIETY OF FOODS

Have a colourful plate



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.



Source



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