

Summer Menu



WEEK 1

LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDES

COLD HOT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDES	Grated Carrots D E G H V S P	Sweetcorn Salad Red Onions Carrots Coriander D E G H V S P	Pitta Bread WHEAT FLOUR D E G H V S P	Homemade Olive & Rosemary Bread WHEAT FLOUR YEAST Rosemary Olives D E G H V S P	Minted GreenPeas Mint Peas D E G H V S P
COLD	Green Salad D E G H V S P	Vegan Coleslaw White Cabbage Red Cabbage Carrot Sunflower Oil D E G H V S P	Greek Salad Green Leaves Cucumber Tomatoes Olives Red Onions Cucumber D E G H V S P	Mixed Salad Lettuce Red Cabbage Carrots D E G H V S P	Grated Carrots D E G H V S P
HOT	Noodles WHEAT FLOUR D E G H V S P	Aromatic Rice D E G H V S P	Lemon & Thyme Potatoes D E G H V S P	Penne VEGAN Bolognese QUORN CHEDDAR CHEESE Onions Garlic Tomatoes Basil Parsley Carrots D E G H V S P	Baked Smoky Potato Wedges D E G H V S P
MAIN	Chicken Chow Mein WHEAT FLOUR SOYA BEAN Ginger Onions Carrots Tomatoes Coriander Mixed Peppers D E G H V S P	Beef Chilli Con Carne BEEF Onions Tomatoes Carrots Peppers Kidney Beans Chilli Flakes Cumin Paprika D E G H V S P	Greek-Style Chicken Gyros Lemon Coriander Cumin Paprika Cayenne Pepper Oregano D E G H V S P	Oven Baked Breaded Fish COD FISH D E G H V S P	
VEGETARIAN	Stir-Fried Vermicelli Noodles with Vegetable Spring Rolls SOYA BEAN Mushrooms Carrots Red Onion Peppers Courgettes D E G H V S P	VEGAN Chilli Non Carne PEA PROTEIN SOYA Onions Tomatoes Carrots Peppers Kidney Beans Chilli Flakes Cumin Paprika D E G H V S P	Homemade Plant Based Kofta with Lemon Sauce Cinnamon Paprika Coriander Chilli Powder Cumin Lemon Sweet Potato Carrots D E G H V S P	Gluten-Free Baked Penne Veggie Booster Peppers Onions Spinach Tomatoes Aubergine Courgette Carrots D E G H V S P	Sweet Potato, Spinach & Feta Tart EGGS FETA CHEESE WHEAT FLOUR Spinach Sweet Potato D E G H V S P
DESSERT	Homemade Chocolate Brownies D E G H V S P	Apple & Cinnamon Cake D E G H V S P	Fruit Jelly Pots D E G H V S P	Sliced Fruits Pineapple Orange D E G H V S P	Beetroot Chocolate Cake with Vanilla Frosting D E G H V S P

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

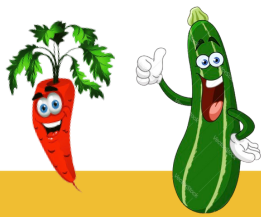


D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE |
H = HALAL | V = VEGETARIAN | S = SOYA BEAN | P = PEA PROTEIN

All food is NUT FREE | JPL kitchens are a NUT FREE environment
Please note this menu is subject to changes due to unforeseen circumstances.

ANY OTHER ALLERGENS NOT LISTED ABOVE IN YELLOW ARE STATED IN CAPITALS WITHIN THE INGREDIENTS, ACCORDING TO THE DISH.





Summer Menu



WEEK 2

LUNCH MENU		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDES		Mixed Vegetable Sweetcorn Carrots	Pitta Bread WHEAT FLOUR	Sweetcorn	Garlic Bread WHEAT FLOUR MARGARINE Garlic Parsley	Cucumber & Yoghurt Raita NATURAL YOGHURT Cucumber Mint Red Onions
	COLD	Green Salad Iceberg Lettuce Spinach Rocket	Carrot & Cucumber Sticks with Sesame-Free Hummus Chickpeas Lemon Garlic Smoked Paprika Cumin Sunflower Oil	Caribbean Coleslaw White Cabbage Mango Red Onions Red Cabbage Carrot Sunflower Oil	Mixed Salad Carrots Tomatoes Lettuce Cucumber Red Cabbage	Summer Salad Red Cabbage Carrots Green Leaves Cress Salad
MAIN		Aromatic Rice	Lemon & Mint Couscous Lemon Garlic Turmeric Mint Paprika	Rice & Peas		Cajun Potato Wedges Sunflower Oil Cayenne Pepper Paprika Black Pepper Garlic Onions
	HOT	Chicken Madras Turmeric Masala Paprika Carrots Tomato Coriander Onions Peppers Yellow Split Peas	Moroccan Ground Lamb Stew CHICKPEAS Tomatoes Carrots Coriander Garlic Turmeric Onions Peppers Potatoes	Jerk Chicken SOY SAUCE Tomato Onion Allspice Chillies Paprika Coriander	3 Cheese Vegetable Pasta Bake CHEESE PECORINO MOZZARELLA WHEAT Onions Spinach Tomatoes Aubergine Courgette	Chicken in Puff Pastry Rolls WHEAT FLOUR MILK EGG Carrots Onions Garlic Parsley Turmeric
VEGETARIAN		Vegetarian Curry Turmeric Masala Paprika Carrots Tomato Coriander Onions Peppers Yellow Split Peas	Moroccan Chickpeas & Sweet Potato Style Stew CHICKPEAS Cumin Cinnamon Tomatoes Onions Coriander Garlic Carrots Peppers	Caribbean Vegetable Pasties Ginger Tomatoes Sweetcorn Allspice Coriander Garlic Sweet Potato Peppers	Gluten-Free Baked Vegetable Pasta Bake COCONUT OIL Peppers Onions Spinach Tomatoes Aubergine Courgette Carrots	Spicy Mexican Bean Roll CHEDDAR CHEESE WHEAT FLOUR Cumin Black Beans Potatoes Chilli Coriander
DESSERT		Homemade Chocolate Zucchini Cake	Yogurt Parfait Pots	Banana Bread	Fruit Jelly Pots	Homemade Lemon & Poppy Seed Cake

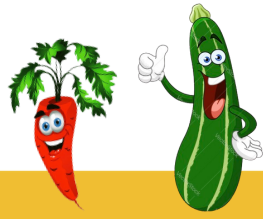
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Summer Menu



LUNCH MENU

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDES

COLD HOT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDES	Mixed Vegetables Carrots Peas Sweetcorn	Grated Cheese	Tortilla Wraps WHEAT FLOUR	Homemade Olive & Tomato Bread WHEAT FLOUR YEAST Olives Tomato	Minted Green Peas Mint Peas
MAIN	Primavera Rice Turmeric Ginger Garlic Carrots Sweetcorn Peppers	Baked Beans	Spiced Rice	Mixed Salad Carrots Tomatoes Lettuce Cucumber	Seasoned Potato Wedges
VEGETARIAN	Chicken Korma COCONUT MILK YOGHURT Carrots Tomatoes Coriander Onions Turmeric Ginger Yellow Split Peas Peppers	Baked Potato	Chicken Burritos Kidney Beans Cumin Carrots Tomato Coriander Onions Peppers Sweetcorn	Tomato Macaroni & Cheese Bake MILK DOUBLE CREAM CHEDDAR CHEESE PECORINO Tomato Paste Basil	Oven Baked Breaded Fish (COD FISH)
DESSERT	Vegetarian Korma COCONUT MILK PLANTBASED CREAM Carrots Tomatoes Coriander Onions Turmeric Ginger Yellow Split Peas Peppers	Vegetarian Fajita Carrots Tomatoes Coriander Cayenne Pepper Onions Peppers Courgettes	Gluten-Free Baked Penne Veggie Booster Onions Spinach Tomatoes Peppers Aubergine Courgette Carrots	Veggie Rolls with Feta Cheese FETA CHEESE WHEAT FLOUR Cumin Spinach Potatoes	Chocolate Brownies
	Fruit Jelly Pots	Fruit Crumble with Custard	Sliced Fruits Melon Orange	5-Spice Carrot Cake Cinnamon Coriander Clove Ginger	

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Spring Menu



JPL Catering fully complies with the new Early Years Food Standards introduced by the Government from September 2025.

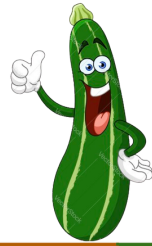
To make our menus easy to read and understand, we have added simple graphic icons to help guide you.

Below is a legend explaining what each icon means:

One of 5 portion of vegetables	One of 5 portion of fruit	Lean Meat Protein	Fish, rich in fish Oil & Omega 3	Grain, rich in fiber	Dairy

Share your thoughts by scanning the QR code. Together, we can build positive eating habits that last.





Spring Menu



FRUITS

VEGETABLES

Apple

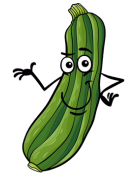
Orange

Peppers

Cabbage

Sweetcorn

Zucchini



PRODUCE IN SEASON INCLUDED IN YOUR MENU

JPLSUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!

