



WEEK 1

LUNCH MENU

Week Beginning: 01/09/25 - 22/09/25 - 13/10/25 - 17/11/25 - 08/12/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Mixed Vegetables D E G H V S	Mixed Salad Garlic Bread D E G H V S	Mixed Salad D E G H V S	Mixed Salad D E G H V S	Mixed Salad Green Peas D E G H V S
MAIN	Chicken Chasseur With Basmati Rice Carrots Tomatoes Tarragon Onions Peppers Mushrooms D E G H V S	Tomato Fusilli Pasta Tomatoes Parsley Onions D E G H V S	Pork Sausage With Mashed Potato & Garden Peas D E G H V S	Spaghetti Beef Bolognese With Steamed Broccoli Onions Tomatoes Carrots Spinach Peppers Aubergine Courgette D E G H V S	Breaded Fish Fillet With Oven Chips D E G H V S
VEGETARIAN	Vegetarian Chasseur Carrots Courgette Tomatoes Tarragon Onions Paprika Peppers Mushrooms D E G H V S	Vegan Pasta With Tomato Sauce D E G H V S	Vegetarian Sausages With Mashed Potato D E G H V S	Spaghetti Napoli Tomatoes Carrots Onions Basil D E G H V S	Pizza Margherita Tomatoes Cheese D E G H V S
JACKET POTATO	Baked Beans & Cheese D E G H V S	Coleslaw D E G H V S	Tuna & Mayo D E G H V S	Baked Beans & Cheese D E G H V S	Tuna & Mayo D E G H V S
SANDWICH	Cheese & Tomato D E G H V S	Tuna & Mayo D E G H V S	Ham & Cheese D E G H V S	Cheese & Tomato D E G H V S	Tuna, Mayo & Cucumber D E G H V S
DESSERT	Chocolate Cake D E G H V S	Carrot Cake With Frosting D E G H V S	Strawberry Jelly D E G H V S	Sliced Fruits Orange Watermelon Melon D E G H V S	Coconut & Jam Cake D E G H V S

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

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 - Winter Menu

WEEK 2

Week Beginning: 08/09/25 - 29/09/25 - 02/11/25 - 24/11/25/15/12/25

LUNCH MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Mixed Salad Steamed Carrots	Yorkshire Pudding	Mixed Salad Sweetcorn	Mixed Salad Garlic Bread	Mixed Salad Green Peas
MAIN	Meatballs In Tomato Sauce With Basmati Rice Garlic Carrots Tomatoes Parsley Onions Peppers	Roasted Chicken With Mashed Potatoes & Gravy (Optional)	Beef Burger With Oven Chips	Pasta in Tomato Sauce With Broccoli	Breaded Fish Fillet With Roasted Potato Wedges
VEGETARIAN	Vegan Meatballs in Tomato Sauce With Basmati Rice Carrots Parsley Onions Garlic Peppers Parsley	Vegetarian Sausages With Mashed Potatoes & Gravy (Optional)	Vegetable Burger With Oven Chips (Vegan Cheese-Optional)		Pizza Margherita Tomatoes Cheese
JACKET POTATO	Baked Beans & Cheese	Tuna & Mayo	Baked Beans & Cheese	Tuna & Mayo	Coleslaw, Beans & Cheese
SANDWICH	Cheese & Tomato	Tuna & Mayo	Ham & Cheese	Cheese & Tomato	Tuna & Mayo
DESSERT	Chocolate Cake with Frosting	Homemade Vanilla Yoghurt	Orange Cake	Sliced Fruits Orange Watermelon Melon	Carrot Cake with Frosting

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WEEK 3																							
Week Beginning: 15/09/25 - 06/10/25 - 10/11/25 - 01/12/25																							
MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAY																							
SIDE	Sweetcorn					Salad Mixed Vegetables					Steamed Carrots			Mixed Salad			Mixed Salad Green Peas						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V
MAIN	Chicken Fillet Burger With Potato Wedges					Penne Pasta With Tomato Sauce Carrots Tomato Onions Garlic Parsley					Lemon & Garlic Chicken With Roast Potatoes			Fusilli Pasta Bolognese With Garlic Bread			Breaded Fish Fillet With Oven Chips						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V
VEGETARIAN	Vegetable Burger With Potato Wedges					Penne Pasta With Cheese Sauce					Aubergine Parmigiana With Roast Potatoes			Fusilli Pasta in Tomato Sauce With Garlic Bread			Pizza Margherita Tomatoes Cheese						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V
JACKET POTATO	Baked Beans & Cheese					Baked Beans & Cheese					Baked Beans & Cheese			Tuna & Mayo			Baked Beans & Cheese						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V
SANDWICH	Cheese & Tomato					Tuna & Mayo					Ham & Cheese			Cheese & Tomato			Tuna & Mayo						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V
DESSERT	Chocolate Brownie					Flapjack					Plain Yoghurt			Sliced Fruits Orange Watermelon Melon			Yoghurt Eton Mess						
	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V	S	D	E	G	H	V



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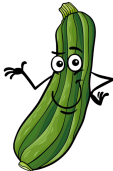
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PRODUCE IN SEASON INCLUDED IN YOUR MENU

FRUITS		VEGETABLES			
Apple	Orange	Tomato	Cabbage	Sweetcorn	Zucchini
					

JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



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Autumn - Winter Menu

EAT MORE PLANTS

Enjoy vegetables & whole grain



BUY FOOD THAT MEETS A CREDIBLE CERTIFIED STANDARD

Consider MSC, free range and fair trade

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

Source



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