JPL CATERING

Freshly made every day with care

AUTUMN MENU

Good food fuels great learning

Balanced • Nutritious • Chef Prepared • School Approved

WEEK 1

WEEK BEGINNING:

05/10/2026 ; 09/11/2026 ; 30/11/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Tzatziki Salad Cucumber | **Greek Yogurt** | Red Onions	**Mexican Sweetcorn Slaw** Red Cabbage | Carrots | Paprika | Sweet Corn | Coriander | Chilies |	**Sweetcorn**	**Green Peas**	**Mixed Salad** Tomatoes | Lettuce | Cucumber
	Lemon & Thyme Potato Wedges	**Aromatic Basmati Rice** Garlic | Onions | Turmeric | Ginger	**Noodles**	**Mashed Potatoes** **MILK** | Potato	**Garlic Bread**
MAIN • All meat used in the menu is HALAL	**Greek-Style Chicken Gyros** Lemon | Turmeric | Garlic	**Beef Chilli Con Carne** Cumin | Paprika | Red Chillies | Carrots | Tomatoes | Coriander | Onions | Peppers | Kidney Beans | Turtle Beans	**Chicken Chow Mein** **SOYA** | Ginger | Coriander Carrots | Onions | Peppers | Tomatoes	**Meatball Fricassee** **BEEF** | Black Pepper | **FLOUR**	**Broccoli Mac & Cheese** **MILK | CHEDDAR CHEESE** Bay Leaves | Onions | Garlic | Parsley |
VEGETARIAN	**Homemade Plant Based Kofta with Lemon Sauce** Cinnamon | Paprika | Coriander | Chilli Powder | Cumin | Sweet Potato | Carrots	**Smoky Mixed Bean Chilli Non Carne** Cumin | Paprika | Red Chillies Carrots | Tomatoes | Coriander | Onions Peppers | Kidney Beans | Turtle Beans	**Mixed Vegetables Stir-Fry** **SOYA** Coriander | Tomatoes | Carrots | Red Onions | Peppers | Mushrooms | Ginger	**Vegan Meatballs** Gluten-Free Flour| Vegetables | Black Pepper	* A dairy & gluten-free alternative is available.
DESSERT	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**

FRESH FRUIT · FRESH VEGGIES · VEGETARIAN · VEGAN · HALAL

SESAME · SULPHITE · GLUTEN · DAIRY · EGG · SOYA · CELERY · FISH · CRUSTACEANS · MUSTARD · LUPIN · MOLLUSCS

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

Thank you

All food is NUT FREE
JPL kitchens are a NUT FREE environment

The Sun Good School Food Awards 2024 – Jamie Oliver

I'm a School Meals Ambassador – The Great School Lunch

LACA

Eat Back 2030

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WEEK 2

WEEK BEGINNING:

12/10/2026 ; 16/11/2026 ; 07/12/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cucumber & Carrot Salad Cucumber | Carrots | Coriander	**Vegan Coleslaw** White Cabbage | Carrots	**Mexican Sweetcorn Slaw** Red Cabbage | Carrots | Paprika | Sweet Corn | Coriander | Chilies |	**Chickpea Salad** Chickpeas | Peppers| Red Onion | Lemon | Vegan Mayo	**Mixed Salad** Carrots | Lettuce | Cucumber
	Aromatic Rice Garlic | Onions | Ginger	**Sautéed Potatoes**	**Mexican Rice** Ginger | Garlic | Onions | Tomato |Cumin | Coriander	**Potato Wedges**	**Garlic Bread** WHEAT FLOUR | MARGARINE Garlic | Parsley
MAIN • All meat used in the menu is HALAL	**Chicken Madras** Chicken | Masala | Turmeric | Paprika | Coriander | Carrots | Tomatoes | Onions | Ginger | Yellow Split Peas | Peppers	**Sweet Potato & Feta Cheese Rolls** **FETA CHEESE** | Sweet Potato | Seasoning	**Chicken Burrito** Chicken | Cumin | Paprika Carrots | Tomatoes | Coriander Onions | Kidney Beans | Peppers	**Chicken Sausages**	**Penne Bolognese** BEEF | Onions | Garlic | Tomatoes | Basil | Carrots |Parley | Rosemary
VEGETARIAN	**Vegan Madras** | Masala | Turmeric | Paprika | Coriander | Carrots | Tomatoes | Onions | Ginger | Yellow Split Peas | Peppers		**Vegetarian Burrito** Cumin | Paprika | Carrots | Tomatoes Coriander | Onions | Peppers | Kidney Beans |	**Vegetarian Sausages**	**Penne Veggie Booster** *GLUTEN-FREE Vegan Cheese | Onions | Tomatoes | Aubergine | Courgette | Carrots
DESSERT	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**

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WEEK 3

WEEK BEGINNING:

02/11/2026 ; 23/11/2026 ; 14/12/2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cucumber Salad	**Cucumber Salad**	**Sweetcorn Salad**	**Beetroot & Carrots**	**Peas**
	Bread	**Garlic Bread**	**Noodles**	**Primavera Rice**	**Oven-Baked Potato Wedges**
MAIN • All meat used in the menu is HALAL	**Tuscan Chicken Stew** **Double Cream** | Spinach | Butter Beans | Sweet Potatoe | Tomato |	**Spicy Tricolour Pasta** Tricolour Pasta | **CHEESE** | Vegetable Sauce| Tomato |	**Chinese-Style Sweet & Sour Chicken** **EGG | SOYA** | Tomato | Onions | Peppers	**Vegan Chickpea Korma** Onions | Garlic | Curry | Coconut Milk | Cumin | Coriander	**Oven Baked Breaded Fish**
VEGETARIAN	**Vegan Tuscan Stew** Vegan Double Cream | Spinach | Butter Beans | Sweet Potato | Tomato |		**Chinese-Style Sweet & Sour Vegetables** Tofu | **SOYA** | | Tomato | Onions | Peppers		**Vegetable Baked Loaf**
DESSERT	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**	**Whole Fruit**

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The Sun Catering Team Champions 2024 — Good School Food Awards — Jamie Oliver

I'm a School Meals Ambassador

Bite Back 2030

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SEASONAL GOODNESS

Fresh ingredients, better meals

WHAT'S IN SEASON THIS TERM?


APPLES


CARROTS


PUMPKIN


BROCCOLI


PEARS


SWEETCORN

WHY EATING SEASONALLY MATTERS

Eating seasonal fruit and vegetables helps children enjoy fresher produce while supporting British farmers and reducing food miles.



DID YOU KNOW?

CARROTS help support healthy vision.

APPLES contain fibre that supports digestion.

BROCCOLI contains Vitamin C which supports the immune system.

PUMPKIN is a great source of Vitamin A, good for skin and eye health.

EVERY DAY AT JPL WE PROVIDE:

- Fresh Fruit
- Fresh Vegetables
- Vegetarian Option Daily
- Halal Meat
- Water with Every Meal





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JPL CATERING

Feedback

WE WOULD LOVE TO HEAR WHAT YOU HAVE TO SAY!



SCAN THE QR CODE

SCAN ME



Your feedback helps us *improve* every day

SHARE YOUR THOUGHTS

It only takes a few minutes and makes a big difference.

TOGETHER, WE CAN MAKE MEALTIMES *even better!*

YOUR OPINION MATTERS

Help us understand what you love.

BETTER MEALS TOGETHER

Your feedback helps us plan better menus.

STRONGER COMMUNITY

Thank you for being part of our JPL family.

SUPPORTING HEALTHY HABITS

Together we encourage healthy choices.

Thank you for taking the time to share your feedback

GOOD FOOD FUELS GREAT LEARNING

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