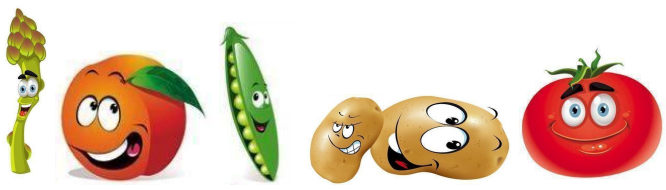


Autumn SEASON MENU



LUNCH MENU

WEEK 1

Week Beginning: 04/09/23 - 25/09/23 - 16/10/23 - 13/11/23 - 04/12/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Cucumber & Mint Salad D E G H V	Steamed Peas D E G H V	Roasted Carrots D E G H V	Sliced Bread D E G H V	Green Peas & Sweet Corn D E G H V
MAIN	Chicken Curry with Rice Carrots | Tomato | Coriander Onions | Turmeric | Ginger Yellow Split Peas | Peppers D E G H V	Beef Sausages & Mash D E G H V	Rosemary & Lemon Baked Chicken with Roast Potatoes D E G H V	Penne Beef Bolognese Onions | Tomatoes | Carrots | Spinach Peppers | Aubergine | Courgette D E G H V	Breaded Fish Fillet with Potato Wedges D E G H V
VEGETARIAN	Vegetarian Korma **COCONUT MILK | PLANT BASE CREAM** Carrots | Tomato | Coriander Onions | Turmeric | Ginger Yellow Split Peas | Peppers D E G H V	Vegetarian Sausage D E G H V	Cheese & Cauliflower Pasty with Roast Potatoes D E G H V	Pasta Napolitana Tomatoes | Carrots | Onions | Basil D E G H V	Vegetarian Cornish Pie **CHEDDAR** Carrots | Potatoes | Onion | Parsley D E G H V
JACKET POTATO	Baked Beans & Cheese D E G H V	Tuna Mayo D E G H V	Baked Beans & Cheese D E G H V	Vegan Chilli Non Carne D E G H V	Chicken Mayo D E G H V
SANDWICH	Cheese & Tomato D E G H V	Chicken Mayo Salad D E G H V	Ham & Cheese D E G H V	Cheese & Tomato D E G H V	Tuna Mayo & Cucumber D E G H V
DESSERT	Chocolate Brownies D E G H V	Vegetarian Jelly with Fruits D E G H V	Pineapple Upside - Down Cake D E G H V	Sliced Fruits Orange | Pineapple | Melon D E G H V	Lemon & Poppy Seed Cake D E G H V

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The Independent SCHOOL FOOD PLAN Contributor

"Amazing what Junior is doing" Henry Dimbleby



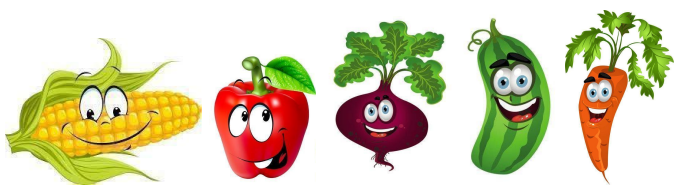
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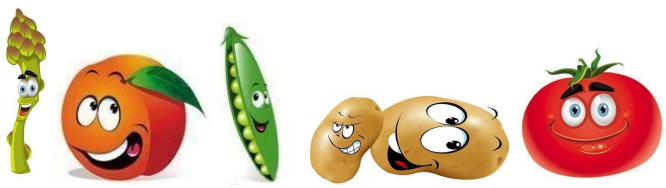
ALL FOOD IS NUT FREE | JPL KITCHENS ARE A NUT FREE ENVIRONMENT

JPL catering

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Autumn SEASON MENU



LUNCH MENU

WEEK 2

Week Beginning: 11/09/23 - 02/10/23 - 23/10/23 - 20/11/23 - 01/12/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Sweet Corn	Steamed Mixed Vegetables	Coleslaw	Mixed Salad	Green Peas
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
MAIN	Chicken Stroganoff with Aromatic Rice Onions | Carrots | Mushrooms | Double Cream | **MUSTARD**	Shepherds Pie Parsley | Carrots | Red Onion Peppers	Chilli Con Carne with Rice Red Chillies | Carrots | Tomato Coriander | Onions | Peppers | Kidney Beans	Beef lasagne Carrots | Garlic | Tomatoes Basil | Parsley | Onions	Breaded Fish Fillet with Homemade Potato Wedges
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
VEGETARIAN	Mixed Vegetables Stroganoff Onions | Carrots | Mushrooms Courgettes | Potatoes **PLANT BASE CREAM | MUSTARD**	Vegetarian Shepherds Pie Carrots | Red Onion | Peppers | Courgettes | Mushrooms | Parsley	Vegetarian Chilli Non Carne with Rice Red Chillies | Carrots | Tomato Coriander | Onions | Peppers Five Beans | **PEA PROTEIN**	Ratatouille Pasta Bake Onions | Tomatoes | Carrots | Basil Peppers | Aubergine | Courgette	Vegetarian Cornish Pie **CHEDDAR** Carrots | Potatoes | Onion | Parsley
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
JACKET POTATO	Baked Beans & Cheese	Tuna Mayo	Baked Beans & cheese	Vegan Chilli Non Carne	Chicken Mayo
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
SANDWICH	Cheese & Tomato	Chicken Mayo	Ham & Cheese	Cheese & Tomato	Tuna Mayo
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
DESSERT	Chocolate Cake	Vegetarian Strawberry Jelly	Fruit Crumble with Custard Apple | Peach | Apricot	Sliced Fruits Orange | Pineapple | Melon	Carrot Cake with Cream Cheese Frosting
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V

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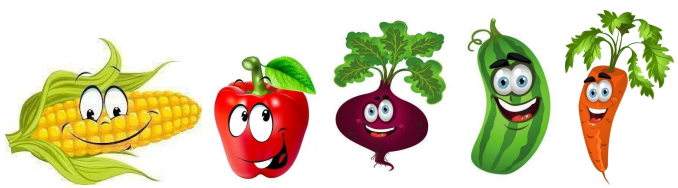
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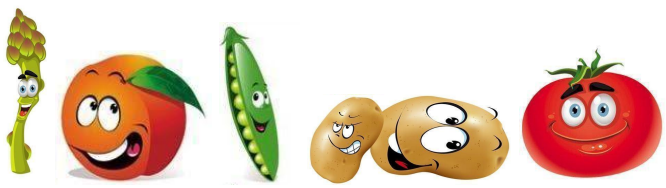
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Autumn SEASON MENU



LUNCH MENU

WEEK 3

Week Beginning: 18/09/23 - 09/10/23 - 06/11/23 - 27/11/23 - 18/12/23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE	Sweetcorn	Steamed Vegetables	Rainbow Salad	Garlic Bread	Green Peas
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
MAIN	Chicken Pumpkin Curry with Basmati Rice Butternut squash | Ginger | Turmeric Onions | Garlic | Red Pepper | Coconut Milk | Coriander	Cottage Pie onions | tomatoes | carrots garlic | green peas	Slow Cooked Beef Stew with Boiled Potatoes Carrots | Tomato | Onions | Garlic	Pasta Arrabiata with Fresh Basil Onions | Garlic | Tomatoes Basil | Parsley | Red Pepper	Breaded Fish Fillet with Oven Baked Chips
	D E G H V	D E G H V	D E G H V		D E G H V
VEGETARIAN	Pumpkin Curry with Basmati Rice	Country Pie onions | tomatoes | carrots garlic | green peas	Vegetarian Stew with Boiled Potatoes		Spinach & Feta Cheese Rolls Spinach | Onions | Feta | Potatoes Carrots | Parsley | Turmeric
	D E G H V	D E G H V	D E G H V	D E G H V	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	D E G H V	D E G H V	D E G H V	D E G H V
SANDWICH	Cheese & Tomato	Chicken Mayo	Ham & Cheese	Cheese & Tomato	Tuna Mayo
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
DESSERT	Marble Cake	Vegetarian Jelly with Blackcurrants	Yoghurt with Fruits Strawberries | Blackcurrants	Sliced Fruits Orange | Pineapple | Melon	Carrot Cake
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V

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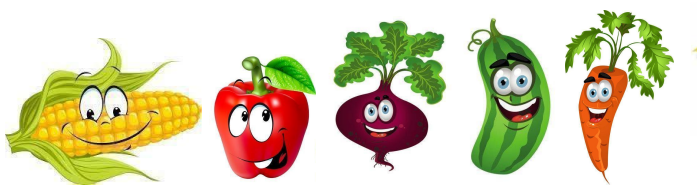
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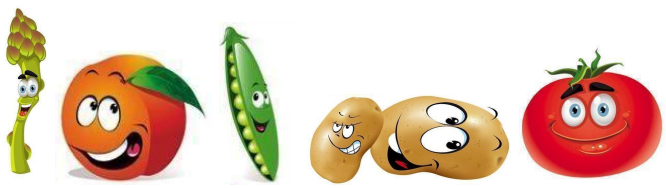
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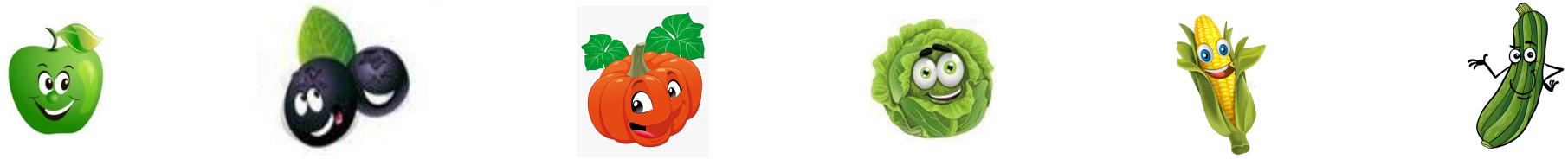


Autumn SEASON MENU



PRODUCE IN SEASON INCLUDED IN YOUR MENU

FRUITS		VEGETABLES			
Apple	Berry	Pumpkin	Cabbage	Sweetcorn	Zucchini



JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!

I'm a School Meals AMBASSADOR

CERTIFIED ISO14001

CERTIFIED ISO 9001:2015 COMPANY

MARINE STEWARDSHIP COUNCIL

RED TRACTOR CERTIFIED STANDARDS

RAINFOREST ALLIANCE CERTIFIED

FAIRTRADE

HALAL FOOD CERTIFIED حلال HALAL 100%

Free Range

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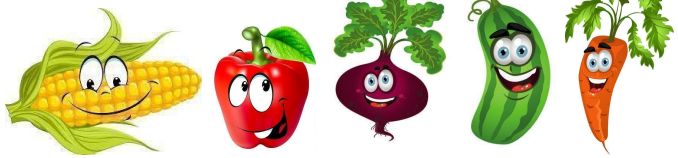
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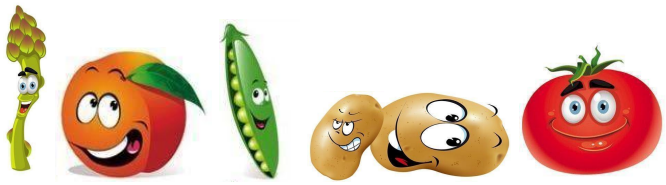
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Autumn SEASON MENU



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



WASTE LESS FOOD

One third of food produced for humans is lost or wasted



EAT A VARIETY OF FOODS

Have a colourful plate

Source

WWF

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