



Autumn SEASON MENU

LUNCH MENU		WEEK 1									
Week Beginning: 04/09/23 - 25/09/23 - 16/10/23 - 20/11/23 - 11/12/23											
		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
SIDE		Selection of cold salads									
MAIN		Turmeric & Carrot Rice Onion Garlic Carrot Ginger		Sautéed Potatoes Paprika Rosemary		Fried Sweetcorn Rice Onion Garlic Sweetcorn Ginger Spring Onions		Garlic Bread FLOUR MARGARINE Garlic Parsley		Pitta Bread	
		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	D E G H V	D E G H V	D E G H V	D E G H V	
		Chicken Madras Carrots Tomato Coriander Onions Turmeric Ginger Yellow Split Peas Peppers		Beef Sausages with Onion Gravy		Chicken Fajita TORTILLA WRAP Carrots Tomato Coriander Onions Peppers Sweetcorn		Penne VEGAN Bolognese Onions Garlic Tomatoes Basil Parsley Carrots CELERY PEA PROTEIN		Nigerian Beef Jollof Rice Tomato Red Bell Pepper Onion Thyme Ginger Carrots	
		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	D E G H V	D E G H V	D E G H V	D E G H V	
VEGETARIAN		Courgette & Sweet Potato Curry Carrots Courgettes Tomato Coriander Onions Turmeric Ginger Yellow Split Peas Peppers Sweet Potato		Vegetarian Sausages with Onion Gravy		Mixed Vegetables Fajita TORTILLA WRAP Carrots Tomato Coriander Onions Peppers Sweetcorn Courgette		Gluten Free Penne Pasta with Mediterranean Roasted Vegetables Tomato Aubergine Peppers Basil Parsley Courgettes		Vegetarian Jollof Rice Onion Red Bell Pepper Ginger Thyme Tomatoes Carrots 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	D E G H V	D E G H V	D E G H V	D E G H V	
DESSERT		Chocolate Brownies		Yoghurt with Berries MILK Strawberries Blueberries		Lemon & Poppy Seed Cake		Sliced Fruits 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	D E G H V	D E G H V	D E G H V	D E G H V	



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

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

Please note this menu is subject to changes due to unforeseen circumstances.





LUNCH MENU		WEEK 2				
Week Beginning: 11/09/23 - 02/10/23 - 06/11/23 - 27/11/23 - 18/12/23						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SIDE		Selection of cold salads				
MAIN		Noodles	Turmeric Brown Rice Onion Garlic Ginger	Sautéed Potatoes Paprika Rosemary	Homemade Rosemary & Tomato Bread FLOUR Tomato Rosemary Yeast	Smoky Baked Potato Wedges Smoked Paprika 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
		Chicken Chow Mein SOYA BEAN Bean Ginger Coriander Carrots Onions Peppers Tomato	Beef Chilli Con Carne Red Chillies Carrots Tomato Coriander Onions Peppers Kidney Beans	Piri Piri Chicken Drumsticks Lemon Parsley Garlic Chilli Flakes Turmeric	Cheesy Broccoli Pasta Bake MILK FLOUR CHEDDAR MOZZARELLA PECORINO Broccoli Basil Parsley Courgettes	Breaded Fish
VEGETARIAN		Mixed Vegetables Stir Fry SOYA BEAN Courgettes Bean Sprouts Carrots Red Onions pepper	Bean Chilli Non Carne Red Chillies Carrots Tomato Coriander Onions Peppers Five Beans	Veggie Rolls with Feta Cheese FETA CHEESE FLOUR Spinach Potato Cumin	Gluten Free Penne Veggie Booster Onions Spinach Tomatoes Aubergine Courgette Carrots Peppers Beets Leek	Vegetarian Burger FLOUR Sweetcorn Peas Turmeric Onion Peppers
		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 with Chocolate Frosting	Vegetarian Strawberry Jelly	JPL Tiramisu	Sliced Fruits Pineapple Melon	Apple Crumble with Custard
		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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LUNCH MENU		WEEK 3				
Week beginning: 18/09/23 - 13/11/23 - 04/12/23						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SIDE	Selection of Cold Salads					
	Minted Peas	Noodles	Pitta Bread	Garlic Bread FLOUR Margarine Garlic Parsley	Smoked Paprika 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	
MAIN	Jollof Rice with Chicken Carrots Tomato Coriander Onions peppers Ginger Chilli Garlic	Beef in Black Bean Sauce SOYA BEAN Bean Ginger Coriander Carrots Onions Peppers Tomato	Lamb Rice Pilaf Cardamom Tomato Carrots Green Peas Sweetcorn Coriander Garlic Turmeric Onions Peppers	Ratatouille Pasta with Pecorino Cheese MILK FLOUR CHEDDAR Paprika Cornflour Onions Tomatoes Carrots Spinach Peppers Aubergine Courgette	Cheeseburger with Tomato & Lettuce	
	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	Chickpeas & Courgette Curry Carrots Courgettes Tomato Coriander White Onions Turmeric Ginger Peppers Yellow Split Peas	Mixed Vegetables Stir Fry SOYA BEAN Bean Ginger Coriander Carrots Onions Peppers Tomato	Vegetable Stew Cardamom Tomato Carrots Green Peas Sweetcorn Coriander Garlic Turmeric Onions Peppers Grilled Aubergine	Gluten Free Penne Veggie Booster Onions Spinach Tomatoes Aubergine Courgette Carrots Peppers Beets Leek	Vegetarian Cheeseburger with Tomato & Lettuce	
	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 Brownies	Vegetarian Strawberry Jelly with Fruits	Banana Cake with Vanilla Frosting	Sliced Fruits Pineapple Melon	Yoghurt with Berries MILK Strawberries Blueberries	
	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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FRUITS		VEGETABLES			
Apple	Berry	Pumpkin	Cabbage	Sweetcorn	Zucchini



JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!



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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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