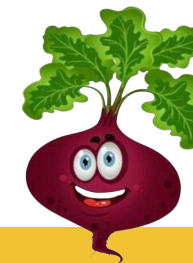


# Spring MENU



WEEK 1

## LUNCH MENU

Week Beginning: 13/03/26 , 04/05/26 , 01/06/26 , 22/06/26 , 13/07/26

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDES

COLD

HOT

Grated Carrots

Sweetcorn Salad  
Red Onions | Coriander

Cucumber Quinoa Salad  
Quinoa | Cucumber | Coriander

Homemade Olive Bread  
FLOUR | YEAST | Olives

Minted Green Peas  
Mint | Peas

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

Green Beans

Kohlrabi Salad  
Lettuce | Carrots | Kohlrabi

Vegan Coleslaw  
White Cabbage | Carrots

Mixed Salad  
Lettuce | Red Cabbage | Carrots

Grated Carrots

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

Noodles  
WHEAT FLOUR

Aromatic Rice  
Ginger | Onions | Turmeric | Garlic

Sautéed Potatoes  
Turmeric | Paprika | Rosemary

Seasoned Potato Wedges  
Cajun | Turmeric

D E G H V S C D E G H V S C D E G H V S C D E G H V S C

Chicken Chow Mein  
WHEAT FLOUR | SOYA BEAN  
Ginger | Onions | Carrots | Garlic  
Tomatoes | Coriander | Mixed Peppers

Vegan Chilli Non-Carne  
WHOLE BROWN LENTILS | Onions |  
Tomatoes | Carrots | Peppers | Kidney  
Beans | Chili Flakes | Cumin | Paprika  
| Coriander

Slow Cooker BBQ Chicken  
SUNFLOWER OIL | SOY SAUCE  
Tomato | Onion | All Spices | Chillies  
Paprika | Coriander | Carrots | Peppers

Penne Veggie Booster  
CHEDDAR CHEESE | PICORINO | Onions |  
Garlic | Courgette | Aubergine |  
Beetroot | Spinach | Tomatoes | Basil |  
Parsley | Carrots

Breaded Fish  
COD FISH

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

## VEGETARIAN

Noodles Stir Fry with Vegetable  
Spring Rolls  
CELERY | SOYBEAN | Mushrooms | Carrots |  
Red Onion | Peppers | Courgettes

Jackfruit Enchiladas  
CHEESE | PAPRIKA | CUMIN | Beans |  
Carrots | Tomatoes | Coriander | Peppers  
Kidney Beans

Gluten-Free  
Baked Penne Veggie Booster  
Peppers | Spinach | Tomatoes  
Aubergine | Courgette | Carrots

Veggie Rolls with  
Spinach and Feta Cheese  
EGGS | FETA CHEESE | FLOUR | Spinach |  
Potatoes

D E G H V S C D E G H V S P D E G H V S C D E G H V S C D E G H V S C

## DESSERT

Homemade Chocolate Brownies

Vegetarian Strawberry Jelly

Homemade Lemon Cake

Sliced Fruit  
Melon | Orange

Orange & Lavender Cake

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

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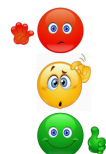
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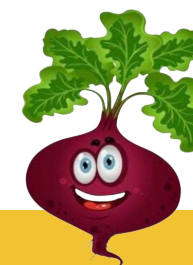
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# Spring MENU



## LUNCH MENU

WEEK 2

Week Beginning: 20/03/26 , 18/05/26 , 08/06/26 , 29/06/26

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

## SIDES

COLD    HOT

Cucumber Raita Salad

YOGURT

Cucumber | Coriander | Cumin

Minted Green Peas

Mint | Peas

Sweetcorn Salad

Red Onions | Carrots | Coriander

Homemade

Rosemary Bread

FLOUR | YEAST | Rosemary

Pitta Bread

WHEAT FLOUR

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C

Iceberg Lettuce

Carrots | Cucumber

Grated Carrots

Pickled Red Cabbage Salad

LEMON | ORANGE | CUMIN

Red Cabbage | Carrots | Coliander

Mixed Salad

Carrot | Lettuce | Cucumber | Cabbage

Carrot & Cucumber Sticks with Sesame-Free Hummus

Chickpeas | Lemon | Garlic | Smoked Paprika | Cumin | Sunflower Oil

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S P

Aromatic Rice

Ginger | Turmeric

Mashed Potatoes

MILK | Potato

Persian- Style

Lamb Pilaf

Cardamom | Cinnamon | Tomato Coriander | Garlic | Turmeric | Onions Peppers | Masala | Bay Leaves

Veggie Penne Pasta Bolognese

EGG | QUORN | PEA

CHEDDAR CHEESE | PAPRIKA

Onions | Garlic | Tomatoes | Basil Parsley | Carrots | Oregano

Piri-Piri Lemon and Herb Mix Chicken

Lemon | Parsley | Garlic Chilli Flakes | Turmeric

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C

Chicken Tikka Masala

DOUBLE CREAM | YOGHURT | MANGO

Carrots | Tomatoes | Coriander | Onions | Ginger | Peppers | Potatoes

Meatballs Fricassée

CHICKEN | DOUBLE CREAM | FLOUR

Tomato | Garlic | Onions | Parsley | Basil

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C

Butternut Squash Stew

Butternut Squash | Tomato | Coriander Carrots | Peppers | Cauliflower

Vegan Meatballs & Tomato Sauce

RICE | FLOUR | Potato |

Carrots | Basil | Oregano | Beetroot | Parsley

Trini Veggie Fried Rice

Tomatoes | Carrots | Coriander Sweet Potato | Bell peppers Sweetcorn

Gluten-Free Baked Vegetable

Pasta Bake

Peppers | Spinach Tomatoes | Aubergine | Courgette | Carrots

Caribbean Vegetable Patties

Tomatoes | Sweetcorn All Spices | Coriander | Garlic Sweet Potato | Sweetcorn

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C

Homemade

Chocolate Zucchini Cake

Yogurt with Mixed Berries

MILK | DOUBLE CREAM | Vanilla | Strawberries | Blackberries Blackcurrants | Raspberries

Date and Pear Cake

Orange Wedges

Homemade

Banana Bread

D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C    D E G H V S C

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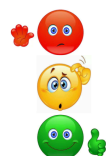
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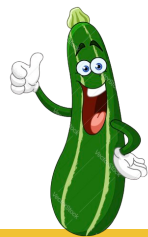
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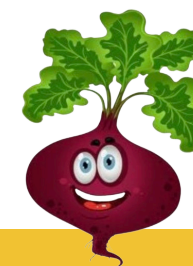
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# Spring MENU



WEEK 3

## LUNCH MENU

Week Beginning: 27/04/26, 25/05/26, 15/06/26, 06/07/26

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### SIDES

COLD HOT

Mixed Vegetables  
Sweetcorn | Carrots

Steamed Broccoli Florets

Tortilla Wraps  
WHEAT FLOUR

Homemade  
Tomato & Basil Bread  
FLOUR | YEAST | Tomato | Basil

Minted Green Peas  
Mint | Peas

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

Mixed Salad  
Rocket | Lettuce | Cabbage

Roasted Carrots

Mexican Street Corn Slaw

Red Cabbage | Carrots | Paprika  
Sweetcorn | Coriander | Chillies

Mixed Salad  
Carrots | Lettuce | Cucumber | Cabbage

Grated Carrots

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

### MAIN

Chicken Stroganoff  
CHICKEN | DOUBLE CREAM | Mushroom |  
Paprika | Tarragon | Carrots | Tomatoes |  
Onions | Potato | Parsley

VEGETARIAN Cottage Pie With  
Herbs & Cheese Mash

MILK | EGG | QUORN | LENTILS | PEAS  
CHEDDAR CHEESE | Rosemary | Parsley |  
Carrots | Tomato | Potato | Swede

Chicken Burritos  
KIDNEY BEANS | Cumin | Carrots | Tomato  
Coriander | Onions | Peppers | Sweetcorn

3 Cheese-Veggie Pasta Bake  
CHEESE | PECORINO | MOZZARELLA | WHEAT  
Onions | Carrots | Tomatoes |  
Aubergine | Courgette

Breaded Fish  
(COD FISH)

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

### VEGETARIAN

Vegan Butternut Squash and  
Mushroom Stroganoff  
PLANT BASED CREAM | LENTIL  
Paprika | Carrots | Tomatoes  
Onions | Potato | Mushroom  
Butternut Squash | Parsley

Vegetarian Quesadillas  
KIDNEY BEANS | Carrots | Tomatoes |  
Coriander | Peppers | Courgettes

Gluten-Free Baked Penne  
Veggie Booster  
Peppers | Spinach | Tomatoes |  
Aubergine | Courgette | Carrots

Spicy Mexican Bean Roll  
CHEDDAR CHEESE | FLOUR | BEANS  
Cumin | Potatoes | Coriander

D E G H V S P D E G H V S P D E G H V S C D E G H V S C D E G H V S C

### DESSERT

Chocolate Brownies

Vegetarian Strawberry Jelly

Coconut Traybake

Sliced Fruits  
Pineapple | Orange

5-Spice Carrot Cake  
Cinnamon | Coriander | Clove | Ginger

D E G H V S C D E G H V S C D E G H V S C D E G H V S C D E G H V S C

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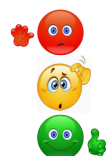
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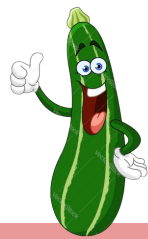
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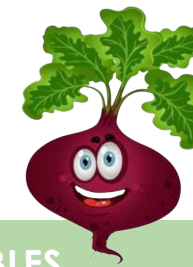
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# Spring MENU



## FRUITS

## VEGETABLES

Apple

Orange

Tomato

Aubergine

Sweetcorn

Courgette



**PRODUCE IN SEASON INCLUDED IN YOUR MENU**

**JPL SUPPORTS SUSTAINABLE, ETHICAL & ALL INCLUSIVE EATING!**



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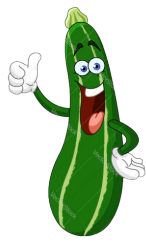
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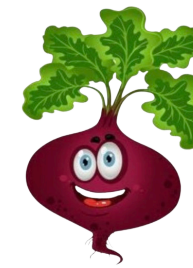
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# Spring MENU



## 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 beans



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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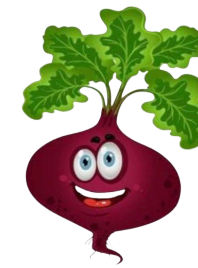
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# Spring MENU



At JPL, every voice matters — students, parents, carers and school staff.  
Scan the QR code and share your feedback.

**Together, we can create healthier eating habits that last.**



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