



Freshly made every
day with care



MAIN

- All Meat used in the menu is HALAL



VEGETARIAN



ALTERNATIVE

Available daily

DESSERT

ALLERGEN GUIDE



AUTUMN MENU

Good food fuels great learning

Balanced • Nutritious • Chef Prepared • School Approved

WEEK 1

WEEK BEGINNING:



01/09/2026, 21/09/2026,
12/10/2026, 19/11/2026, 30/11/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Mixed Salad 	Steamed Green Beans 	Fresh Mixed Salad 	Lettuce & Tomato Salad 	Garden Peas
Aromatic Basmati Rice	Roasted Carrots 	Mashed Potato 	Plain Bread 	Oven Baked Chips
Mild Chicken Madras Curry Tender halal chicken cooked in a mild tomato & spice sauce 	Roasted Chicken Oven roasted halal chicken with herbs & seasoning 	Sausages with Rich Onion Gravy Halal chicken & beef sausages 	Mediterranean Vegetable Pasta Bake Roasted vegetables in a rich tomato sauce, topped with cheese 	Crispy Oven Baked Fish Fillet
Mild Vegetable Madras Curry Seasonal vegetables in a mild tomato & spice sauce 	Plant-Based Sausage 	Vegetable Sausages with Rich Onion Gravy 	• Gluten-free pasta and VEGAN cheese available with this dish 	Spinach & Vegetable Pastry Flaky pastry filled with spinach & seasonal vegetables
Baked Potato with a choice of : Cheese Baked Beans Tuna & Mayo				
Homemade Chocolate Sponge Cake 	Strawberry Jelly	Natural Yogurt with Berry Compote 	Fresh Fruit Selection 	Jam & Coconut Sponge

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





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WEEK 2

WEEK BEGINNING:



07/09/2026, 28/09/2026

19/10/2026, 16/11/2026, 07/12/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garden Peas 	Fresh Mixed Salad 	Steamed Vegetables 	Fresh Mixed Salad 	Garden Peas
Aromatic Basmati Rice 	Sweetcorn 	Tortilla Wrap 	Garlic Bread 	Oven Baked Chips
Chicken Chasseur Tender halal chicken cooked in a rich tomato sauce with peppers, mushrooms & herbs 	Beef & Vegetable Stir Fry Noodles Tender beef strips & vegetables in a savoury soy sauce 	Chicken Fajitas Halal chicken with peppers and onions, served with sour cream 	Beef Bolognese with Fusilli Pasta Beef in a rich tomato & herb sauce served with fusilli pasta • Gluten-free pasta available with this dish 	Oven Baked Cod Fillet
Vegetable Chasseur Seasonal vegetables in a rich tomato & herb sauce 	Vegetable Stir Fry Noodles Seasonal vegetables cooked in a light soy sauce 	Vegetable Fajitas Mixed peppers, onions and vegetables served with sour cream 	Garden Vegetable Fusilli Pasta Bake Fusilli pasta baked with seasonal vegetables in a rich tomato sauce 	Spinach & Vegetable Pastry Flaky pastry filled with spinach & seasonal vegetables
Baked Potato with a choice of : Cheese Baked Beans Tuna & Mayo				
Homemade Jam Sponge Cake 	Strawberry Jelly	Natural Yogurt 	Fresh Fruit Selection 	Carrot Cake with Frosting



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WEEK 3

WEEK BEGINNING:



14/09/2026, 05/10/2026

02/11/2026, 23/11/2026, 14/12/2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweetcorn & Peas	Fresh Cucumber Sticks	Lettuce & Tomato Salad	Fresh Mixed Salad	Garden Peas
Carrot Rice	Garlic Bread	Aromatic Basmati Rice	Fresh Cucumber Sticks	Oven Baked Chips
Mild Chilli Con Carne Minced beef in a rich tomato sauce with beans & mild spices	Creamy Cauliflower Mac & Cheese Pasta in a creamy cheese sauce with roasted cauliflower Gluten free pasta is available with this dish	Autumn Chicken & Pumpkin Stew Tender halal chicken cooked with pumpkin & seasonal vegetables	Beef Lasagne Layers of pasta, seasoned minced beef in a rich tomato sauce, topped with a creamy béchamel sauce.	Crispy Oven Baked Fish Fillet
Mild Vegetable Chilli Non Carne Seasonal vegetables cooked in a gently spiced tomato and coriander sauce		Autumn Pumpkin Stew Aromatic pumpkin & seasonal vegetable stew	Vegetarian Lasagne Layers of pasta and mixed vegetables in a rich tomato sauce, topped with a creamy béchamel sauce.	Spinach & Vegetable Pastry Flaky pastry filled with spinach and seasonal vegetables
Baked Potato with a choice of : Cheese Baked Beans Tuna & Mayo				
Homemade Chocolate Sponge Cake	Strawberry Jelly	Eton Mess Yogurt Pot	Fresh Fruit Selection	Sticky Date Sponge

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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
DAILY



FRESH SALAD
SELECTION



VEGETARIAN
OPTIONS



HALAL
OPTIONS



WATER
AVAILABLE AT
EVERY MEAL



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Feedback

WE WOULD LOVE TO HEAR WHAT YOU HAVE TO SAY!



SCAN THE
QR CODE



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



www.JPLcatering.co.uk



info@jplcatering.co.uk



020 7078 7336



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19/10/2026, 16/11/2026, 07/12/2026

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DESSERT

Garden Peas

Fresh Mixed
Salad

Steamed
Vegetables

Fresh Mixed
Salad

Garden Peas

Aromatic Basmati
Rice

Sweetcorn

Tortilla Wraps

Garlic Bread

Oven Baked
Chips



Chicken Chasseur

Tender halal chicken cooked in a rich
tomato sauce with peppers, mushrooms
& herbs



Beef & Vegetable
Stir Fry Noodles

Tender beef strips & vegetables
in a savoury soy sauce



*Gluten free pasta available
with this dish

Chicken Fajitas

Halal chicken with peppers
and onions, served with sour
cream



Beef Bolognese
w Fusilli Pasta

Beef in a rich tomato & herb
sauce served with fusilli pasta



Oven Baked Cod
Fillet



Vegetable Chasseur

Seasonal vegetables in a rich tomato &
herb sauce



Vegetable Stir Fry
Noodles

Seasonal vegetables cooked in a
light soy sauce



Vegetable Fajitas

Mixed peppers, onions and
vegetables served with sour
cream



Garden Vegetable Fusilli
Pasta Bake

Fusilli pasta baked with seasonal
vegetables in a rich tomato sauce



Spinach &
Vegetable Pastry

Flaky pastry filled with spinach
& seasonal vegetables



Baked Potato with a choice of :  Cheese



Baked Beans



Tuna & Mayo

Homemade Jam
Sponge Cake



Strawberry Jelly

Natural Yogurt



Fresh Fruit Selection



Carrot Cake with
Frosting



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