

# JAGS Menu Autumn 2023 week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Plum vine tomato <b>GF Vg</b>	Minestrone with white beans <b>GF Vg</b>	Spiced carrot <b>GF Vg</b>	“Unpeeled “curried sweet potato <b>GF Vg</b>	Roasted parsnip and honey <b>GF Vg</b>
Main	Chicken shawarma <b>GF</b>	<u>Italian</u> Beef bolognese in a tomato and oregano herb sauce <b>GF</b>	Chicken burger in a bap with sweet chilli sauce <b>G M</b>	Roast loin of pork with gravy and apple sauce <b>GF</b>	Fish Friday <b>G F</b>
Veggie	Vegan shawarma wrap <b>G Vg</b>	Quorn style meatballs in a tomato and herb sauce <b>G M E</b>	Vege bean Pattie burger <b>G</b>	Vegetable mince, pepper and squash cobbler topped with potato and gravy <b>GF So</b>	Filled cheese pasta with tomato sauce <b>G M</b>
Side	Babaganoush <b>GF Vg</b>	Sweetcorn <b>GF Vg</b>	Corn cobs <b>GF Vg</b>	Parsnips <b>GF Vg</b>	Skin on chips <b>GF Vg</b>
Side	Roasted lemon carrots <b>GF Vg</b>	Mozzarella cheese <b>GF Vg</b>	Red cabbage coleslaw <b>GF Vg</b>	Cauliflower, broccoli carrot and green beans <b>GF Vg</b>	Peas <b>GF Vg</b>
Side	Jewelled cous cous <b>G Vg</b>	Penne pasta <b>G Vg</b>	Baked beans <b>GF Vg</b>	Roast potatoes <b>GF Vg</b>	Tartare sauce <b>Mu E</b>
Dessert  <b>Gluten free desserts are available on request</b>	Rocky road rice crispy cake with popping candy <b>G E So M</b>	Tiramisu <b>G M</b>	Lemon and poppy seeded drizzle cake <b>GF E M</b>	Vanilla sponge with chocolate custard <b>G M</b>	Raspberry ripple ice cream sponge <b>M G</b>
Chef's Special	Butterbean and pepper Thai red curry with rice <b>GF Vg</b>	Haddock kedgerree <b>F</b>	Stuffed sweet pepper with harissa rice and cheese <b>GF M</b>	Feta and caramelized onion tart with salad bar selection <b>G E M</b>	Chinese chicken wings <b>GF</b>

## Allergens

**E** – Egg  
**M** – Milk  
**Mu** – Mustard  
**C** – Celery  
**F** – Fish  
**G** – Gluten  
**GF** – Gluten free

**S** - Sesame  
**Su** – Sulphites  
**So** – Soya  
**Sh** – Shellfish  
**Cr** - Crustaceans  
**Co** – Coconut  
**Vg** – Vegan

**Jacket and Pasta Bar, Fresh Salads, Yoghurt and Fruit are available every day.**

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## JAGS Menu Autumn 2023 week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Green pea <b>GF Vg</b>	Tomato and chilli <b>GF Vg</b>	Lentil and red pepper <b>GF Vg</b>	Vegetable broth with rice <b>GF Vg</b>	Parsnip and carrot <b>GF Vg</b>
<b>Main</b>	<b><u>Meet the Greek</u></b> Lamb naanwich with minty yoghurt dressing <b>G M</b>	Hot dog in a soft bun with fried onions <b>G</b> <b>M/C C and Mu</b>	Chicken katsu curry <b>G</b>	<b><u>British food fortnight</u></b> Roast beef with Yorkshire pudding and gravy <b>G E</b>	Fish Friday <b>F G</b>
<b>Veggie</b>	Spicy vegetable mince with peppers, feta cheese and courgette on a mini naan bread <b>G E So</b>	Quorn sausage dog in a soft bun <b>G E</b>	Breaded vegetable katsu <b>G Vg</b>	Stuffed sweet potato with mature cheddar, olive and tomato crumble <b>GF M</b>	Vegetable curry with rice <b>GF M Co</b>
<b>Side</b>	Tomato and avocado salsa <b>GF Vg</b>	Corn cobs <b>GF Vg</b>	Naan bread <b>GF Vg</b>	Roast carrots <b>GF Vg</b>	Skin on chips <b>GF Vg</b>
<b>Side</b>	Roast broccoli and green beans <b>GF Vg</b>	Red cabbage slaw <b>GF Vg</b>	Crunchy shredded cabbage <b>GF Vg</b>	Honey parsnips <b>GF Vg</b>	Peas <b>GF Vg</b>
<b>Side</b>	Herb basmati rice <b>GF Vg</b>	Potato wedges <b>GF Vg</b>	Basmati rice <b>GF Vg</b>	Roast potatoes <b>GF Vg</b>	Tartare sauce <b>Mu E</b>
<b>Dessert</b>  <b>Gluten free desserts are available on request</b>	Cinnamon churros with chocolate sauce <b>G So M</b>	Carrot and ginger slice  <b>G E</b>	Chocolate cookies <b>M G So</b>	Apple and cinnamon pie with custard <b>G M</b>	Ice cream pot <b>GF M</b>
<b>Chef's Special</b>	Bratwurst sausage with roasted onions and gravy <b>G Su</b>	Hot smoked mackerel with a warm potato, broccoli and beetroot salad <b>GF F</b>	Baked haddock tomato, basil, black olives and lemon  <b>GF F</b>	Mac and cheeseburger with crispy onions and tomato relish <b>GK</b>	Chicken and avocado burrito <b>G</b>

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<b>Soup</b>	Thai vegetable, lemon grass and coconut <b>GF Vg</b>	Broccoli <b>GF Vg</b>	Tomato and basil <b>GF Vg</b>	Curried vegetable <b>G Vg</b>	Carrot and coriander <b>GF Vg</b>
<b>Main</b>	Lamb, tomato and oregano ragu <b>GF</b>	Pepperoni pizza <b>G M Su</b>	Chimichurri chicken <b>GF</b>	<b>British food fortnight</b> Roast turkey with cranberry sauce and gravy <b>GF</b>	Fish Friday <b>F G</b>
<b>Veggie</b>	Squash, rainbow pepper and vegetable mince ragu <b>GF So</b>	Cheese and tomato pizza <b>G M</b>	Sweet pepper stuffed with vegetable chilli and halloumi cheese <b>M</b>	Butternut squash and sweet potato puff pastry loaf with gravy <b>G E</b>	Macaroni cheese <b>G M</b>
<b>Side</b>	Roasted carrots <b>GF Vg</b>	Red cabbage coleslaw <b>GF Vg</b>	Roasted peppers, broccoli and squash <b>GF Vg</b>	Roast carrots <b>GF Vg</b>	Skin on fries <b>GF Vg</b>
<b>Side</b>	Steamed greens <b>GF Vg</b>	Garlic sauce <b>E</b>	Tangy citrus slaw <b>GF Vg</b>	Green beans <b>GF Vg</b>	Peas <b>GF Vg</b>
<b>Side</b>	Basmati rice <b>GF Vg</b>	Onions rings and jalapeno peppers <b>G Vg</b>	Spiced coriander rice <b>GF Vg</b>	Roast potatoes <b>GF Vg</b>	Tartare sauce <b>Mu E</b>
<b>Dessert</b>  <b>Gluten free desserts are available on request</b>	Strawberry Eton mess <b>GF M E</b>	Mocha brownie <b>G E So</b>	Lemon mousse with meringue and curd <b>GF M E</b>	Cherry sponge and custard <b>G E M</b>	ice cream pot <b>GF M</b>
<b>Chef's Special</b>	Vegetable samosa with curry dipping sauce <b>G</b>	Feta cheese, fire roasted pepper and red onion tortilla <b>GF E M</b>	Vegan fish burger with tartare sauce <b>G E</b>	Steak and onion hot pot <b>GF</b>	BBQ chicken drumsticks <b>GF</b>

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