

JAGS Menu Spring 2024 week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato, mixed herb and olive oil GF Vg	Sweetcorn and potato chowder GF Vg	Green pea and mint GF Vg	“Unpeeled “ sweet potato GF Vg	Mixed vegetable GF Vg
Main	<u>Spice Road</u> Chipotle chilli beef con carne GF	Cumberland sausage and onion gravy G Su	<u>International Day</u> Spanish meatballs and spiced chicken wings G E M	<u>Roast Thursday</u> Roast honey glazed gammon GF	Fish Friday G F
Veggie	Vegan vegetable, mixed bean and chickpea chilli GF Vg So	Vegetable sausage with onion gravy GF M	Vegetarian Paella with peppers, olives, peas and grilled Quorn pieces GF M E	Vegan mince, chickpea and pepper pie G E So	Vegetarian Spaghetti carbonara with vegan bacon and parmesan cheese G So M
Side	Sour cream, guacamole and tortilla chips GF M	Peas GF Vg	En Salada de San Isidro GF E	Carrot, cauliflower and broccoli GF Vg	Chips GF Vg
Side	Sweetcorn GF Vg	Roasted thyme carrots GF Vg	Roasted broccoli GF Vg	Sweetcorn GF Vg	Peas GF Vg
Side	Basmati rice GF Vg	Herb roasted baby potatoes GF Vg	Spicy rice GF Vg	Roast potatoes GF Vg	Tartare sauce Mu E
Dessert Gluten free desserts are available on request	Chocolate sponge and custard G E M	Strawberry and vanilla cheesecake G M	Churros drizzled with chocolate sauce G E M So Produced in a factory that has nuts in the building	Carrot and cinnamon slice G E	Chocolate mousse with cookie biscuit crumble M So G
Chef's Special	<u>The Green show</u> Thai green courgette, Pak choi and pepper curry with rice and prawn crackers GF Vg Co Cr	Tomato gnocchi with roasted peppers, spinach, squash and paprika cream GF Vg M	White beans and fried chorizo stew GF M	Brie, spinach and cranberry tart with salad bar section GF E M	Haricot, kidney and butterbean cheese burrito with tomato salsa G M Vg

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.

Allergies – Please note the Allergens annotated next to each food item are subject to change accordingly to product availability. Please ensure that the daily menus are checked on a daily basis for accurate information each day.



JAGS Menu Spring 2024 week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spiced carrot GF Vg	Tomato and red pepper GF Vg	Lentil and red pepper GF Vg	Leek and potato GF Vg	Sweetcorn and noodles GF Vg
Main	Cheesy chicken pasta Alfredo bake G M	<u>International Day</u> Beef Biryani GF	<u>Spice Road</u> Birds eye pepper Peri Peri chicken GF	<u>Roast Thursday</u> Roast pork loin with apple sauce GF	<u>Chinese New Year</u> Sticky Chinese chicken wings with spring onion and chilli flakes F G
Veggie	Cheesy Quorn meatball and tomato pasta bake G M	Mixed pepper Biryani with butterbeans and vegan cheese GF Vg	Vegetable Peri Peri burger with hot sauce GF Vg	Stuffed sweet potato with mature cheddar, olive and tomato crumble GF M	Beansprout, Chinese leaf and pepper chow mien with soy sauce G M So
Side	Sweetcorn G Vg	Stir fry greens GF Vg	Corn on the cob GF Vg	Roast carrots and peas GF Vg	Prawn crackers C
Side	Carrots GF Vg	Yoghurt and mint dressing GF M	Creamy Vegan coleslaw GF Vg	Honey parsnips GF Vg	Pak choi, broccoli and greens GF Vg So
Side	Garlic bread GF Vg	Flat bread G Vg	Spicy tomato potatoes GF Vg	Roast potatoes GF Vg	Steamed rice GF Vg
Dessert Gluten free desserts are available on request	School cake with custard G M	Mango mousse G M	Zesty lemon cake with squirty cream G E M	Apple and mixed berry crumble with cream G M So	Fortune cookies G M E
Chef's Special	One pot vegetable, potato and black bean chilli GF Vg	Vegetable samosa with curry dipping sauce G Vg Mu	Salmon and asparagus fishcakes with lemon mayonnaise G F M	Mac and cheeseburger with crispy onions and tomato relish G M Mu	Salt and pepper squid G Cr M

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JAGS Menu Spring 2024 week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Minestrone with white beans GF Vg	Carrot and broad bean GF Vg	Tomato and basil GF Vg	Spiced vegetable G Vg	Roasted parsnip and potato GF Vg
Main	<u>Taste of Italy</u> Beef bolognaise in a rich tomato and oregano sauce GF	<u>International Day</u> Chicken tikka masala GF M	Frankfurter hot dog in a soft bun with fried onions G May contain M C	<u>Roast Thursday</u> Roast turkey with gravy GF	Fish Friday F G
Veggie	Quorn style meatballs in a rich tomato and oregano sauce G So Vg	Dhal, pea, courgette and paneer curry GF M	Quorn hot dog in a soft bun E G	Butternut squash, lentil and sweet potato hot pot GF Vg	Macaroni cheese G M
Side	Roasted carrots and peas GF Vg	Papdi chaat GF M	Corn cobs GF Vg	Roast carrots and greens GF Vg	Chips GF Vg
Side	Grated cheese GF Vg	Mango chutney G Mu Vg	Shredded coleslaw GF Vg	Yorkshire pudding GF Vg	Mushy peas GF Vg
Side	Spaghetti G Vg	Basmati rice GF Vg	Potato wedges GF Vg	Roast potatoes GF Vg	Tartare sauce Mu E
Dessert Gluten free desserts are available on request	Tiramisu G M	Coconut cake G E Co	Chocolate texture pot G M So E	Gingerbread cake G E M	Ice cream pot GF M
Chef's Special	Sweet potato, beetroot falafel and carrot wrap with salad bar selection G Vg	Sri Lankan black pork curry with Tamarind, chili and coriander GF So	<u>Spice Road</u> Beef meatballs with tomato and jalapeno sauce GF	Stuffed sweet pepper with spicy rice and cheese GF M	Jerk chicken wings with hot Encona sauce GF

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