

JAGS Menu Spring 2024 week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato with olive oil GF Vg	Sweetcorn and potato chowder GF Vg	Tom yum GF	“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> Thai red chicken curry G E M Co	<u>Roast Thursday</u> Roast honey glazed gammon GF Gluten In the gravy	Fish Friday G F
Veggie	Vegan vegetable, mixed bean and chickpea chilli GF Vg So	Vegetable sausage with onion gravy GF M	Thai yellow vegetable with courgette, Pak choi and beansprouts GF M Co	Vegan mince, chickpea and pepper hot pot topped with potato GF So	Vegetarian Spaghetti carbonara with vegan bacon and parmesan cheese G So M
Side	Sour cream and tortilla chips GF M	Peas GF Vg	Fried broccoli with soy sauce GF So	Roasted carrots GF Vg	Chips GF Vg
Side	Sweetcorn GF Vg	Roasted thyme carrots GF Vg	Prawn crackers GF Vg	Sweetcorn GF Vg	Peas GF Vg
Side	Basmati rice GF Vg	Herb roasted baby potatoes GF Vg	Steamed rice GF Vg	Roast potatoes GF Vg	Tartare sauce Mu E
Dessert Gluten free desserts are available on request	Chocolate sponge cake G E M	Strawberry and vanilla cheesecake G M	Coconut custard with mango Co M E	Carrot and cinnamon slice G E	Chocolate mousse with cookie biscuit crumble M So G
Chef's Special	Brazilian coconut curry chicken drumsticks GF	Tomato gnocchi with roasted peppers, spinach, squash and paprika cream GF Vg M	Pork loin steak with Teriyaki sauce GF So	Brie, spinach and cranberry tart with salad bar section GF E M	Grilled lamb sausage with tomato and mushrooms G Su

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	Carrot and cumin GF Vg
Main	Chicken stroganoff in a creamy herb sauce GF M	<u>International Day</u> Beef Biryani GF	<u>Spice Road</u> Hickory smoked BBQ chicken GF	<u>Roast Thursday</u> Roast Turkey with gravy GF Gluten in the gravy	Fish Friday F G
Veggie	Squash, pepper and courgette stroganoff GF M	Mixed pepper Biryani with chickpeas and butterbeans GF Vg	BBQ vegetable burger with tomato salsa G Vg	Stuffed sweet potato with mature cheddar, olive and tomato crumble GF M	One pot pasta with tomato, mushrooms, spinach, pepper grated cheese G M
Side	Broccoli GF Vg	Fried greens GF Vg	Corn on the cob GF Vg	Roast carrots and peas GF Vg	Chips GF Vg
Side	Carrots GF Vg	Mango chutney GF Vg	Creamy Vegan coleslaw GF Vg	Honey parsnips GF Vg	Baked beans GF Vg
Side	Basmati rice GF Vg	Flat bread G Vg	Mini baked potatoes GF Vg	Roast potatoes GF Vg	Tartare sauce GF Vg
Dessert Gluten free desserts are available on request	School cake G E	Mango and lime mousse G M	Baked vanilla cheesecake with berry compote GF E M	Apple cake with custard G E M	Chocolate brownie with white chocolate drops G M So
Chef's Special	Sweet and sour vegetables with breaded vegan nuggets G Vg	Vegetable samosa with curry dipping sauce G Vg Mu	Sweet potato and red cabbage slaw wrap with sweet chilli sauce G Vg	Mac and cheeseburger with crispy onions and tomato relish G M Mu	Spicy chicken burrito with cheese G M

Allergens

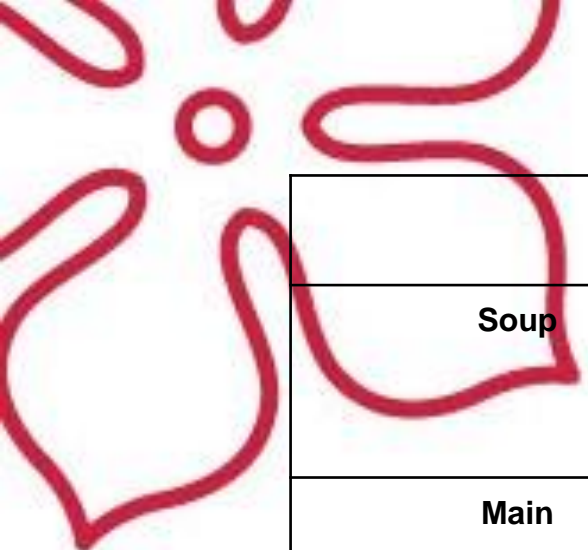
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JAGS Menu Spring 2024 week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable and potato broth GF Vg	Miso vegetable broth GF Vg	Tomato and basil GF Vg	Spiced vegetable G Vg	Root vegetable and potato GF Vg
Main	<u>Taste of Italy</u> Beef bolognese in a rich tomato and oregano sauce GF	<u>International Day</u> Katsu chicken with curry sauce G M/C C So M	Cumberland hot dog in a brioche bun with fried onions G May contain M C	<u>Roast Thursday</u> Roast garlic and herb chicken GF Gluten in the gravy	Fish Friday F G
Veggie	Vegan bolognese in a rich tomato and oregano sauce GF So Vg	Breaded Quorn goujons with curry sauce G	Quorn hot dog in a soft bun E G	Butternut squash, lentil and sweet potato hot pot GF Vg	Macaroni cheese G M
Side	Peas GF Vg	Stir fried vegetables with soya sauce GF So	Corn cobs GF Vg	Carrots, peas and sweetcorn GF Vg	Chips GF Vg
Side	Grated mozzarella cheese GF Vg	Prawn crackers Cr	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	Zesty lemon and lime slice G E	Chocolate texture pot G M So E	Gingerbread cake G E M	Ice cream pot GF M
Chef's Special	Filled tortellini in a basil and cream sauce G M	Salt and pepper squid with rice and sweet chilli sauce Cr G	<u>Spice Road</u> Beef meatballs with tomato and jalapeno sauce GF	Stuffed sweet pepper with spicy rice and cheese GF M	Jerk chicken drumsticks with hot Encona sauce GF

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