

JAGS Menu Summer 2024 week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Spiced carrot and squash GF Vg	Tomato and red pepper GF Vg	Green lentil and vegetable GF Vg	Leek and potato GF Vg	Carrot and cumin GF Vg
Main	Chicken shawarma GF	<u>International Day</u> Beef Biryani GF	Pepperoni pizza G M Su	Mediterranean marinated chicken with olives, basil and tomato GF	Fish Friday F G
Veggie	Mixed pepper and chickpea Tagine GF	Mixed pepper Biryani with chickpeas and butterbeans GF Vg	Cheese and tomato pizza G M	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	Fattoush salad GF Vg	Fried greens GF Vg	Corn on the cob GF Vg	Roasted broccoli with balsamic dressing GF Vg Su	Chips GF Vg
Side	Khobez bread GF Vg	Mango chutney GF Vg Yoghurt and mint M	Creamy Vegan coleslaw GF Vg	Chickpea, tomato, cucumber and feta salad GF Vg	Baked beans GF Vg
Side	Cous cous GF Vg	Poppadum's GF Vg	Wedge potatoes GF Vg	Roasted baby potatoes with lemon oil GF Vg	Tartare sauce GF Vg
Dessert Gluten free desserts are available on request	School cake G E	Lemon mousse with curd and meringue G E M	Baked vanilla cheesecake with berry compote GF E M	Apple cake G E M	Chocolate brownie G M So
Chef's Special	Sweet and sour pepper, courgette and red onions with breaded vegan nuggets G Vg	Potato and pea samosa with curry dipping sauce G Vg Mu	Spicy cauliflower wing and sweet potato wrap with sweet chilli sauce G Vg	Mac and cheeseburger with crispy onions and tomato relish G M Mu	Spicy chicken burrito with rice and cheese G M

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 Summer 2024 week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Summer squash GF Vg	Thai vegetable with lime leaf and lemon grass GF Vg	Tomato, basil and olive oil GF Vg	Potato and haricot bean broth GF Vg	Broccoli 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 Co M/C C So M	Cumberland sausage hot dog in a brioche bun with fried onions G E M Su	Roast herb chicken with peppercorn sauce GF M	Fish Friday F G
Veggie	Vegan bolognese in a rich tomato and oregano sauce GF So Vg	Breaded Quorn goujons with curry sauce G Co	Quorn hot dog in a soft bun E G M	Butternut squash, lentil, sweet potato and vegan cheese gratin GF Vg	Macaroni cheese G M
Side	Peas GF Vg	Stir fried vegetables with soya sauce GF So	Corn cobs GF Vg	Carrots GF Vg	Chips GF Vg
Side	Grated cheese GF Vg	Prawn crackers Cr	Shredded coleslaw GF Vg	Broccoli GF Vg	Peas GF Vg
Side	Spaghetti G Vg	Basmati rice GF Vg	Potato wedges GF Vg	Roast baby potatoes GF Vg	Tartare sauce Mu E
Dessert Gluten free desserts are available on request	Tiramisu G M	<u>Bee friendly</u> Lemon zest and honey slice G E	Chocolate texture pot G M So E	Gingerbread cake G E M	Strawberry ice cream pot GF M
Chef's Special	Mozzarella, basil pesto and plum tomato tortilla GF M E	Salt and pepper squid with rice and sweet chilli sauce Cr G	<u>Spice Road</u> Beef meatballs with tomato and jalapeno sauce GF	Tomato, spinach and cheese pithivier G M E	Peri Peri chicken drumsticks GF

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JAGS Menu Summer 2024 week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chipotle mixed bean GF Vg	Sweetcorn and potato chowder GF Vg	Spiced red lentil and carrot GF Vg	“Unpeeled “ sweet potato GF Vg	Mixed root vegetable GF Vg
Main	<u>Cinco De Mayo</u> Jalapeno chilli beef con carne GF	Cumberland sausage and onion gravy G Su	<u>International Day</u> Chicken korma GF Co	Roast gammon steak with pineapple GF	Fish Friday G F
Veggie	Vegan vegetable, chickpea chilli GF Vg So	Vegetable sausage with onion gravy GF M	Mixed pepper, squash and Paneer cheese korma 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	Taco shell GF Vg	Peas GF Vg	Papdi chaat GF	Cauliflower cheese G M	Chips GF Vg
Side	Mexican chopped salad and guacamole GF Vg E	Roasted thyme carrots GF Vg	Naan bread G Vg	Sweetcorn GF Vg	Peas GF Vg
Side	Basmati rice GF Vg	Herb roasted baby potatoes GF Vg	Basmati rice GF Vg	Roast potatoes GF Vg	Tartare sauce Mu E
Dessert Gluten free desserts are available on request	Churros with chocolate drizzle G E M Made in a factory that has nuts on site	Strawberry Eton mess G E M	<u>Bee friendly</u> Orange and honey slice G E	Carrot and cinnamon slice G E	Vanilla ice cream pot M
Chef's Special	Spicy black bean Pattie burger with green chilli salsa G	Squash, sweet potato and feta filo parcel G Vg M	Tandoori pork loin steak GF	Mature cheddar cheese and broccoli tart with salad bar section GF E M	Grilled chicken sausage with tomatoes, mushrooms and watercress G Su

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