# JAGS Prep & Senior Menu- Spring 2026 Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Soup | Tomato and basil<br>GF Vg | Carrot and butterbean<br>GF Vg | Cauliflower<br>GF Vg | Broccoli<br>GF Vg | Mixed vegetable and red lentil<br>GF Vg |
| Main 1 | Beef keema curry<br>GF | Mediterranean chicken<br>GF | Cumberland hot dog in a brioche bun<br>G E M Su | Roast gammon with gravy<br>GF | Breaded chicken katsu with curry sauce<br>G<br>Gluten free chicken available on request |
| Main 2 | Vegan vegetable and mixed bean keema curry<br>GF Vg So | Mediterranean vegetable hot pot<br>GF Vg | Quorn hot dog in brioche bun<br>G E M | Spicy rice, pepper and goats' cheese stuffed tomato<br>GF M | Breaded Vegan goujons<br>G Vg |
| Side | Flat bread<br>G Vg | Ratatouille<br>GF Vg | Corn cobs<br>GF Vg | Carrots<br>GF Vg | Prawn crackers<br>Cr Su |
| Side | Mango chutney<br>GF Vg<br>Kachumber salad<br>GF Vg | Chopped salad with feta cheese<br>GF M | Baked beans<br>GF Vg | Peas<br>GF Vg | Curry sauce<br>GF Co |
| Side | Basmati rice<br>GF Vg | Garlic potatoes<br>GF Vg | Potato wedges<br>M/C G | Roast potatoes<br>GF Vg | Steamed rice<br>GF vg |
| Dessert<br>Gluten free desserts are available on request | Lemon cake<br>G E | Mixed berry and cream cheese pot<br>GF M | Chocolate cake<br>G E M | Apple crumble with custard<br>G M | Jam doughnuts<br>G So<br>M/C E M S |
| Main3 | Gnocchi with a creamy vegan bacon sauce<br>G M So | Sweet potato stuffed with black bean, avocado and sweetcorn salsa<br>GF Vg | Beef lasagne<br>G M | Jerk chicken wings with hot sauce<br>GF Mu | Spicy beef and cheese burrito<br>G M |
| | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits |

**Allergens**

**E** – Egg
**M** – Milk
**Mu** – Mustard
**C** – Celery
**F** – Fish
**G** – Gluten
**GF** – Gluten free
**Se**- Seeds
**S** - Sesame
**Su** – Sulphites
**So** – Soya
**Sh** – Shellfish
**Cr** - Crustaceans
**Co** – Coconut
**Vg** – Vegan

**Allergies – Please note the allergens annotated next to each food item are subject to change according to product availability. Please ensure that the daily menus are checked daily for accurate information each day.**

# JAGS Prep & Senior Menu- Spring 2026 Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Soup | Tomato and courgette<br>GF Vg | Butternut and pinto bean<br>GF Vg | Potato and sweetcorn<br>GF Vg | Carrot and turmeric<br>GF Vg | Broccoli<br>GF Vg |
| Main 1 | Beef bolognaise<br>GF | Chicken tikka<br>GF | Pork sausage with onion gravy<br>G Su | Roast garlic and herb chicken with peppercorn sauce<br>GF M | Pepperoni pizza<br>G M<br>Gluten free / vegan pizza available on request |
| Main 2 | Vegan bolognaise<br>GF Vg So | Vegetable tikka<br>GF M | Vegan sausage with gravy<br>G Vg | Root vegetable and potato gratin with gravy<br>GF Vg | Cheese and tomato pizza<br>G M |
| Side | Carrots<br>GF Vg | Mini poppadum's<br>GF Vg | Garden peas<br>GF Vg | Green beans<br>GF Vg | Sweetcorn<br>GF Vg |
| Side | Grated cheese<br>M | Cucumber, tomato and red onion salad<br>G Vg | Onion rings<br>G<br>Yorkshire pudding<br>G E M | Carrots<br>GF Vg | Honey and mustard dressed cos<br>GF Vg Su Mu |
| Side | Spaghetti<br>G | Steamed rice<br>GF Vg | Herb sliced potatoes<br>M/C G | Couscous<br>GF Vg | Potato wedges<br>M/C G |
| Dessert<br>Gluten free desserts are available on request | Tiramisu<br>G M | Spiced apple cake<br>G E | Banana and date cheesecake<br>G M | Orange sponge and custard<br>G E M | Pancakes with toffee sauce<br>G E M |
| Main3 | Mozzarella and tomato tart with salad bar selection<br>GF M E | Fishcake with citrus mayo and fennel slaw<br>G F M E | Squash, cauliflower, cranberry and red onion Tagine<br>GF Vg | Beef and cheese quesadilla<br>GF | Fishfinger sandwich<br>G F |
| | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits |

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# JAGS Prep & Senior Menu- Spring 2026 Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Soup | Tomato and butterbean<br>GF Vg | Spicy butternut<br>GF Vg | Sweet potato and lentil<br>GF Vg | Leek and potato<br>GF Vg | Mixed vegetable<br>GF Vg |
| Main 1 | Chicken bourguignon<br>GF | Beef meatballs in a rich tomato sauce<br>G | Chinese chicken<br>GF Co | Roast turkey<br>GF | Fish of the day<br>F G<br>Gluten free fish available |
| Main 2 | Pepper, squash and cauliflower bourguignon<br>GF Vg | Vegan meatballs in a rich tomato<br>G Vg | Cauliflower, spinach and chickpea curry<br>GF Vg Co | Macaroni cheese with crispy onions<br>G M | Cheese and onion pastie<br>G E M |
| Side | Broccoli<br>GF Vg | Peas and sweetcorn<br>GF Vg | Prawn crackers<br>Cr Su | Carrots<br>GF Vg | Sweetcorn<br>GF Vg |
| Side | Carrots<br>GF Vg | Garlic bread<br>G M | Vegetable spring rolls<br>G So | Parsnips<br>GF Vg | Tartare sauce<br>E Mu |
| Side | Baby potatoes<br>GF Vg | Spaghetti<br>G | Egg fried rice<br>GF E | Roast potatoes<br>GF Vg | Potato wedges<br>M/C G |
| Dessert<br>Gluten free desserts are available on request | School cake<br>G E | Berry cheesecake<br>G M | Carrot cake<br>G E | Rice crispy cake<br>G E M So Su | Waffles with chocolate sauce<br>M |
| Main3 | Tomato and mozzarella tortilla with red onion chutney<br>GF E M Mu | Pesto pumpkin gnocchi with pea and herbs<br>GF M | Potato samosa with coconut curry sauce<br>G Co Mu | Smoked salmon tart with salad bar selection<br>GF E M | BBQ pulled pork bagel<br>G E M |
| | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits | Baked potatoes, fresh salads, natural Greek yoghurt, mixed berries & carved fruits |

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