

JAGS Prep & Senior Menu- Summer 2026 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Soup</u>	Curried vegetable GF Vg	Carrot and cumin GF Vg	Tomato and red lentil GF Vg	Broccoli GF Vg	Mixed vegetable GF Vg
<u>Main 1</u>	Beef chili con carne GF	Chicken shawarma GF	Cumberland hot dog in a brioche bun G E M Su	Roast turkey with gravy GF	Breaded chicken katsu with curry sauce G M/C Ce M Mu So Gluten free chicken available on request
<u>Main 2</u>	Vegan chili con carne GF Vg So	Seven spice vegetable shawarma GF Vg	Quorn hot dog in brioche bun G E M	Sweet potato stuffed with vegetable rice and vegan feta cheese GF Vg	Breaded Vegan goujons G Vg
<u>Side</u>	Tortilla chips GF Vg	Flat bread G Vg	Cheesy coleslaw GF E	Carrots GF Vg	Prawn crackers Cr Su
<u>Side</u>	Sour cream M Grated cheese M	Tomato, cucumber and red onion salad with lime dressing GF Vg	Baked beans GF Vg	Peas GF Vg	Curry sauce GF Co
<u>Side</u>	Basmati rice GF Vg	Couscous G Vg	Potato wedges M/C G	Roast potatoes GF Vg	Steamed rice GF Vg
<u>Dessert</u> Gluten free desserts are available on request	Lemon icing cake G E	Eton mess GF M	Betty's carrot cake G E	Caramel and KitKat cheesecake G M	Jam doughnuts G So M/C E M S
<u>Main3</u>	Spaghetti carbonara with cured ham and parmesan cheese G M	Fish taco with avocado salsa G F	Vegetable, lentil and paneer cheese biriyani GF	Pepper, rice and cheese filo pastry roll G M	Spicy chilli beef and mozzarella Quesadilla 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

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JAGS Prep & Senior Menu-Summer 2026 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Soup</u>	Tomato and courgette GF Vg	Green pea and mint GF Vg	Potato butterbean GF Vg	Carrot and turmeric GF Vg	Parsnip GF Vg
<u>Main 1</u>	Beef bolognaise GF	Tandoori chicken GF	Gluten free pork sausage with gravy GF Su	BBQ chicken GF	Pepperoni pizza G M Gluten free / vegan pizza available on request
<u>Main 2</u>	Vegan bolognaise GF Vg So	Vegetable tikka GF Vg	Vegan sausage with gravy G Vg	Mixed bean burger G Vg	Cheese and tomato pizza G M
<u>Side</u>	Peas GF Vg	Mini poppadum's MC G Peanut	Carrots and green beans GF Vg	Coleslaw GF E	Garlic mayonnaise GF E
<u>Side</u>	Grated cheese M J Garlic bread G M	Yoghurt and mint dressing GF M	Yorkshire pudding G E M	Corn on the cob GF Vg BBQ sauce GF Vg	Cesar salad GF E M
<u>Side</u>	Spaghetti G	Steamed rice GF Vg	Mash potato GF M	Sweet potato fries M/C G	Onion rings G Vg
<u>Dessert</u> Gluten free desserts are available on request	Tiramisu G M	Chorro's with chocolate drizzle G E M So M/C Nuts Sesame	Pancakes with toffee sauce G E M	Chocolate cake with chocolate custard G E M	Ice cream pot M
<u>Main3</u>	Mozzarella and tomato tart with balsamic vegetables GF M E Su	Lamb sausage, pepper and mushroom frittata G Su E M	Thai red vegetable and coconut curry with rice GF Vg Co	Beef lasagna with salad bar selection G M	Fishfinger sandwich with tartare sauce G F 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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JAGS Prep & Senior Menu-Summer 2026 Week 3

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<u>Soup</u>	Sweet potato GF Vg	Spicy butternut GF Vg	Sweetcorn and potato broth G Vg	Leek and potato GF Vg	Tomato and mixed herb GF Vg
<u>Main 1</u>	Turkish lamb with preserved lemons and olive GF	Tangy Mexican chicken GF	Beef biriyani GF Co	Pork strips in a black bean and soy sauce G So	Fish of the day F G Gluten free fish available
<u>Main 2</u>	Turkish vegan mince with preserved lemon and olive GF Vg So	Re fried Mexican beans in a corn taco GF Vg	Vegan chickpea and pepper biriyani GF Vg Co	Macaroni cheese with crispy onions G M	Cheese and onion pastie G M
<u>Side</u>	Pitta bread G Vg	Guacamole GF Vg	Roasted curried cauliflower GF Vg	Spring rolls G So	Sweetcorn GF Vg
<u>Side</u>	Chopped salad with halloumi GF M	Pico de Galo GF Vg	Naan bread G Vg	Prawn crackers Cr Su	Tartare sauce E Mu
<u>Side</u>	Sumac potatoes GF Vg	Rice with peppers GF Vg	Mini poppadum's M/C G Peanut	Egg noodles G E So	Chips M/C G
<u>Dessert</u> Gluten free desserts are available on request	Lemon mousse, curd and meringue G E M	School cake G E	Rice crispy traybake G M E So	Chocolate and orange biscuit pot G M So	Apple and summer berry crumble with custard G M
<u>Main3</u>	Potato gnocchi in a creamy tomato and herb sauce G Su M	Vegetable samosa with curried coconut dipping sauce G So Co	Ham and cheese panini with salad bar selection G M So	Jerk chicken drumsticks with plantain and coleslaw GF E	Spicy beef and cheese burrito G M Co
	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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