

JAGS Prep & Senior Menu- Summer 2026 Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Soup</u>	Mixed 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 soft bun G Su M/C Sesame	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 soft bun G E M/C Sesame	Pepper, rice and cheese puff pastry roll G M	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 Tomato salsa M	Tomato, cucumber and red onion salad with lime dressing GF Vg	Baked beans GF Vg	Peas GF Vg	Curry sauce M/C G E So M Mu
<u>Side</u>	Basmati rice GF Vg	Couscous G Vg	Potato and spring onion salad GF E	Roast potatoes GF Vg	Steamed rice GF Vg
<u>Dessert</u> Gluten free desserts are available on request	Lemon icing cake G E	Strawberry and coconut sponge with custard G E M Co	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	Vegetable and pasta bake topped with vegan cheese G Vg	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

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-Summer 2026 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Soup</u>	Tomato and basil GF Vg	Green pea and mint GF Vg	Potato and 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 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 So	Ice cream pot M
<u>Main3</u>	Ham and cheese tart with salad bar selection GF M E	Sun blush tomato, basil and feta cheese frittata G Su E M	Thai red vegetable and coconut curry with rice GF Vg Co	Beef lasagne 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	Carrot and haricot bean 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 bourguignon GF	Chinese chicken GF	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, squash and pepper bourguignon GF Vg	Fried rice with Chinese leaf, pak chow and peppers GF Vg So	Cheese and onion pastie G M
<u>Side</u>	Pitta bread G Vg	Avocado salsa GF Vg	Broccoli GF Vg	Asian cucumber salad GF Vg	Peas GF Vg
<u>Side</u>	Chopped salad with halloumi GF M	Pico de Galo GF Vg	Carrots G Vg	Prawn crackers Cr Su	Tartare sauce E Mu
<u>Side</u>	Sumac potatoes GF Vg	Rice with peppers GF Vg	Baby parsley potatoes GF Vg	Egg noodles G E So	Chips M/C G
<u>Dessert</u> Gluten free desserts are available on request	Strawberry mousse with meringue GF E M So	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	Macaroni cheese with crispy onions G M	Lamb Lahmacun with chopped salad 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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