ALLERGENS

JFK Beckton

Autumn/Winter 2026/27

WEEK 1

CLUB

Planet Friendly Monday

Oriental Veg Stir Fry & Egg Noodles
Cereals containing gluten (wheat, barley), Egg

Vegan Dippers
Cereals containing gluten (wheat, spelt, kamut)

Bolognese Bake
Celery, Soya

PUDDING

Fruit Salad & Frozen Yoghurt (Strawberry)
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Garlic Slice
Cereals containing gluten (wheat, spelt, kamut)
may contain Milk, Soya

Tuesday

Dhal & Crispy Chickpeas with Rice & Raita
Cereals containing gluten, Milk
may contain Cereals containing gluten (wheat)

Shepherd's Pie
Milk

PUDDING

Pears with Yoghurt
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Focaccia
Cereals containing gluten (wheat), Soya
may contain Egg, Milk

Wednesday

Spinach & Feta Whirl
Cereals containing gluten (wheat), Egg, Milk
may contain Lupin, Mustard, Soya

Roast Chicken & Stuffing
Cereals containing gluten (wheat, spelt, kamut)

PUDDING

Mango Rice Pudding
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Thursday

Calzone Pizza Slice
Cereals containing gluten (barley), Milk
may contain Cereals containing gluten (oats, rye), Milk

Chicken & Sweetcorn Meatballs with Rice
Free from all 14

PUDDING

Apple & Cinnamon Crumble with Custard
Cereals containing gluten (wheat, oats, spelt, kamut)
may contain Cereals containing gluten (barley, rye), Soya

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Sweetcorn
free from all 14

Friday

Vegetable Keema Naan & Raita
Cereals containing gluten (wheat, spelt, kamut), Milk, Soya

Salmon & Sweet Potato Fishwich
Cereals containing gluten (wheat, spelt, kamut), Egg, Fish
may contain Sesame

PUDDING

Banana Split
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk
may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Garden Peas
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

V Vegetarian PB Plant Based

The 14 major allergens only. We declare celery, cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soya and sulphur dioxide. **Our kitchens are nut free** — we never cook with nuts or peanuts, although trace contamination cannot be fully ruled out. A child with a food allergy or a medical diet is served from their own individual menu, not from this sheet. Ingredients can change, so always check the packaging before serving. Any questions, contact medical.diets@juniperventures.co.uk

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WEEK 2

CLUB

Planet Friendly Monday

Cauliflower Mac & Cheese
Cereals containing gluten (wheat, spelt, kamut), Celery, Milk, Mustard

may contain Soya

Lamb Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Milk

PUDDING

Strawberry Mousse with Seasonal Fruit
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Garlic Slice
Cereals containing gluten (wheat, spelt, kamut)

may contain Milk, Soya

Tuesday

Tex Mex Bean Burrito
Cereals containing gluten (wheat), Milk

Jollof Rice with Lamb & Vegetables
Free from all 14

PUDDING

Mandarin Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Foccacia
Cereals containing gluten (wheat), Soya

may contain Egg, Milk

Fresh Carrots
free from all 14

Green Beans
free from all 14

Wednesday

BBQ Chicken
Cereals containing gluten (wheat, spelt, kamut), Soya

Cauliflower Bites
Free from all 14

PUDDING

Fresh Fruit with Ice Cream
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Savoury Rice
free from all 14

Thursday

Banana Ketchup Curry
Free from all 14

Eat Curious Burger in a Bun
Cereals containing gluten (wheat, spelt, kamut)

may contain Sesame

PUDDING

Jam & Coconut Sponge
Cereals containing gluten (wheat, spelt, kamut), Milk, Sulphur dioxide

may contain Cereals containing gluten (barley, oats, rye), Soya

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Baked Beans Side Dish
free from all 14

Friday

Indian Style Sausage Roll
Cereals containing gluten (wheat), Soya, Sulphur dioxide

may contain Lupin, Mustard, Soya

Fish in Batter
Cereals containing gluten (wheat), Fish

PUDDING

Peach Melba Crunch
Cereals containing gluten (oats), Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Garden Peas
free from all 14

Sweetcorn
free from all 14

Chips
free from all 14

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WEEK 3

CLUB

Planet Friendly Monday

Vegetable & Lentil Lasagne
Cereals containing gluten (wheat), Milk, Mustard, Soya

may contain Egg, Mustard, Soya

Southern Quorn Burger
Cereals containing gluten (wheat, barley, spelt, kamut), Egg, Milk

may contain Sesame

PUDDING

Apple & Pear Compote
Free from all 14

Yoghurt
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Sweetcorn
free from all 14

Broccoli
free from all 14

Tuesday

Vegetable Samosa, Rice & Raita
Cereals containing gluten (wheat, spelt, kamut), Milk, Soya

Greek Macaroni
Cereals containing gluten (wheat, spelt, kamut), Celery, Milk, Mustard

may contain Soya

PUDDING

Banana Mouse with Mango & Pineapple
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Wednesday

Veggie Toad in the Hole
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk

Roast Chicken & Yorkshire Pudding
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk

PUDDING

Bursting Berry Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Thursday

Jerk Chicken with Rice & Peas
Egg

Mixed Bean Wrap
Cereals containing gluten (wheat), Milk

PUDDING

Eve's Pudding
Cereals containing gluten (wheat), Egg

may contain Soya

Custard
Milk

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

ON THE SIDE

Mixed Vegetables
free from all 14

Sweetcorn
free from all 14

Friday

Cheese & Tomato Pizza
Cereals containing gluten (wheat, spelt, kamut), Milk

Fish Fingers
Cereals containing gluten (wheat), Fish

PUDDING

Fresh Fruit
Free from all 14

Fruit Yogurt
Milk

Cheese and Crackers
Cereals containing gluten (wheat, spelt, kamut), Milk

may contain Cereals containing gluten (barley, oats, rye)

Fresh Fruit with Ice Cream
Milk

ON THE SIDE

Garden Peas
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

V Vegetarian PB Plant Based

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