MENU

John F. Kennedy School
(Beckton & North Woolwich)
Autumn/Winter 2026/27

WEEK 1

Week Commencing:
02/11/26, 23/11/26, 14/12/26, 4/1/27, 25/1/27, 15/2/27, 15/3/27,

HOW WE DO LUNCH



	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet & Sour Stir Fry with Noodles & Crispy Dippers (V)	Mild Dhal & Crispy Chickpeas with Rice & Raita (V)	Spinach & Feta Whirl with Roast Potatoes (V)	Cheese & Tomato Calzone (V)	Spicy Keema with Raita & Naan Bread (V)
Choice 2	Lamb Bolognese Bake with Garlic Bread	Shepherd's Pie	Roast Chicken & Stuffing with Roast Potatoes	Chicken & Sweetcorn Meatballs with Rice	Salmon & Sweet Potato Fishwich & Chunky Wedges
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Frozen Yoghurt with Seasonal Fruit (V)	Pears & Greek Yoghurt (V)	Creamy Mango Rice Pudding (V)	Apple & Cinnamon Crumble with Custard (SS) (V)	Banana Split (V)



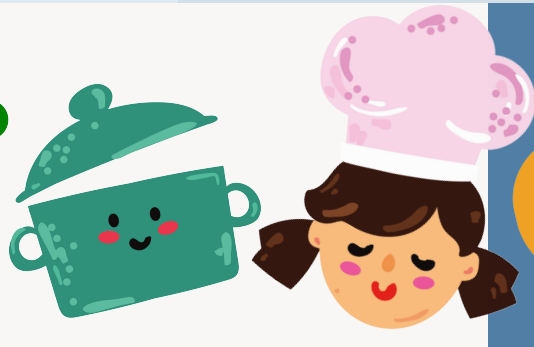




Also Available: Salad Bar (V) Home Baked Bread (V) Fruit (PB) Yoghurt (V) Cheese & Crackers (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

Halal meat is served at this school.



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WEEK 2

Week Commencing:
09/11/26, 30/11/26, 21/12/26, 11/1/27, 1/2/27, 1/3/27, 22/3/27

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cauliflower Mac & Cheese with Garlic Bread (V)	Mixed Bean Burrito with Mexican Salad (PB)	Cauiflower Bites with Rice or Roast Potatoes (PB)	Banana Ketchup Curry with Rice (PB)	Spiced Indian Style Sausage Roll with Chips (PB)
Choice 2	Lamb Pasta Bake with Garlic Bread	Lamb & Vegetable Jollof Rice	Greek Style Chicken with Rice or Roast Potatoes	Lamb & Veggie Burger in a Bun with Crunchy Slaw	Fish in Crispy Batter with Chips
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Baked Beans	Garden Peas Sweetcorn
Dessert	Strawberry Mouse with Seasonal Fruit (V)	Orange Jelly Pot with Mandarins (PB)	Seasonal Fruit with Ice Cream (V)	Raspberry Coconut Cake with Custard (V) (SS)	Peach Melba Crunch with Yoghurt (V)

Also Available: Salad Bar (V) Home Baked Bread (V) Fruit (PB) Yoghurt (V) Cheese & Crackers (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

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HOW WE DO LUNCH









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WEEK 3

Week Commencing:
16/11/26, 07/12/26, 18/1/27, 8/2/27, 8/3/27, 29/3/27

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Vegetable Lasagne with Focaccia (V)	Vegetable Samosa with Dhal & Rice (V)	'Toad in the Hole' with Roast Potatoes (V)	Crushed Chickpea & Sweetcorn Mayo Wrap (PB)	Cheesy Tomato Pizza with Chunky Wedges (V)
Choice 2	Southern Style Burger in a Bun (V)	Greek Macaroni Bake	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Jerk Chicken with Rice & Peas	Crispy Fish Fingers with Chunky Wedges
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Apple & Pear Compote with Yoghurt (V)	Banana Mousse with Mango & Pineapple (V)	Mixed Berry Jelly Pot (V)	Apple Sponge (Eve's Pudding) with Custard (V) (SS)	Seasonal Fruit Salad (V)

Also Available: Salad Bar (V) Home Baked Bread (V) Fruit (PB) Yoghurt (V) Cheese & Crackers (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

Halal meat is served at this school.

HOW WE DO LUNCH









Juniper CLUB