ALLERGENS

JFK Plaistow

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)

Lentil Bolognese Bake
Cereals containing gluten, Celery
may contain Cereals containing gluten (wheat)

Mexican Bean & Salsa Wrap
Cereals containing gluten (wheat), Milk

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)
may contain Milk, Soya

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

Crispy Chickpeas with Curry & Rice
Free from all 14

Shepherd's Pie
Free from all 14

Golden Spanish Paella
Free from all 14

PUDDING

Fresh Fruit
Free from all 14

Apple & Pear Compote
Free from all 14

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Wednesday

Thai Style Veggie Rice Bowl
Free from all 14

Garlic & Thyme Roast Chicken
Free from all 14

Pasta & Mixed Bean Bake (GF)
Free from all 14

PUDDING

Mango Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

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

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

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

New Potatoes
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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

BBQ Kickin' Chicken Wrap
Cereals containing gluten (wheat)
may contain Celery, Sulphur dioxide

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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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

Juniper

ALLERGENS

JFK Plaistow

Autumn/Winter 2026/27

WEEK 2

CLUB

Planet Friendly Monday

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

Plant Balls & Tomato Sauce & Rice
Soya

Jacket Potato with Cheese & Beans
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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

Mixed Bean Stew
Free from all 14

Mexican Salad
Free from all 14

Jollof Rice with Lamb & Vegetables
Free from all 14

Roast Vegetable Pasta Bake AF
Free from all 14

Focaccia (Gluten Free)
Free from all 14

PUDDING

Mandarin Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

ON THE SIDE

Fresh Carrots
free from all 14

Green Beans
free from all 14

Wholemeal Rice
free from all 14

Wednesday

Creole Style Jambalaya
Free from all 14

Greek Style Chicken Souvlaki (AF)
Free from all 14

Cauliflower Bites
Free from all 14

PUDDING

Fresh Fruit
Free from all 14

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

Coronation Quorn Wrap with Crunchy 'Slaw
Cereals containing gluten (wheat)

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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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

Roast Veg Frittata
Egg, Milk

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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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

Juniper

ALLERGENS

JFK Plaistow

Autumn/Winter 2026/27

WEEK 3

CLUB

Planet Friendly Monday

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

Crushed Chickpea & Sweetcorn Mayo Wrap
Cereals containing gluten (wheat)

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

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

Sweetcorn
free from all 14

Broccoli
free from all 14

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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Tuesday

Coconut & Butternut Squash Curry with Rice
Free from all 14

Chicken & Sweetcorn Potato Bake
Free from all 14

Jacket Potato - Veg Chill AF
Free from all 14

PUDDING

Apple & Pear Compote
Free from all 14

Fresh Fruit
Free from all 14

ON THE SIDE

Green Beans
free from all 14

Fresh Carrots
free from all 14

Wednesday

Tangy Tomato Pasta Bake
Free from all 14

Roast Turkey
Free from all 14

Savoury Sausages with Mashed Potatoes
Free from all 14

PUDDING

Bursting Berry Jelly Pot
Free from all 14

Fresh Fruit
Free from all 14

ON THE SIDE

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Thursday

Brunch Special
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk
may contain Cereals containing gluten, Milk

Jerk Chicken with Rice & Peas
Egg

Jacket Potato — Tuna & Sweetcorn
Egg, Fish

PUDDING

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

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

Friday

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

Fish Fingers
Cereals containing gluten (wheat), Fish

Tandoori Chicken in Pitta with Salad
Cereals containing gluten (wheat, spelt, kamut)
may contain Cereals containing gluten (barley), Celery, Lupin, Milk, Mustard, Soya, Sulphur dioxide

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

Garden Peas
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

Bread Selection
Cereals containing gluten (wheat, barley, oats, rye, spelt, kamut), Soya
may contain Lupin, Mustard, Soya

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

Juniper