ALLERGENS

JFK Stratford

Autumn/Winter 2026/27

WEEK 1

CLUB

Planet Friendly Monday

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

Spaghetti Bolognese 111142
Cereals containing gluten (wheat, spelt, kamut)

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

PUDDING

Fruit Salad & Frozen Yoghurt (Strawberry)
Milk

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

Broccoli
free from all 14

Mashed Swede & Carrot
free from all 14

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

Mashed potatoes (primary)
Milk

Gravy
free from all 14

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

Tuesday

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

Shepherd's Pie
Milk

Savoury Sausages with Mashed Potatoes
Free from all 14

PUDDING

Pears with Yoghurt
Milk

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

Fresh Seasonal Vegetables
free from all 14

Mashed potatoes (primary)
Milk

Gravy
free from all 14

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

Wednesday

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

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

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

PUDDING

Mango Rice Pudding
Milk

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

Fresh Seasonal Vegetables
free from all 14

Roast Potatoes
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

Thursday

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

Chicken Curry
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

Golden Spanish Paella
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

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

Fresh Seasonal Vegetables
free from all 14

Rice
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

Friday

Lamb Keema served with Raita
Free from all 14
may contain Cereals containing gluten (wheat, spelt, kamut)

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

Fish Fillet
Fish

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

PUDDING

Banana Split
Milk

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

Raita
Milk

Fresh Carrots
free from all 14

Baked Beans Side Dish
free from all 14

Potato Wedges
free from all 14

Mashed potatoes (primary)
Milk

Gravy
free from all 14

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

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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ALLERGENS

JFK Stratford

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

Meatballs in Tomato Sauce with Rice
Free from all 14

Jacket Potato with Cheese & Beans
Milk

PUDDING

Strawberry Mousse with Seasonal Fruit
Milk

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

Mashed Swede & Carrot
free from all 14

Broccoli
free from all 14

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

Mashed potatoes (primary)
Milk

Gravy
free from all 14

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

Tuesday

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

Jollof Rice with Lamb & Vegetables
Free from all 14

Roast Med. Vegetable Pasta Bake
Cereals containing gluten (wheat, spelt, kamut), Milk

PUDDING

Mandarin Jelly Pot
Free from all 14

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

Fresh Carrots
free from all 14

Fresh Seasonal Vegetables
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

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 with Ice Cream
Milk

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

Fresh Seasonal Vegetables
free from all 14

Mashed potatoes (primary)
Milk

Gravy
free from all 14

Roast Potatoes
free from all 14

Savoury Rice
free from all 14

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

Thursday

Banana Ketchup Curry
Free from all 14

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

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

PUDDING

Jam & Coconut Sponge
Cereals containing gluten (wheat, spelt, kamut), Milk, Sulphur dioxide
may contain Cereals containing gluten (barley, oats, rye), 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

Fresh Seasonal Vegetables
free from all 14

Coleslaw
Egg

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

Friday

Indian Style Sausage Roll
Cereals containing gluten (wheat), Soya, Sulphur dioxide
may contain Lupin, Mustard, Soya

Fish Fillet
Fish

Spanish Omelette with Jacket Wedges JFK Stratford
Egg, Milk

PUDDING

Peach Melba Crunch
Cereals containing gluten (oats), Milk

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

Fresh Seasonal Vegetables
free from all 14

Mashed potatoes (primary)
Milk

Gravy
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

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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ALLERGENS

JFK Stratford

Autumn/Winter 2026/27

WEEK 3

CLUB

Planet Friendly Monday

Lamb Lasagne
Cereals containing gluten (wheat), Milk, Mustard
may contain Egg, Soya

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

Jacket Potato with Cheese & Beans
Milk

PUDDING

Apple & Pear Compote
Free from all 14

Custard
Milk

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

Broccoli
free from all 14

Mashed Swede & Carrot
free from all 14

Mashed potatoes (primary)
Milk

Gravy
free from all 14

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

Tuesday

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

Chicken & Potato Pie (Pastry Top)- JFK Special
Cereals containing gluten (wheat, spelt, kamut), Egg, Milk
may contain Lupin, Mustard, Soya

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

PUDDING

Banana Mouse with Mango & Pineapple
Milk

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

Fresh Carrots
free from all 14

Fresh Seasonal Vegetables
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

Wednesday

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

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

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

PUDDING

Bursting Berry Jelly Pot
Free from all 14

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

Fresh Seasonal Vegetables
free from all 14

Mashed potatoes (primary)
Milk

Gravy
free from all 14

Roast Potatoes
free from all 14

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

Thursday

Coconut & Butternut Squash Curry with Rice- JFK
Free from all 14

Jerk Chicken & Wedges
Free from all 14

Jacket Potato with Tuna Mayo- JFK STRATFORD
Egg, Fish

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

Fresh Seasonal Vegetables
free from all 14

Potato Wedges
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

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

Friday

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

Fish Fillet
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

Custard
Milk

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

Broccoli
free from all 14

Gravy
free from all 14

Mashed potatoes (primary)
Milk

Potato Wedges
free from all 14

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

V Vegetarian PB Plant Based

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