MENU

John F. Kennedy School (Stratford /Plaistow)
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,

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet & Sour Stir Fry with Noodles & Quorn Dippers (V)	Dhal & Crispy Chickpeas with Rice & Raita (V)	Spinach & Feta Whirl with Roast Potatoes (V)	Cheese & Tomato Calzone (V)	Classic Keema with Raita & Naan Bread (V)
Choice 2	Lentil Bolognese Bake with Garlic Bread (V)	Shepherd's Pie	Roast Chicken & Stuffing with Roast Potatoes	Chicken & Sweetcorn Meatballs with Rice	Salmon & Sweet Potato Fishwich or Fish Fillet & Jacket Wedges
Choice 3	Mexican Bean & Salsa Wrap (PB)	Planet Friendly Sausages with Mashed Potatoes (PB)	Vegetarian Pasta Bake (V)	Golden Spanish Paella (PB)	BBQ Kickin' Chicken Flatbread & Jacket Wedges
Vegetables	Mashed Swede & Carrot Fresh Broccoli	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Baked Beans Carrots
Dessert	Frozen Yoghurt with Seasonal Fruit (V)	Pears with Greek Yoghurt (V)	Mango Rice Pudding (V)	Apple & Cinnamon Crumble with Custard (SS) (V)	Banana Split (V)

Available every day: Salad Bar (PB) Freshly Baked Bread (V) Fresh Fruit (PB) Fruit Yoghurt (V)

plus Mashed Potato, Gravy & Custard

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

Halal meat is served at this school.

HOW WE DO LUNCH









Juniper CLUB

MENU

John F. Kennedy School (Stratford /Plaistow)
Autumn/Winter 2026/27

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 Slice (V)	Mixed Bean Burrito with Mexican Salad (PB)	Creole Style Jambalaya (PB)	Banana Curry with Rice (PB)	Spiced Indian Style Sausage Roll with Chips (PB)
Choice 2	Meatballs in Tomato Sauce with Rice	Lamb & Vegetable Jollof Rice	Greek Style Chicken with Rice or Baby Roast Potatoes	'Eat Curious' Burger in a Bun with Crunchy 'Slaw	Fish in Batter or Fish Filllet with Chips
Choice 3	Jacket Potatoes with Cheese/Baked Beans (V)	Pasta Bake with Focaccia Slice (V)	Cauliflower Bites with Rice or Baby Roast Potatoes (PB)	Coronation Quorn Wrap with Crunchy 'Slaw (V)	Spanish Omelette with Chips (V)
Vegetables	Mashed Swede & Carrot Fresh Broccoli	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Baked Beans Carrots
Dessert	Strawberry Mousse 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 Custard (V)

Available every day: Salad Bar (PB) Freshly Baked Bread (V) Fresh Fruit (PB) Fruit Yoghurt (V)

plus Mashed Potato, Gravy & Custard

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

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HOW WE DO LUNCH









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MENU

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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	Roast Vegetable Lasagne with Focaccia (V)	Veggie Brunch with Hash Brown (V)	Vegetable Samosa with Dhal & Rice (PB)	Coconut & Butternut Squash Curry with Rice (PB)	Cheese & Tomato Pizza with Jacket Wedges (V)
Choice 2	Crushed Chickpea & Sweetcorn Mayo Wrap (PB)	Chicken & Sweetcorn Pie with Mashed Potatoes	Roast Turkey & Yorkshire Pudding with Roast Potatoes	Jerk Chicken with Rice & Peas	Fish Fingers of Fish Fillet with Jacket Wedges
Choice 3	Jacket Potato with Cheese & Beans (V)	Greek Macaroni Bake	Vegetable 'Toad in the Hole' with Roast Potatoes (V)	Jacket Potato with Tuna Mayonnaise	Tandoori Chicken in Pitta with Salad (PB)
Vegetables	Mashed Swede & Carrot Fresh Broccoli	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Seasonal Fresh Vegetables	Baked Beans Carrots
Dessert	Apple & Pear Compote with Yoghurt (PB)	Banana Mousse with Mango & Pineapple (V)	Bursting Berry Jelly Pot (PB)	Eve's Pudding with Custard (SS) (V)	Seasonal Fruit Salad with Ice Cream (V)

Available every day: Salad Bar (PB) Freshly Baked Bread (V) Fresh Fruit (PB) Fruit Yoghurt (V)

plus Mashed Potato, Gravy & Custard

Halal meat is served at this school.

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

HOW WE DO LUNCH









Juniper CLUB