







Healthy Eating
Week | 28 Nutrition

HEALTHY EATING WEEK



MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
MARKET FRESH	 Mixed Bean Quesdilla with Jalpeno 'High Fibre' 	 Lamb & Lentil Lasagne with Italian Salad 'High Fibre' 	 Butternut Squash Wholemeal Tart served with Roast Potatoes 'High Fibre' 	 Wholemeal Spinach & Ricotta Pasta Parcels 'Low Fat' 'High Fibre' 	 Oven Baked Fish in Batter 'Low Fat' with Jacket Wedges
GLOBAL CLASSICS	 Veggie Spaghetti Bolognese 'Alt Protein' 'Low Fat' 'High Fibre'	 Aubergine, Chickpea & Vegetable Curry with Wholemeal Rice 'High Fibre' 'Fresh Veg' 	 Roast Chicken, Herby Stuffing served with Roast Potatoes & Seasonal Veg 'Fresh Veg' 'Low Fat'	 Spicy Rice with Lentil Keema & Naan 'High Fibre' 'Alt Protein' 	 Chicken Shawarma in Flatbread & Turkish 'Slaw' 'Low Fat' 'Fresh Veg'
STREET FOOD	 Chicken Gyros with Greek Salad 'High Fibre' 	 Thai Fish Curry with Noodles & Veg Stir Fry 'Omega 3 oils' 'Fresh Veg'	 Loaded Jacket Potatoes with Chilli & Vegan Cheese & Mexican Salad 'High Fibre' 	 Fruity Caribbean Chicken with Wholemeal Rice & Peas 'High Fibre' 'Low Fat' 	 Roast Veg Loaded Wholemeal Pizza 'High Fibre' 'Fresh Veg' 
SUGAR SMART DESSERTS	 Greek Yoghurt with Honey & Fresh Fruit Salad 'Fresh Fruit'  	 Peach Melba Crumble served with Natural Yoghurt 'Reduced Sugar'  	 Apple & Carrot Cake (egg free) 'High Fibre' 'Reduced Sugar'  	 St Clement's Cake* (egg free) 'Reduced Sugar'  	 Oaty Fresh Fruit Crunch Pots 'Fresh Fruit' 'High Fibre'  

KEY:  Vegetarian  Plant Based  New Dish  Sugar Smart All Meat Served is Halal

AVAILABLE DAILY WITH ALL MEALS • SEASONAL VEGETABLES • SALAD SELECTION • ADDITIONAL BREAD •

Further information regarding FOOD ALLERGIES is available on request. Please discuss with your Chef Manager or contact us: admin@jumperventures.co.uk or 0203 373 3921

YUM TASTY INGREDIENTS HEALTHY EATING WELL BEING RELAX HYDRATE YOURSELF TOGETHER WITH WELL DELICIOUS FOOD IS FUEL H2O APPETIZING SAVOURY SWEET BALANCED MOUTH WATERING FRESHLY MADE NATURAL LOCAL ENJOY HAPPINESS LIFESTYLE & WELLNESS