



# College Catering

Autumn Term 1 **2025**



JERSEY  
COLLEGE  
*for Girls*



# Welcome

On behalf of the team here in the kitchen, I would like to thank you for choosing to dine with us here at JCG. You'll find our food and drink available in The Dome, Hector's Café and via our vending outlets.

At Jersey College for Girls, **Just Chosen Goodness (JCG)** is more than just a phrase; it's at the heart of our catering service. Every meal is made with care, using fresh ingredients to support our students' health, focus, and growth. Whether it's a hearty lunch or a wholesome snack, our goal is simple: to serve food that nourishes the body and lifts the spirit, in line with our values to *Aspire, Inquire, Excel, and Belong*.

As part of our commitment to supporting the local economy, where possible, we endeavour to source as much quality, seasonal produce, using the best local suppliers from Jersey and surrounds.

Any dietary requirements or allergies?

Please inform the Chef on duty, before placing your order and the kitchen will do their utmost to accommodate you: This includes any vegetarian or vegan requests and is subject to market and time constraints.

Our dishes are prepared in-house daily and are subject to availability. We appreciate your patience and understanding along with constructive criticism. Whilst we use fresh eggs in some dishes, please note that some gluten and traces of gluten are also used in the kitchen. All our dishes have the allergens listed with the reference at the foot of the page. Our daily specials reflect what is available at the marketplace.

The menu is a reflection and sometimes it is homage to remember the dishes we have eaten and loved on our travels across the world. Most will have a beautiful story of origin, which resonates deeply with me. We love feedback and are always looking to improve and refine the food. Creating the perfect menu is quite individual. We invite you to discover the joys of eating regionally made British and European foods that will excite your palate. Our descriptions are merely a guide to what is on offer at present. Whilst we aim to follow the guidelines for healthy eating, we are adaptable to your needs, both nutritionally and flavour focused.

Students, parents and staff wishing to have copies of recipes of dishes eaten here at JCG are welcome to email me and I will send them to you. A list of our suppliers and their specialty will soon be found at the bottom of the menu and online on the website.

I am more than happy to create individual or bespoke menus for those guests wishing to "eat off menu", especially for functions and ad-hoc occasions.

I trust that you will enjoy your meal with us, and I look forward to meeting you.

Grant Hawthorne


Executive Chef



# Our Menu

- Fresh food made with seasonal produce, locally sourced where possible
- Nutritionally-balanced meals
- Regular 'special of the day'
- Two-week rotational menu, refreshed every half term
- Allergens noted for all products; Chef also always happy to provide more information
- Value for money; prices have been held since January 2024 – see [here](#) for our price list

# Autumn 1 Menu: 1<sup>st</sup> September – 24<sup>th</sup> October

	Breakfast	Break
Served Daily	<ul style="list-style-type: none"> <li>Smoked bacon mini baguette (G)</li> <li>Cumberland sausage mini baguette (G)</li> <li>Selection of pastries (D,E,G,S)</li> <li><u>Dome Special</u>: Scrambled egg on a bagel (D,E,G)</li> <li>Fresh Greek-style yoghurt, served with honey or fresh berries, with or without Granola (D,G)</li> <li>A range of fresh, seasonal fruit is available</li> <li>Selection of cereals (may contain G), served with fresh Jersey milk (D) </li> </ul>	<ul style="list-style-type: none"> <li>Smoked bacon mini baguette (G)</li> <li>Cumberland sausage mini baguette (G)</li> <li>Selection of pastries (D,E,G,S)</li> </ul> <p><u>Selection of Freshly Prepared Hot Paninis:</u></p> <ul style="list-style-type: none"> <li>Roscoff and Tuna (E,F,G,M),</li> <li>Smoked Ham &amp; Gruyere (D,G),</li> <li>Cheddar (D,G),</li> <li>Beefsteak Tomato &amp; Cheddar (D,G)</li> </ul> <p><u>One day per week only:</u></p> <ul style="list-style-type: none"> <li>Sausage Roll (C,D,E,G,SD)/Vegan Sausage Roll (SE)</li> <li>A selection of Muffins &amp; Donuts (D,E,G,S)</li> </ul>

**Allergens:** Celery (C), Crustaceans (Cr), Dairy (D), Eggs (E), Fish (F), Gluten (G), Lupin (L), Molluscs (Mo), Mustard (M), Nuts (N), Peanuts (P), Sesame seeds (SE), Soya (S), Sulphur dioxide/Sulphites (SD), Tree Nuts (TN)  
Gluten Free items are available on request.

Chef is more than happy to answer any questions or provide further information regarding our menu!



Item/s only available in Hector's Work Cafe



**NB.** To ensure the highest quality, our menu is guided by the seasons. Very occasionally, weather conditions affecting island deliveries may necessitate a change to certain dishes.

# Autumn 1 Dome Hot Lunch Menu: 1<sup>st</sup> September – 24<sup>th</sup> October

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	<ul style="list-style-type: none"> <li>Minted pea with coconut cream (<b>D,TN</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Roast honeyed carrot (<b>SD</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Confit tomato &amp; basil with cream (<b>D</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Cream of spinach &amp; nutmeg (<b>D</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Butternut squash &amp; caramelised carrot (<b>SD</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Penne pasta, Italian-style tomato Napoli (V) (<b>E,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Mild Indian-style chicken curry (<b>C,D,M,TN</b>)</li> <li>Mild Indian-style potato chickpea curry (V) (<b>C,D,M,TN</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Slow-roast pork, rosemary (<b>C,SD</b>)</li> <li>Roast cauliflower 'steaks' (V) (<b>C,D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Italian-style, beef ragu-bolognaise, spaghetti (<b>C,D,E,G,SD</b>)</li> <li>Italian-style basil and pumpkin seed 'pesto' (V) (<b>D,E,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Fried fish of the day, tartare sauce, fries (<b>D,E,F,G,M</b>)</li> <li>Fried haloumi cheese, tartare sauce, fries (V) (<b>D,E,G,M</b>)</li> </ul>
Every Day	<ul style="list-style-type: none"> <li>Baked Jacket Potato (V), served plain or with Tuna &amp; Roscoff (<b>D,E,F,M</b>), Cheddar (<b>D</b>), OR baked beans</li> </ul>				
Sides	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>

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*Gluten Free items are available on request.*

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# Autumn 1 Dome Hot Lunch Menu: 1<sup>st</sup> September – 24<sup>th</sup> October




Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	<ul style="list-style-type: none"> <li>Minted pea with coconut cream (<b>D,TN</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Roast honeyed carrot (<b>SD</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Confit tomato &amp; basil with cream (<b>D</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Cream of spinach &amp; nutmeg (<b>D</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Butternut squash &amp; caramelised carrot (<b>SD</b>), served with a freshly-baked bread roll and butter (<b>D,G</b>)</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Penne pasta with ratatouille (V) (<b>E,G,SD</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Mild Thai-style chicken curry (<b>D,M,SD,TN</b>)</li> <li>Mild Thai-style vegetable curry (V) (<b>D,M,SD,TN</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Slow-roast chicken leg, rosemary (<b>C,SD</b>)</li> <li>Charred broccoli 'steaks' (V) (<b>C,SD</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Greek-style, beef meatballs with spaghetti (<b>C,D,E,G,SD</b>)</li> <li>Butternut squash &amp; 'pesto' gnocchi(V) (<b>D,E,G</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Southern-style fried chicken with spring greens and fries (<b>C,D,G,SD</b>)</li> <li>Grilled haloumi cheese with fries (V) (<b>D,E,G,M</b>)</li> </ul>
Every Day	<ul style="list-style-type: none"> <li>Baked Jacket Potato (V), served plain or with Tuna &amp; Roscoff (<b>D,E,F,M</b>), Cheddar (<b>D</b>), OR baked beans</li> </ul>				
Sides	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Leafy salad</li> <li>Tomato salad</li> <li>Seasonal vegetables</li> </ul>

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*Gluten Free items are available on request.*

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# Prefer a 'Grab & Go' Lunch?

	Chilled Sandwiches	Chilled Salads	Special of the Day
Made daily with a range of bread, wraps etc.	<ul style="list-style-type: none"> <li>Ham (G)</li> <li>Egg mayonnaise with cress (D,E,G,M)</li> <li>Grated Gruyere (D,G)</li> <li>Beefsteak tomato, &amp; aged cheddar (D,G)</li> <li>Chicken mayo with spring onion (D,E,G,M)</li> <li>Tuna mayo &amp; Roscoff onion (D,E,F,G,M)</li> </ul>  <p><b>Following Items <u>only</u> available in Hector's Work Cafe</b></p> <ul style="list-style-type: none"> <li>Smoked salmon &amp; cream cheese (D,E,F,G,M)</li> <li>Asian-style chicken Wrap (C,E,G,S,SD)</li> <li>Mozzarella, tomato and basil Bagel (D,E,G,M)</li> <li>Falafel &amp; red onion Pitta (D,G,SE)</li> <li>Smoked Ham &amp; Gruyere Baguette (D,G)</li> </ul>	<ul style="list-style-type: none"> <li>Pasta with Kalamata olive, sundried tomato (D,E,G)</li> <li>Southern Greek-style (D)</li> <li>Vegetable crudité with hummus (SE)</li> <li>Jersey Royal potato, olive oil, spring onion</li> </ul>  <p><b>Following Items <u>only</u> available in Hector's Work Cafe</b></p> <ul style="list-style-type: none"> <li>Chicken 'Caesar' (D,E,G,M)</li> <li>Sea trout 'Nicoise' (E,F)</li> </ul>	 <p><b>Only available in Hector's Work Café, e.g.</b></p> <ul style="list-style-type: none"> <li>Hot pulled BBQ pork bap (C,G,M,S,SD)</li> <li>Hot Southern-style fried chicken bap (D,E,G,M)</li> <li>Strawberries and cream (D,SD)</li> </ul>

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# Flavours of Autumn

- *Goose, Grouse, Hare, Lamb - new season, Mallard, Partridge, Ptarmigan, Pheasant, Rabbit, Squirrel – grey, Snipe, Venison, Wood pigeon, Woodcock,*
- *Bream – black, Crab – brown, Herring, Eel, Lobster, Mackerel, Mussels, Oysters – native, Sea trout, Turbot*
- *Artichokes – globe; Jerusalem, Aubergines, Beans – broad; French; runner, Beetroot, Broccoli – calabrese, Brussel sprouts, Cabbages, Cardoon, Carrots, Cauliflower, Celeriac, Celery, Chard, Courgettes, Cucumber, Dandelion, Endive, Fennel, Kale, Garlic, Kohlrabi, Leeks, Lettuce, Mushrooms – wild, Onions, Onions – spring, Parsnips, Peas, Potatoes, Pumpkin, Rocket – wild, Samphire, Sorrel, Spinach, Squash, Swede, Sweetcorn, Tomatoes, Turnips, Watercress*
- *Apples, Blackberries, Blackcurrants, Blueberries, Crab-apples, Damsons – bullaces, Elderberries, Loganberries, Medlars (November onwards), Pears, Plums, Raspberries, Redcurrants, Sloes, Strawberries, Quince, Vacherin Mont d'Or (Oct avail)*



# Some key dates coming up

Autumn Term 1	
7 <sup>th</sup> September	<a href="#"><u>World Salami Day</u></a>
29 <sup>th</sup> September	<a href="#"><u>International Day of Awareness of Food Loss and Waste</u></a>
1 <sup>st</sup> October	<a href="#"><u>International Coffee Day</u></a>
7 <sup>th</sup> October	<a href="#"><u>World Taco Day</u></a>
10 <sup>th</sup> October	<a href="#"><u>World Porridge Day</u></a>
16 <sup>th</sup> October	<a href="#"><u>World Food Day</u></a>

*Click on the links above to find out more!*



## Coming soon...

- Chef will be sharing recipes so you can recreate your favourite meals at home
- Carbon ratings for all College-produced meals, sandwiches and salads
- Up-to-date list of seasonal fruit and vegetables



# iPayimpact and Fusion Online

Jersey College for Girls operates a cashless catering online payment system. iPayimpact (iPay) helps reduce administration and provide greater flexibility. The system is used by students and staff to access accounts when making purchases from the school canteen/café, some vending machines and for payment of trips and other school related events.

iPayimpact is CRB Cunninghams own secure hosted online payment provision. Registration is easy and parents can top-up accounts using debit or credit cards. Parents can view remaining balance and transaction history. Parents can set up reminders to alert them when the account balances are running low and set automatic top-ups when the account balance drops below a set amount.

From late September 2025 there will be Balance Checking devices in the Dome so that students and staff can check their account balance before making a purchase.

Please click [here](#) to find out more.





# Smartcard System & Financial Responsibility

At JCG, we are committed to supporting our students' development not only academically, but in life skills that prepare them for adulthood. One area we have been reviewing recently is how we can better support students in understanding and managing money; a key part of financial literacy.

## What's Changing from 1st September 2025?

From the start of the new academic year, our smartcard system will no longer allow any users to go into a negative balance. If a student or member of staff has insufficient funds on their smartcard, they will need to use an alternative payment method to complete their purchase. We also accept payment by debit card at designated payment points.

We will ensure that **no one goes hungry**:

- If a student does not have a packed lunch with them or the means to pay for their lunch, they can collect a 'that-day only' **Meal Ticket** from the Finance Office, their Head of School or from Mr Milner, which will allow them to purchase a basic meal or meal deal.
- A flat £4 charge will then be added to their smartcard account for immediate settlement.



# Our Team



Grant Hawthorne

Executive Chef



Karly Jouny

Head Chef



Alcinda Rodrigues

Assistant Chef



Mel Cullen

Assistant Chef



Norberto Berenguer

Assistant Chef / Barista



(Vacancy)

Catering Assistant

All our staff are regularly retrained in the management of Food Allergens.