

Example Menus

Nutritionist Approved!



Sophie's Star Dishes

A menu concept highlighting and encouraging healthy weekly choices.

Selected by our Head of Nutrition, these balanced dishes are rich in protein, wholegrains, vegetables and pulses.

Layered fruit and yoghurt pots
Fresh cut fruit pots available daily

Lunch

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Seasonal Soups	Tomato with roasted red pepper	Yellow split pea	Carrot and rosemary	Chinese vegetable noodle	<i>Chefs seasonal soup kitchen</i>
Daily Dough	Each day there will be a freshly baked bread made with our signature Accent Catering starter yeast				
Mighty Mains	Al forno Italian beef Lasagne served with garlic and cheesy bread	Mild chicken biriyani, raita & mango chutney	Slow roasted shoulder of pork with sage and onion stuffing, gravy	<i>Where in the World is Chef? Greek Islands</i> Greek lamb flatbreads with tzatziki sauce Roasted vegetable moussaka	Crispy crumb salmon fishcake with lemon & dill mayonnaise
Super Veggie Mains	Mushroom, spinach & lentil lasagne with cheddar	Courgette, chickpea and squash curry with rice and mango chutney	Roasted butternut squash, sage and mushroom wellington		Ratatouille aubergine pasta bake with fresh basil
On the Side	Roasted Mediterranean veg Focaccia garlic and cheese bread	Fluffy rice, spinach and cauliflower leaf bhaji and seared broccoli	Sauteed green cabbage Honey and thyme roasted roots Skin on Roasties	Lemon and herb potatoes Greek salads	Garden Peas Baked Beans Chunky oven baked chips
Dessert	Eve's pudding	Blueberry and banana wholemeal muffins	<i>Seasonal Autumn Hero</i> Pear and cinnamon slice	Warm fruity flapjack	Mixed berry fool

*Natural yoghurt and fresh fruit will also be available daily.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Seasonal Soups	Spiced apple and parsnip	Indian spiced lentil	Potato and leek	Roasted butternut squash	<i>Chefs seasonal soup kitchen</i>
Daily Dough	Each day there will be a freshly baked bread made with our signature Accent Catering starter yeast				
Mighty Mains	Shepherd's pie with sweet potato and cheesy mash topping	<i>Bangers and mash day</i> Premium butchers' sausages Veggie sausages	Roast turkey, sage onion stuffing with pan gravy, cranberry sauce	<i>Pupils Choice</i> Katsu chicken curry with naan bread and rice	Cod fish fingers with chunky tartare sauce and lemon wedges
Super Veggie Mains	Plant based eat curious mince and vegetable cottage pie sweet potato mash	Onions Rich gravy	<i>Mean and green crunchy</i> topped mac, broccoli and cheese bake	Quorn and vegetable katsu curry	Carrot, chickpea falafel with Turkish tomato bulgar wheat and houmous
On the Side	Steamed cauliflower Stir fried courgette Parmentier potatoes	Creamy mash, carrots and Hispi cabbage	Green beans Roasted carrots Skin on roasties	Poppadom, onion bhajis, steamed broccoli and peas with lemon zest	Garden peas Baked beans Chunky chips New potatoes
Dessert	Pineapple and carrot cake	Tropical tutti fruti coconut, lime and passion fruit dessert pots	Oaty apple crumble	Fruits of the forest cheesecake pots	Banana and raisin cookie

*Natural yoghurt and fresh fruit will also be available daily.