

Menu

W/C: 31/8/26- 21/9/26- 12/10/26- 16/11/26- 7/12/26



Week 1

Mon

Tue

Wed

Thu

Fri

Soup Station

Tuscan Vegetable & Bean Minestrone

Sweet Potato Coconut & Chilli

Roasted Autumn Squash & Rosemary

Chunky Vegetable

Roasted Tomato & Oregano

Homemade Artisan Bread

Tomato & Basil Focaccia

Garlic Focaccia

Soda Bread

Beetroot and Caraway

Tomato & Basil Focaccia

Kind to the Planet

Gnocchi in Tomato Sauce with Mozzarella, Parmesan and Nut-Free Pesto

FUEL

Mushroom, Spinach & Lentil Lasagne

Roasted Cauliflower with Tomato & Basil Sauce

Cheddar Cheese & Leek Quiche

Butternut Squash & Chickpea Stew

FUEL

Lemon & Coriander Couscous (VE)

Hero Dish

FUEL

Mild Caribbean Coconut Chicken & Pineapple Curry

Traditional Beef Lasagne with a Cheesy Crust

Roast Chicken, Sage & Onion Stuffing and Gravy

Slow Cooked Chicken Soft Taco with Grated Cheese

Fish Fingers with Chunky Tartare Sauce and Lemon Wedges

Nature's Favourites

Cumin Roasted Mediterranean Vegetables

Cajun Corn on the Cobs

Sticky Honey Carrots

Smashed Black Beans

Garden Peas

Chef's Salad

Green Beans

Broccoli

Southern Style Slaw

Baked Beans

Sides

Coconut White & Wholegrain Rice

Garlic Focaccia

Skin on Roasties

Mexican Rice with Peppers and Paprika

Oven Baked Chips

Baked Potato Wedges

Minted New Potatoes

Dessert

Fresh Cut Seasonal Fruit

Mango Yoghurt Pot

Wild Berry Seeded Bars

Fresh Cut Seasonal Fruit

Plant Based Chocolate Brownie

Crowd Pleasers

Pesto Pasta

Jacket with Baked Beans

Pasta with Tomato Basil Sauce

Jacket with Cheese

Vegetable & Spinach Pasta Bake



FUEL
YOUR SOUL

This term's menu is packed with mood-boosting ingredients to help keep you smiling. Look out for the **FUEL** marked dishes chosen by our Nutritionist!

AVAILABLE DAILY

Tuck into our handcrafted salad bar and fresh seasonal fruit selection to help you reach your 5-a-day!



ALLERGEN INFORMATION

If you have a food allergy or intolerance please speak to the chef manager or allergen guru before choosing your meal.

Menu

W/C: 7/9/26- 28/9/26- 2/11/26- 23/11/26



Week 2

Mon

Tue

Wed

Thu

Fri

Soup Station

Carrot & Coriander

Farmhouse Leek & Potato

Cannellini White Bean,
Spinach & Chive

Sweetcorn and Spring Onion
Chowder

Tomato & Roasted
Red Pepper

Homemade Artisan Bread

Wholemeal Bloomer

Sage & Onion Bread

Wholemeal Bloomer

Sage & Onion Bread

Wholemeal Bloomer

Kind to the Planet

Vegan Sausage with Onion
Gravy (VE)

Cauliflower Popcorn Bites
with Sweet Chilli Sauce

Creamy Garlic Spinach
Macaroni Cheese

Spanish Baked Potato, Pepper
& Spring Onion Tortilla

FUEL
Fishless Fingers with Tartare
Sauce and Lemon (VE)

Hero Dish

Sausage & Mash with Onion
Gravy

Sticky BBQ Chicken

Beef & Autumn Vegetable Filo
Pie

Mild Lamb Keema with Raita

Fish Finger Wrap with Lettuce
& Mayo OR
Chicken Tenders Wrap with
Garlic & Mint Yoghurt

Nature's Favourites

Peas & Carrots
Sauté Seasonal Greens

Corn on the Cob
Chipotle Beans

Steamed Green Beans
Thyme Roasted Carrot and
Beetroot

Rocket and Radish Salad
FUEL
Tarka Dahl with Turmeric &
Cumin

Garden Peas
Baked Beans

Sides

Classic Mash Potatoes

Spring Onion Rice

Herby Diced Potatoes

Jacket Potato Wedges
Fragrant Indian Rice

Baked Oven Chips
New Potatoes

Dessert

Seasonal Cut Fruit

Yoghurt with Fruits of the
Forest Compote

Plant Based Lemon Drizzle
Cake

Seasonal Cut Fruit

Chocolate Mousse

Crowd Pleasers

Tomato & Basil Pasta

Jacket with Cheese

Jacket with Baked Beans

Pasta Arrabiata

Tuna Sweetcorn Pasta Bake



FUEL
YOUR SOUL

This term's menu
is packed with
mood-boosting
ingredients to help
keep you smiling.
Look out for the
FUEL marked
dishes chosen by
our Nutritionist!

**AVAILABLE
DAILY**

Tuck into our
handcrafted salad
bar and fresh
seasonal fruit
selection to help
you reach your
5-a-day!



ALLERGEN INFORMATION

If you have a food allergy or intolerance please speak to the chef manager or allergen guru before choosing your meal.

Menu

W/C: 7/9/26- 28/9/26- 2/11/26- 23/11/26



Week 3

Mon

Tue

Wed

Thu

Fri

Soup Station

Yellow Split Pea, Chickpea & Coriander

Mushroom & Tarragon

Simple Tomato

Autumn Vegetable & Squash

French Onion

Homemade Artisan Bread

Garlic Focaccia

Freshly Baked Ciabatta

Accent Focaccia

Freshly Baked Ciabatta

Accent Focaccia

Kind to the Planet

Pasta Kitchen
Penne Pasta **OR** Spaghetti

Mexican Plant Powered Protein Chilli with Pico de Gallo Salsa & Vegan Sour Cream

Accent Signature "Squashage" Roll

Herby Gravy

Plant Rich Shawarma with Salad and Flat Bread **(VE)**

Courgette, Chickpea Pattie with Baba Ghanoush & Pitta

FUEL

Tomato Chilli Salsa

Hero Dish

Sauces: Chicken Arrabbiata, Creamy Mushroom & Parsley, Tomato & Basil Sauce **(VE)**

FUEL

Mexican Beef Chilli con Carne with Smashed Avocado, Sour Cream and Tortilla Chips

Roast Pork with Gravy **OR** Roast Chicken with Pan Gravy

Sage & Onion Stuffing

FUEL

Chicken Shawarma, Lightly Spiced with Cumin & Smoked Paprika

Homemade Beef Burgers in a Bun

Add: Fried Onions, Tomato & Chilli Jam and Sweetcorn Relish

Nature's Favourites

Italian Bean, Olive & Basil Salad

Steamed Seasonal Greens

Garden Salad

Steamed Broccoli

Sauté Savoy Cabbage

Honey Roasted Carrots

Sweetcorn & Roasted Peppers

Naked Slaw with Olive Oil & Parsley

Boston Beans

House Dressed Salad

Sides

Garlic Focaccia

Turmeric Wholegrain Rice

Thyme Roast Baby Potatoes

Lebanese Rice

Homemade Jacket Wedges

Dessert

Apple, Blueberry, Oat Yoghurt Pot

Fresh Cut Seasonal Fruit

Messy Berries Pots with Greek Yoghurt & Smashed Meringue

Fresh Seasonal Cut Fruit

Pineapple Upside Down With Custard

Crowd Pleasers

Jacket with Cheese & Beans

Pasta with Kale Pesto

Pasta with Tomato & Pepper Sauce

Jacket with Chilli

Baked Mac & Cheese



FUEL
YOUR SOUL

This term's menu is packed with mood-boosting ingredients to help keep you smiling. Look out for the **FUEL** marked dishes chosen by our Nutritionist!

AVAILABLE DAILY

Tuck into our handcrafted salad bar and fresh seasonal fruit selection to help you reach your 5-a-day!



ALLERGEN INFORMATION

If you have a food allergy or intolerance please speak to the chef manager or allergen guru before choosing your meal.