

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 and Coconut

Roasted Autumn Squash & Rosemary

Chunky Vegetable

Roasted Tomato & Oregano

Homemade Artisan Bread

Tomato & Basil Focaccia

Garlic Focaccia

Soda Bread

Honey and Oats

Tomato & Basil Focaccia

Kind to the Planet

Mild Caribbean Coconut Sweet Potato Curry

FUEL

Mushroom, Spinach & Lentil Lasagne

Moroccan Vegan Meatballs

Mexican Bean Burrito

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, Ketchup and Lemon Wedges

Nature's Favourites

Cumin Roasted Mediterranean Vegetables

Sweetcorn

Sticky Honey Carrots

Smashed Black Beans

Garden Peas

Chef's Salad

Green Beans

Broccoli

Southern Style Slaw

Baked Beans

Sides

White & Wholegrain Rice

Garlic Focaccia

Skin on Roasties

Mexican Rice with Peppers and Paprika

Oven Baked Chips

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

Accent Pasta Cheese Sauce

ALLERGEN INFORMATION

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



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!



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 & Broccoli Bake

Creamy Garlic Spinach
Macaroni Cheese

Spanish Baked Potato, Pepper
& Spring Onion Tortilla

FUEL
Fishless Fingers with Tartare
Sauce and Lemon **(VE)**

Hero Dish

Pork Sausage & Mash with
Onion Gravy

Sticky BBQ Chicken

Beef & Autumn Vegetable
Stew

Mild Lamb Keema with Raita

Fish Finger
with Homemade Tartare
Sauce or Ketchup

Nature's Favourites

Peas & Carrots

Corn on the Cob

BBQ Beans

Steamed Green Beans

Thyme Roasted Carrot

Rocket and Radish Salad

FUEL
Tarka Dahl with Turmeric &
Cumin

Garden Peas

Baked Beans

Sides

Classic Mash Potatoes

Spring Onion Rice

New Potatoes

Fragrant Indian Rice

Baked Oven Chips

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

Baked Sweet Potato

Jacket with Baked Beans

Pasta with Vegetable
Bolognaise



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Menu

W/C: 14/9/26- 05/10/26- 9/11/26- 30/11/26



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

Baked Pitta Bread

Accent Focaccia

Kind to the Planet

Pasta Kitchen
Penne Pasta **OR** Spaghetti

Mexican Plant Powered Protein Chilli with Smashed Avocado & Sour Cream and Tortilla Chips

Accent Signature "Squash age" Roll

Herby Gravy

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

Courgette, Chickpea Pattie with Baba Ghanoush & Pitta

FUEL

Tomato Chilli Salsa

Hero Dish

Sauces: Chicken Arrabbiata, 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

Beef Burgers in a Bun

Add: Fried Onions, 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

Roast Baby Potatoes

Lebanese Rice

Baked Oven Chips

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 Pesto

Jacket with Vegetable Chilli

Pasta with Tomato Sauce

Jacket with Beans

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