

Menu

W/C: 7.9.26, 5.10.26,
16.11.26, 14.12.26

Week 1	Mon	Tue	Wed	Thu	Fri
Soup Station	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Homemade Artisan Bread	Bread of the day	Bread of the day	Bread of the day	Bread of the day	Bread of the day
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	Butternut Squash & Chickpea Stew FUEL Lemon & Coriander Couscous	Cheddar Cheese & Leek Quiche
Hero Dish	FUEL Mild Caribbean Coconut Chicken & Pineapple Curry	Traditional Beef Lasagne with a Cheesy Crust	Honey Roast Gammon with Gravy OR Roast Chicken, Sage & Onion Stuffing and Gravy	Slow Cooked Chicken Soft Taco with Grated Cheese	Fish Fingers or Battered Fish with Chunky Tartare Sauce & Lemon Wedges
Nature's Favourites	Roasted Mediterranean Vegetables Chef's Salad	Steamed Carrots Green Beans	Sweetcorn Broccoli	Roasted cauliflower Carrots Southern Style Slaw	Garden Peas Baked Beans
Sides	White & Wholegrain Rice	Garlic Focaccia	Skin on Roasties	Mexican Rice with Peppers and Paprika Baked Potato Wedges	Chips
Dessert	Dutch Apple Cake Custard Fresh Fruit	Glazed Carrot Cake Fresh Fruit	Wild Berry Seeded Bars Fresh Fruit	Freshly Baked Banana Muffin Fresh Fruit	Plant Based Chocolate Brownie Fresh Fruit

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: 14.9.26, 12.10.26,
23.11.26

Week 2

Mon

Tue

Wed

Thu

Fri

Soup Station

Soup of the day

Soup of the day

Soup of the day

Soup of the day

Soup of the day

Homemade
Artisan Bread

Bread of the day

Bread of the day

Bread of the day

Bread of the day

Bread of the day

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 Fingers Wrap With
Lettuce & Mayo
Or
Chicken Tenders Wrap With
Garlic & Mint Yoghurt

Nature's
Favourites

Peas & Carrots
Sauté Seasonal Greens

Corn on the Cob
Broccoli

Steamed Green Beans
Thyme Roasted Carrot and
Beetroot

Carrots
FUEL
Tarka Dahl with Turmeric &
Cumin

Garden Peas
Baked Beans

Sides

Classic Mash Potatoes

Spring Onion Rice

Herby Diced Potatoes

Fragrant Indian Rice

Chips

Dessert

Plant Based Lemon Drizzle
Cake
Fresh Fruit

Chocolate Mousse
Fresh Fruit

Nutless Bakewell Tart
Custard
Fresh Fruit

White Chocolate and Cherry
Cookies
Fresh Fruit

Coconut & Jam Sponge
Fresh Fruit



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DAILY**

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bar and fresh
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Menu

W/C: 21.9.26, 2.11.26,
30.11.26

Week 3

Soup Station

Mon

Soup of the day

Tue

Soup of the day

Wed

Soup of the day

Thu

Soup of the day

Fri

Soup of the day

Homemade Artisan Bread

Bread of the day

Bread of the day

Bread of the day

Bread of the day

Bread of the day

Kind to the Planet

Pasta Kitchen
Penne Pasta

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 with Fried Onions, Chilli
Jam and Sweetcorn Relish

Nature’s Favourites

Italian Bean, Olive & Basil
Salad
Sweetcorn
Sautéed Green Vegetables

Garden Salad

Steamed Broccoli

Sauté Savoy Cabbage

Honey Roasted Carrots

Sweetcorn & Roasted Peppers
Broccoli
Naked Slaw with Olive Oil &
Parsley

Boston Beans

House Dressed Salad

Sides

Homemade Garlic focaccia

Wholegrain Rice

Thyme Roast Baby Potatoes

Lebanese Rice

Homemade Jacket Wedges

Dessert

Apple & Raspberry Fool Pots
Fresh Fruit

Kentish Pear Strudel
Custard
Fresh Fruit

Lemon & Lime Drizzle Cake
Fresh Fruit

Messy Berries Pots with Greek
Yoghurt & Smashed Meringue
Fresh Fruit

Treacle Tart & Whipped
Cream
Fresh Fruit

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Menu

W/C: 28.9.26, 9.11.26,
7.12.26

Week 4	Mon	Tue	Wed	Thu	Fri
Soup Station	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
Homemade Artisan Bread	Bread of the day	Bread of the day	Bread of the day	Bread of the day	Bread of the day
Kind to the Planet	Courgette, Chickpea and Squash Tagine with Apricots and Pomegranate (VE)	FUEL Puy Lentil, Red Pepper Cannelloni with Tomato & Fresh Basil Sauce	Mac n Cheese Topped with Crushed Nachos and Salsa	Sweet Potato Katsu Curry with Katsu Sauce	FUEL Protein Packed Vegetable Bean Burger with Tomato Relish (VE)
Hero Dish	FUEL Moroccan Spiced Chicken Tagine, Spring Onions, Apricot & Pomegranate	Classic Shepherd's Pie Topped with Sweet Potato Mash	Macaroni Cheese with Pulled Pork	Crispy Chicken Katsu Curry with Katsu Sauce	Fish Fingers or Battered Fish with Chunky Tartare Sauce & Lemon Wedges
Nature's Favourites	Chef's Salad Carrots Roasted Vegetables	Peas Smokey Roasted Corn	Steamed Broccoli Steamed Green Beans	Pickled Vegetables Mixed Leaf Salad Peas	Garden Peas Baked Beans
Sides	Citrus & Coriander Couscous	Crushed Potato with Spring Onion Wholegrain Rice	Focaccia	Sticky Rice	Chips
Dessert	Apple & Sultana Oat Crumble Custard Fresh Fruit	Winter Berry Cheesecake Pots Fresh Fruit	Accent Signature Seeded Flap Jack Fresh Fruit	Pear & Cinnamon Slice Fresh Fruit	Pineapple Upside Down Cake Custard Fresh Fruit

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