

# Menu

## week 1



Monday      Tuesday      Wednesday      Thursday      Friday

### Soup

HOT HOT HOT

Roasted Tomato & Oregano (Mk)	Balti Spinach & Lentil Soup (G)	Tuscan Vegetable Bean & Minestrone (G,Ce)	<b>Seasonal Autumn Hero – Butternut Squash –</b> Roasted Autumn Squash and Rosemary	Chef's Seasonal Soup Kitchen
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### Mains

HAPPY TUMS

Chicken Katsu Curry (G,So)	Greek Lamb Moussaka topped with Crumbled Feta (G,Mk)	Honey Roast Gammon with Gravy	Mexican Beef Chilli Con Carne Smashed Avocado, Sour Cream, Salsa and Tortilla Chips (So,Mu,Mk)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges
Quorn Katsu Curry (G,E,Mk,So)	<b>VEGAN Plant Based Red Lentil &amp; Aubergine Moussaka (G,So)</b>	Cheesy Cauliflower Steak with Tomato & Basil Sauce (G,Mk,E)	Mexican Buffalo Bean Chilli Smashed Avocado, Sour Cream, Salsa and Tortilla Chips (So,Mu,Mk)	<b>VEGAN</b> Chinese Vegetable Spring Rolls with Sweet & Sour Sauce (G,So)

### veg

EXTRA GOOD

Charred Corn on the Cob	Baked Courgettes with Lemon & Garlic	Sticky Honey Carrots	Sauteed Autumn Greens	Garden Peas
Roasted Mediterranean Vegetables	Tomato & Rocket Salad (Su)	Broccoli	Jalapeno Slaw (Su,Mu,E)	Baked Beans

### Carbs

FUEL FOOD

Coconut Rice (Su)	Paprika Parmentier Potatoes	Skin on Roasties	White & Wholegrain Rice	Oven Baked Chips
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### Dessert

SOMETHING SWEET

<b>Seasonal Autumn Hero – Apples –</b> Dutch Apple Cake (G,Mk,E) with Custard (G,So,Mk,E)	Fresh Cut Fruit and Yoghurt Pots	Seeded Frosted Carrot Cake (G,Mk,E)	Fresh Cut Fruit and Yoghurt Pots	Vanilla and Black Cherry Sponge Custard Sauce (Su,Mk)
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SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

**Dates**  
1<sup>st</sup> Sept, 22<sup>nd</sup> Sept,  
13<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec

**Allergens**

Ce = Celery	F = Fish	L = Lupin	Mu = Mustard	Se = Sesame Seeds
Cr = Crustacean	G = Cereals containing Gluten	Mk = Milk	N = Nuts	So = Soya
E = Eggs		Mo = Molluscs	P = Peanuts	Su = Sulphur Dioxide





# Menu

## Week 2



**SEPTEMBER PEARS**

**OCTOBER SQUASH**

**NOVEMBER APPLES**

**DECEMBER BRUSSEL SPROUTS**

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> HOT HOT HOT	Carrot, Orange & Coriander (G)	Spiced Tomato & Red Lentil (G)	Cannellini White Bean, Spinach & Chive (Mk)	Parsnip & Cumin (G)	Chef's Seasonal Soup Kitchen
<b>Mains</b> HAPPY TUMS	Succulent Yoghurt Marinated Tandoori Chicken with Cucumber, Mint & Red Onion Salad (So,Mk,Ce)  <div> <b>VEGAN Tandoori Cauliflower with Tarka Dhal (G,Ce)</b> </div>	Traditional Slow Cooked Italian Beef Tomato Lasagne (G,Mk,E)  Creamy Garlic, Leek, Spinach, Macaroni Cheese (G,Mu,Mk)	Cowboy Pie (G,Su,Ce)  Quorn Sausage Cowboy Pie (G,Ce)	Roasted Chicken, With Fire Roasted Pepper, Spinach Tomato Sauce & Gnocchi (G,So,Mu,Mk,E)  Baked Gnocchi in a Roasted Vegetable Tomato Sauce Topped with Melting Mozzarella (G,So,Mu,Mk,E)	Battered Fish Chunky Tartare Sauce & Lemon Wedges (G,F,E)  <b>VEGAN</b> Homemade Fishless Fingers, with Vegan Mayonnaise & Lemon (G,So)
<b>veg</b> EXTRA GOOD	Roasted Sweetcorn  Sautéed leeks	Steamed Broccoli  Accent House Salad (Su,Mu)	Steamed Green Beans  Thyme Roasted Carrot and Beetroot	Rocket and Radish Salad  Sautéed Savoy Cabbage	Garden Peas  Baked Beans
<b>Carbs</b> FUEL FOOD	White & Wholegrain Cardamom Rice  Mini Naan Bread (G)	Garlic Focaccia (G,Mk)	Creamy Mash	Home Made Garlic Bread (G,Mk)	Baked Oven Chips
<b>Dessert</b> SOMETHING SWEET	Classic Jam Sponge Custard (G,So,Mk,E)	Fresh Cut Fruit and Yoghurt Pots	Fruity Vegan Jelly Pots	Fresh Cut Fruit and Yoghurt Pots	Winter Berry Cheesecake Pots (G,Mk)

### Dates

8<sup>th</sup> Sept, 29<sup>th</sup> Sept, 3<sup>rd</sup> Nov, 24<sup>th</sup> Nov

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# Menu

## Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> HOT HOT HOT	Sweet Potato, Coconut & Chilli (Ce)	Yellow Split Pea, Chickpea & Coriander (G)	Cauliflower, Cheddar Cheese, Chive (G,Mk)	Winter Vegetable & Butterbean	Chef's Seasonal Soup Kitchen
<b>Mains</b> HAPPY TUMS	Crispy Buttermilk Chicken Burger, Lime Mayo and Shredded Iceberg (G,So,Se,Mk,E)  ★ <b>VEGAN</b> Crispy Burger with Vegan Mayo, Iceberg lettuce (G,Se)	Mexican Lamb Chilli with Red Onion and Tomato Salsa with a Soft Tortilla (G)  ★ <b>VEGAN</b> Red & Black Bean Eat Curious Chilli with Red Onion & Tomato Salsa with a Soft Tortilla (G) ★	Cumberland Sausages with Gravy (G,Su) Caramelised Balsamic onion Chutney (Su,Mu)  <b>VEGAN</b> Plant Based Sausages with Gravy (G) Caramelised Balsamic Onion Chutney (Su,Mu)	Cottage Pie (Ce)  Veggie Mince Cottage Pie (So,Ce)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges  <i>Seasonal Autumn Hero – Squash –</i> Accent Signature "Squashage" Roll (G,Mk,E) with Herby Gravy
<b>veg</b> EXTRA GOOD	Roasted Cauliflower  Five Spiced Corn Cob	Garden Salad  Steamed Broccoli	Steamed Broccoli  Honey Roasted Parsnip	Smashed Swede & Carrot  Steamed Broccoli	Garden Peas  Baked Beans
<b>Carbs</b> FUEL FOOD	Hand Cut Wedges	White and Wholegrain Rice	Crushed Potato with Spring Onion		Baked Oven Chips
<b>Dessert</b> SOMETHING SWEET	<i>Seasonal Autumn Hero – Apples –</i> Apple & Raspberry Fool Pots (Mk)	Fresh Cut Fruit and Yoghurt Pots	Lemon & Lime Drizzle Cake (G,E)	Fresh Cut Fruit and Yoghurt Pots	<i>Seasonal Autumn Hero – Apples –</i> Apple and Sultana Oat Crumble with Vanilla Sauce (G,So,Mk,E)

**SEPTEMBER PEARS**

**OCTOBER SQUASH**

**NOVEMBER APPLES**

**DECEMBER BRUSSEL SPROUTS**

Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!

### Dates

15<sup>th</sup> Sept, 6<sup>th</sup> Oct,  
10<sup>th</sup> Nov, 1<sup>st</sup> Dec

### Allergens

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