

WEEK 1 MENU *Autumn*

W/C 01/09/25, 22/09/25, 13/10/25,
17/11/25, 08/12/25



	MON	TUES	WED	THUR	FRI
Prep Mains	Mild Chicken Curry	Classic Shepherd's Pie Topped with Sweet Potato Mash (G,So)	Roast Crackling Pork (non halal) with Gravy and Apple Sauce and Sage & Onion Stuffing (G)	Mexican inspired Beef Chilli Con Carne (G)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges
Senior Mains	Mild Chicken Curry	Classic Shepherd's Pie Topped with Sweet Potato Mash (G,So)	Roast Crackling Pork (non Halal) with Gravy, Apple Sauce and Sage & Onion Stuffing (G)	Mexican inspired Beef Chilli Con Carne (G)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges
Veggie Mains	VEGAN Mild Sweet Potato & Vegetable Curry	Veggie Cottage Pie with Cauliflower Cheese Topping (G,So,Mk,Ce)	Quorn Roast (E, Mk) with Gravy and Sage & Onion Stuffing (G)	VEGAN Red and Black Bean Eat Curious Chilli with Red Onion and Tomato Salsa with a Soft Tortilla (G) 	Mozzarella and Tomato Quesadilla (G,Mk) served with Coleslaw (E)
Vegetables	Corn on the Cob Roasted Vegetables	Roast Courgettes Tomato & Rocket Salad (Su)	Sticky Honey Carrots Sautéed Autumn Greens	Broccoli Sweetcorn	Garden Peas Baked Beans
Carbs	Pilau Rice	Chive Mashed Potato	Skin on Roasties	White and Wholegrain Rice	Oven baked Chips
Pudding	Selection of fresh fruit Or Jelly	Blueberry and Courgette Cake (G,E)	Selection of fresh fruit Or Jelly	Selection of fresh fruit Or Jelly	Banana and Toffee Crumble with Custard (G, Mk, E)

Jacket potatoes, plain chicken, bread, plain pasta or rice and an extensive salad bar will be available daily.

The meat we purchase is halal.

Allergen Information

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide



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

WEEK 2 MENU *Autumn*

W/C 08/09/25, 29/09/25, 03/11/25,
24/11/25



	MON	TUES	WED	THUR	FRI
Prep Mains	Mild Tandoori Chicken (None) served on the side with Cucumber and Yoghurt (Mk,Ce)	Italian inspired Beef Tomato Lasagne (G,Mk,E)	Chicken and Sweetcorn Puff Pastry Pie (G,Mk)	Chicken and Roasted Vegetable Gnocchi Tray Bake (G,So,Mu,Mk,E)	Meat Feast Pizza (G, Mk, So)
Senior Mains	Mild Tandoori Chicken (None) served on the side with Cucumber and Yoghurt (Mk,Ce)	Italian inspired Beef Tomato Lasagne (G,Mk,E)	Chicken and Sweetcorn Puff Pastry Pie (G, Mk)	Chicken and Roasted Vegetable Gnocchi Tray Bake (G,So,Mu,Mk,E)	Meat Feast Pizza (G, Mk, So)
Veggie Mains	<div> VEGAN Courgette Pepper & Carrot Bhaji with Spring Onion, Coriander (So) </div> 	Vegetable Lasagne (G,Mk,E)	Vegetable and Sweetcorn Puff Pastry Pie (G, Mk)	Baked Gnocchi in a Roasted Vegetable Tomato Sauce Topped with Melting Mozzarella (G,So,Mu,Mk,E)	Margherita Pizza (G,Mk,So) Vegan Pizza (G, So)
Vegetables	Roast Sweetcorn Steamed Leeks	Steamed Broccoli Accent House Salad	Steamed Green Beans Roasted Carrots	Sauté Courgettes Coleslaw (E)	Sweetcorn Baked Beans
Carbs	White and Wholegrain Rice Naan Fingers (G)	Home Made Garlic Bread (G)	Creamy Mash	Baked Potato Wedges	Baked Oven Chips
Pudding	Selection of Fresh Fruit Or Jelly	Chocolate Brownie (G,Mk,E)	Selection of Fresh Fruit Or Jelly	Selection of Fresh Fruit Or Jelly	Eves Pudding (G, E) with Vanilla Sauce (G, E, Mk, So)

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WEEK 3 MENU *Autumn*

W/C 15/09/25, 06/10/25, 10/11/25,
01/12/25



	MON	TUES	WED	THUR	FRI
Prep Mains	Beef Bolognese Served with Wholemeal & White Penne Pasta (G)	Chicken Sausage (G, Su) or Pork Sausage (non Halal) (G, Su)	Herby Roast Chicken with Gravy	Braised Beef & Root Vegetable Stew (G) With Rosemary and Herb Dumplings (G, So, Mk, E)	Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,F,E)
Senior Mains	Beef Bolognese Served with Wholemeal & White Penne Pasta (G)	Chicken Sausage (G, Su) or Pork Sausage (non Halal) (G, Su)	Herby Roast Chicken with Gravy	Braised Beef & Root Vegetable Stew (G) With Rosemary and Herb Dumplings (G, So, Mk, E)	Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,F,E)
Veggie Mains	VEGAN Lentil Bolognese (G,Ce) Served with Wholemeal & White Penne Pasta (G)	Vegetarian Sausage (G)	Seasonal Autumn Hero - Butternut Squash – Accent Signature “Squashage” Roll (G,Mk,E) with Herby Gravy	VEGAN Roasted Roots and Cannellini Bean Stew, cooked with Thyme and Garlic (Ce)	VEGAN Chinese Vegetable Spring Rolls with Sweet & Sour Sauce (G, So)
Vegetables	Roasted Cauliflower Corn on the Cob	Garden Salad Steamed Broccoli	Sauté Savoy Cabbage Steamed Carrots	Crushed Carrot and Swede Steamed Broccoli	Garden Peas Baked Beans
Carbs	Home Made Garlic Bread (G)	Mashed Potato	Thyme Roast Baby Potatoes	Colcannon Mash	Baked Oven Chips
Pudding	Selection of Fresh Fruit Or Jelly	Pear and Chocolate Sponge (G, E) Served with Custard (G, So, Mk, E)	Selection of Fresh Fruit Or Jelly	Selection of Fresh Fruit Or Jelly	Treacle Tart (G,So,E) & Whipped Cream (Mk)

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