

# WEEK 1 MENU Autumn

Week Commencing:  
01/09/25, 22/09/25, 13/10/25, 17/11/25, 08/12/25



	MON	TUES	WED	THUR	FRI
<b>Daily Dough</b>	Garlic Bread (G,)	Bloomer (G,)	Wholemeal Cranberry and Coriander Bloomer (G,)	Seedy Bloomer (G,)	Accent Focaccia (G)
<b>Mighty Mains</b>	Chicken Katsu Curry (G,E,So) <hr/> Cauliflower Katsu Curry (G,E)	Lamb Bolognese and Pasta (G) <hr/> Veggie Mince Pasta Bolognese (G,So)	Herby Roast Chicken with Gravy <hr/> Vegan Plant based Sausages with Gravy (G)	Chicken and mixed bean chilli  <hr/> Seasonal Autumn Hero - Butternut Squash – Butternut and Black Bean Chilli (Mk)	Fish Fingers (G,F) OR Battered Fish Fillet (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges <hr/> Vegan Red Lentil & Aubergine Moussaka (G, so) 
<b>Pasta Bar and Jacket Potatoes</b>	Tomato and Basil Pasta, plain pasta also available (G)	Jacket Potato with Baked Beans	Coriander Pesto Pasta, plain pasta also available (G,Su)	Tuna and Sweetcorn Pasta Bake, plain pasta also available (G,F,Mk)	Ratatouille Veg and Penne Pasta Bake with Basil, plain pasta also available (G,Mk)
<b>Garden Goodness Sides</b>	Sweet Corn Roasted Vegetables	Roast Courgettes Tomato & Rocket Salad (Su)	Sticky Honey Carrots Sautéed Autumn Greens	Broccoli Corn on the Cob	Garden Peas Baked Beans
<b>Energy Boosters</b>	White & Wholegrain Coconut Rice (Su)	Home Made Garlic Bread (G,Mk)	Skin on Roasties	White and Wholegrain Rice	Oven Baked Chips
<b>Pudding</b>	Seasonal Autumn Hero - Apples - Apple Cake (G,Mk,E) & Custard (G,So,Mk,E)	Fruit Salad or Yoghurt (Mk,So)	Blue Berry and Courgette Cake (G, E)	Fresh Fruit or Yoghurt (Mk,So)	Seasonal Autumn Hero - Pears - Pear and Chocolate Sponge With Custard (G,So,Mk,E)

## 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

Week Commencing:  
08/09/25, 29/09/25, 03/11/25, 24/11/25



	MON	TUES	WED	THUR	FRI
<b>Daily Dough</b>	Accent Focaccia (G)	Beetroot and Caraway Bread (G)	White Bloomer (G)	Garlic Focaccia (G)	Seeded Bloomer (G)
<b>Mighty Mains</b>	Mild Tandoori Chicken with Cucumber and Yoghurt (Mk,Ce)  <b>VEGAN Cauliflower, Potato &amp; Chick Pea Curry</b>	Mac n cheese (G,Mk)  Vegan Lentil Bolognaise (Ce,G)	Roast Chicken with Gravy and Cranberry Sauce, Sage & Onion Stuffing (G)  <i>Seasonal Autumn Hero - Butternut Squash – Accent Signature “Squashage” Roll (G,Mk,E) with Herby Gravy</i>	BBQ Chicken and Sweetcorn Pizza (G,Mk)  Margherita Pizza (G,Mk)	Fish Fingers (G,F) or Grilled Cod with a Herb and Tomato Crust (G,F,So)  Cheese & Baked Bean Patties (G,So,Mk,E)
<b>Pasta Bar and Jacket Potatoes</b>	Tomato and Basil Pasta/ plain pasta also available (G)	Jacket Potato with Baked Beans	Coriander Pesto Pasta/ plain pasta also available (G,Su)	Tuna and Sweetcorn Paata Bake plain pasta also available (G,F,Mk)	Ratatouille Veg and Penne Pasta Bake with Basil/ plain past also available (G,Mk)
<b>Garden Goodness Sides</b>	Roast Sweetcorn Steamed Leeks	Steamed Broccoli Accent House Salad	Sauté Savoy Cabbage Steamed Carrots	Sauté Courgettes Coleslaw (E)	Garden Peas Baked Beans
<b>Energy Boosters</b>	White and Whole Grain rice	Home Made Garlic Bread (G)	Thyme Roast Baby Potatoes	Baked Potato Wedges	Baked Oven Chips
<b>Pudding</b>	Raspberry Jam and Coconut Sponge with Custard (G,Su,So,Mk,E)	Fruit Salad or Yoghurt (Mk,So)	<i>Seasonal Autumn Hero - Apples – Apple and Sultana Oat Crumble, Vanilla Sauce (G,So,Mk,E)</i>	Fresh Fruit or Yoghurt (Mk,So)	<i>Seasonal Autumn Hero - Apples – Eves Pudding with Vanilla Sauce (G,So,Mk,E)</i>

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# WEEK 3 MENU Autumn

Week Commencing:  
15/09/25, 06/10/25, 10/11/25, 01/12/25



	MON	TUES	WED	THUR	FRI
<b>Daily Dough</b>	Seeded Bloomer (G,)	Daily Bread (G,)	White Bloomer (G,)	Accent focaccia (G,)	Wholemeal Bloomer (G,)
<b>Mighty Mains</b>	<div style="border: 1px solid green; padding: 5px; display: inline-block;">Mild Coconut Chicken &amp; Pineapple Curry</div> VEGAN Mild Sweet Potato & Vegetable Curry	Creamy Chicken Pasta Bake (G,Mk)  Vegetable and Spinach Pasta Bake (G,Mk)	Pork and Leek sausages , caramelized red onion gravy (g,Su)  Baked Gnocchi in a Roasted Vegetable Tomato Sauce Topped with Melting Mozzarella (G,So,Mu,Mk,E)	Cheese Burger in a Bun with Salad and Pickles (G,Su,So,Se,Mk)  <div style="border: 1px solid green; padding: 5px; display: inline-block;">Cheese Veggie Burger in a Bun Salad, Tomato and BBQ Sauce (G,Se,Mk,E)</div>	Fish Fingers (G,F) <b>or</b> Battered Fish Fillet (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges  VEGAN Chinese Vegetable Spring Rolls with Sweet & Sour Sauce (G,So)
<b>Pasta Bar and Jacket Potatoes</b>	Tomato and Basil Pasta plain pasta also available (G)	Jacket Potato with Baked Beans	Coriander Pesto Pasta plain pasta also available (G,Su)	Tuna and Sweetcorn Pasta Bake, plain pasta also available (G,F,Mk)	Ratatouille Veg and Penne Pasta Bake with Basil, plain pasta also available (G,Mk)
<b>Garden Goodness Sides</b>	Sauté Seasonal Greens Paprika Roasted Carrots	Garden Salad Steamed Broccoli	Parsley Carrots Sautéed Savoy Cabbage	Roasted Cauliflower Corn on the Cob	Garden Peas Baked Beans
<b>Energy Boosters</b>	White Rice	Home Made Garlic Bread (G,Mk)	Buttery Mash	Hand Cut Wedges	Baked Oven Chips
<b>Pudding</b>	Seasonal Autumn Hero - Apples - Apple & Raspberry Fool Pots (Mk)	Fruit Salad or Yoghurt (YY) (Mk,So)	Lemon & Lime Drizzle Cake (G,E)	Accent Signature Seeded Flap Jack (G,Su)	Fresh Fruit or Jelly (

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