

Menu

W/C: 07/09/26, 28/09/2026. 19/10/26. 09/11/2026, 30/11/2026,

Week 1

Mon

Tue

Wed

Thu

Fri

Soup Station

Tuscan Vegetable & Bean
Minestrone

Sweet Potato Coconut & Chilli

Roasted Autumn Squash &
Rosemary

Chunky Vegetable

Roasted Tomato & Oregano

Homemade Artisan Bread

Tomato & Basil Focaccia

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Kind to the Planet

Gnocchi in Tomato Sauce with
Mozzarella, Parmesan and
Nut-Free Pesto

FUEL

Mushroom, Spinach & Lentil
Penne

Roasted Cauliflower with
Tomato & Basil Sauce

Cheddar Cheese & Leek
Quiche

Butternut Squash & Chickpea
Stew or Fishless Fingers

FUEL

Lemon & Coriander Couscous (VE)

Hero Dish

FUEL

Mild Caribbean Coconut
Chicken Curry

Lamb Bolognese Pasta

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
and Lemon Wedges

Nature's Favourites

Cumin Roasted
Mediterranean Vegetables

Cajun Corn on the Cobs

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

Baked Potato Wedges

Minted New Potatoes

Dessert

Dutch Apple Cake
Custard

Yoghurt Bar
Granola and Berry compote

Wild Berry Seeded Bars

Yoghurt Bar
Granola and Berry compote

Plant Based Chocolate
Brownie

Crowd Pleasers

Pasta and Tomato & Basil
Sauce

Jacket Potato with Cheese,
Tuna Mayonnaise or Baked
Beans

Pasta and Tomato & Basil
Sauce

Jacket Potato with Cheese,
Tuna Mayonnaise or Baked
Beans

Pasta and Tomato & Basil
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:14/09/2026, 05/10/2026, 26/10/2026, 16/11/2026, 07/12/2026

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

Wholemeal Bloomer

Wholemeal Bloomer

Wholemeal Bloomer

Wholemeal Bloomer

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

Breaded Fish or Fish Fingers
with Chunky Tartare Sauce
and Lemon Wedges

Nature's Favourites

Peas & Carrots
Sauté Seasonal Greens

Corn on the Cob
Chipotle Beans

Steamed Green Beans
Thyme Roasted Carrot and
Beetroot

Steamed 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
New Potatoes

Dessert

Plant Based Lemon Drizzle
Cake

Yoghurt Bar
Peach Melba Crumble topping

Nutless Bakewell Tart
Custard

Yoghurt Bar
Peach Melba Crumble topping

White Chocolate and Cherry
Cookies

Crowd Pleasers

Butternut Squash and Sage
Macaroni Cheese

Jacket Potato with Cheese,
Tuna Mayonnaise or Baked
Beans

Pasta with a Cherry Tomatoes
and Spinach

Jacket Potato with Cheese,
Tuna Mayonnaise or Baked
Beans

Butternut Squash and Sage
Macaroni Cheese

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DAILY**

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bar and fresh
seasonal fruit
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you reach your
5-a-day!



Menu

W/C: 21/09/2026, 12/10/2026, 02/11/2026, 23/11/2026,

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

Freshly Baked Ciabatta

Freshly Baked Ciabatta

Freshly Baked Ciabatta

Freshly Baked Ciabatta

Freshly Baked Ciabatta

Kind to the Planet

Vegetable Burger in a Bun

Or

Beef Burgers in a Bun

Add: Fried Onions, Tomato & Chilli Jam and Sweetcorn Relish

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)

Vegetable and Potato Samosas, Mango Chutney and Raita

FUEL

Hero Dish

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

Battered Fish or Fish Fingers with Chunky Tartare Sauce and Lemon Wedg

Nature's Favourites

Italian Bean, Olive & Basil Salad

Sauteed Green Vegetables

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

Chips

Turmeric Wholegrain Rice

Thyme Roast Baby Potatoes

Lebanese Rice

Homemade Jacket Wedges

Dessert

Apple & Raspberry Fool Pots

Kentish Pear Strudel
Custard

Accent Signature Seeded Flap Jack

Messy Berries Pots with Greek Yoghurt & Smashed Meringue

Treacle Tart & Whipped Cream

Crowd Pleasers

Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans

Pasta with a Tomato and Basil Sauce

Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans

Pasta with a Tomato and Basil Sauce

Jacket Potato with Cheese, Tuna Mayonnaise or Baked Beans

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