





WEEK 1 MENU *Autumn*

01.09.25, 22.09.25, 13.10.25, 03.11.25, 24.11.25



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Roasted Tomato & Basil (Mk)	Balti Spinach & Lentil Soup (G)	Tuscan Vegetable Bean & Minestrone (G, Ce)	Seasonal Autumn Hero – Butternut Squash – Roasted Autumn Squash and Rosemary	Chefs Seasonal Soup Kitchen
Daily Dough	Seedy Bloomer (G)	Seedy Bloomer (G)	Chefs Speciality Guest Bread	Seedy Bloomer (G)	Seedy Bloomer (G)
Mighty Mains	 Mild Caribbean Coconut Sweet Potato & Vegetables Curry	Cumberland Sausages with Gravy (G, Su) Caramelised Balsamic onion Chutney (Su, Mu)	Honey Roast Gammon with Gravy Or Herby Roast Chicken with Gravy	Mexican Turkey Chilli Con Carne Smashed Avocado, Sour Cream, Salsa and Tortilla Chips (G, So, Mk)	Baked Battered Cod (G, F) with Chunky Tartare Sauce (E) and Lemon Wedges
Super Veggie Mains	Spanish Baked Potato, Spinach, Pepper, Spring Onion Tortilla (Mk, E)	Courgette and Aubergine Parmigiana (G, E, Mk)	Cauliflower Cheese (G, Mk, E)	Mexican Buffalo Bean Chilli Smashed Avocado, Sour Cream, Salsa and Tortilla Chips (G, So, Mk)	Potato, Leek & Cheddar Cheese Pie (G, E, Mk)
Plant Power Mains (Vegan)	Seasonal Autumn Hero – Butternut Squash – VEGAN Courgette, Chickpea and Squash Tagine with Apricots and Pomegranate (G, Su, So, Mu)	 VEGAN Plant Based Red Lentil & Aubergine Moussaka (G, So)	VEGAN Korean Tofu & Mushroom Sriracha Stir-Fry with Sticky Rice (So)	 VEGAN Courgette Pepper & Carrot Bhaji with Spring Onion, Coriander (So)	Seasonal Autumn Hero – Butternut Squash – VEGAN Butternut Squash & Chickpea Stew with Lemon & Coriander Couscous (G) 
Garden Goodness Sides	Charred Corn on the Cob Roasted Mediterranean Vegetables	Baked Lemon Courgettes Steamed Green Beans	Sticky Honey Carrots Broccoli	Steamed Sweetcorn Chilli & Lime Roasted Sweet Potato	Garden Peas Baked Beans
Energy Boosters	Rice & Peas	Creamy Mash Potato	Skin on Roasties	White & Wholegrain Rice	Skin on Chips
Pudding	Seasonal Autumn Hero – Apples – GF Dutch Apple Cake (Mk, E) with Custard (Mk, E)	Goosey Chocolate Brownie (G, Mk, E)	Seeded Frosted Carrot Cake (G, Mk, E)	Seasonal Autumn Hero – Pears – Pear Rice Pudding with Chocolate Sauce (Mk)	Madeira Traybake (G, E, Mk)

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*

08.09.25, 29.09.25, 20.10.25, 10.11.25, 01.12.25



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Carrot & Coriander	Spiced Tomato & Red Lentil (G)	Cannellini White Bean, Spinach & Chive (Mk)	Parsnip & Cumin (G)	Chefs Seasonal Soup Kitchen
Daily Dough	Accent Focaccia (G)	Chefs Speciality Guest Bread	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mighty Mains	Vegetables Lasagna with Crispy Mozzarella Topping (G, Mk, Ce)	Traditional Italian Meatballs in a Rich Tomato Sauce (G, E, Mk, Ce)	Creamy Turkey, Leek & Tarragon Puff Pastry Pie with Thyme & Onion Gravy (G, E, Mk)	Grilled Piri Piri Chicken with Spiced Rice	Oven Baked Salmon & Broccoli Frittata (F, E, Mk) 
Super Veggie Mains	Cherry Tomato & Pesto Courgette Spaghetti (Mk)	Creamy Garlic, Leek, Spinach, Macaroni Cheese (G, Mu, Mk)	Kung Pao Vegetable & Egg Noodle Stir-Fry (G, So, E)	Baked Gnocchi in a Roasted Vegetable Tomato Sauce Topped with Melting Mozzarella (G, E, Mk)	VEGAN Authentic Vegetable and Butter Beans Cassolette (Ce)
Plant Power Mains (Vegan)	 VEGAN Tandoori Cauliflower with Tarka Dhal (G, Ce)	VEGAN Pad Thai with Smoked Tofu & Rice Noodles (So)	 VEGAN Plant Based Mince & Autumn Vegetable Shepherd's Pie, Topped with Parsnip and Sweet Potato Mash (G, So, Ce)	 VEGAN Tex-Mex Smoky Bean & Vegetable Enchilada (G, Mu) With Plant Based Sour Cream & Salsa	VEGAN Red Lentils & Aubergine Moussaka (G)
Garden Goodness Sides	Grilled Tomato Sautéed leeks	Steamed Broccoli Sautéed Green Beans	Herb New Potatoes Thyme Roasted Carrot and Beetroot	Steamed Sweetcorn Sautéed Savoy Cabbage	Garden Peas Buttered Carrots (Mk)
Energy Boosters	Pilaf Rice Home-made Garlic Bread (G)	Garlic Focaccia (G, Mk)	Creamy Mash	Sweet Potato Wedges	Crushed New Potatoes
Pudding	GF Classic Jam Sponge with Custard (E)	Blueberry Traybake (G, E)	Joel Signature Seedy Flapjack (G, Su)	Seasonal Autumn Hero - Apples - Eves Pudding with Vanilla Sauce (G, E, Mk)	Banana & Cinnamon Traybake (G, E, Mk)

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WEEK 3 MENU *Autumn*

15.09.25, 06.10.25, 27.10.25, 17.11.25, 08.12.25



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Sweet Potato, Coconut & Chilli (Ce)	Classic Tomato & Basil (Ce)	Cauliflower, Cheddar Cheese & Chive (Mk)	Winter Vegetable & Butterbean	Chefs Seasonal Soup Kitchen
Daily Dough	Garlic Focaccia (G)	Seedy Bloomer (G)	Chefs Speciality Guest Bread	Seedy Bloomer (G)	Seedy Bloomer (G)
Mighty Mains	Chickpea, Aubergine & Sweet Potato Tagine	Classic Shepherd's Pie Topped with Crispy Mash (Ce)	Roast Turkey with Pan Gravy and Cranberry sauce Sage & Onion Stuffing (G)	 Braised Chicken & Root Vegetable Stew with Rosemary Herb Dumplings (G, Ce)	Crispy Buttermilk Chicken Burger, Lime Mayo and Shredded Iceberg (G, Mk, E)
Super Veggie Mains	Mac n' Cheese (G, Mk, E, Mu)	VEGAN Chestnut Mushroom, Pumpkin & Spinach Risotto (Ce)	Seasonal Autumn Hero - Squash - Accent Signature "Squashage" Roll (G, E, Mk) with Herby Gravy	Seasonal Autumn Hero - Squash - Braised Celeriac & Squash Stew with Rosemary Herb Dumplings (G, Ce)	Vegetables Chow Mein with Egg Noodles (G, E, So)
Plant Power Mains (Vegan)	VEGAN Chinese Vegetable Spring Rolls with Sweet & Sour Sauce (G, So)	 VEGAN Red & Black Bean Eat Curious Chilli with Red Onion & Tomato Salsa with a Soft Tortilla (G)	VEGAN Red Thai Vegetable Curry with Lime & Coriander Rice	VEGAN Courgette, Pepper and Onion, Cheese Quesadilla (G, Mu) served with Naked Slaw	 VEGAN Crispy Burger with vegan Mayo, Iceberg lettuce (G)
Garden Goodness Sides	Roasted Cauliflower Grilled Bok Choi	Steamed Sweetcorn Steamed Broccoli	Sauté Savoy Cabbage Steamed Carrots	Smashed Swede & Carrot Grilled Tender Steam	Corn on the Cob Baked Beans
Energy Boosters	Fruity Cous Cous (G, Su)	Steamed Rice	Thyme Roast Baby Potatoes	Colcannon Mash	Parmenter Potato
Pudding	Seasonal Autumn Hero - Apples - GF Apple & Fruit of the Forest Crumble (Mk)	Sticky Toffee Pudding with Toffee Sauce (G, E, Mk, Su)	Lemon Drizzle Cake (G, E)	Pineapple Upside Down With Vanilla Custard (G, E, Mk)	Baked Cheesecake with Winter Berry Compote (G, E, Mk)

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