

Menu

Week 1



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

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup HOT HOT HOT	Roasted Tomato (Mk)	Pea and Mint Soup (Mk)	Minestrone (G,Ce)	<i>Seasonal Autumn Hero - Butternut Squash</i> Roasted Butternut Squash (Mk)	Little Chefs Seasonal Soup Kitchen
Bread DAILY DOUGH	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)
Mains HAPPY TUMS	<div>Sophie's Star</div> <div>Mild Coconut Chicken & Pineapple Curry</div> <div>VEGAN Mild Sweet Potato & Vegetable Curry</div>	<div>Sophie's Star</div> <div>Lamb Moussaka, topped with Feta (G,Mk)</div> <div>Lentil, Potato & Aubergine Moussaka (G,Mk)</div>	<div>Sophie's Star</div> <div>Honey Roast Gammon with Gravy</div> <div>VEGAN Tofu & Mushroom Stir-Fry with Sticky Rice (G,So,Mu)</div>	<div>Sophie's Star</div> <div>Mexican Beef Chilli Con Carne (G)</div> <div>Courgette Pepper & Carrot Bhaji with a Coriander Dip (So,Mk,E)</div>	<div>Sophie's Star</div> <div>Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges Or</div> <div>Roasted Pepper, Spinach & Cheese Wholemeal Quiche (G,Mk,E)</div>
veg EXTRA GOOD	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 FUEL FOOD	White & Wholegrain Coconut Rice (Su)	Parmentier potatoes	Skin on Roasties	White and Wholegrain Rice	Oven Baked Chips
Dessert SOMETHING SWEET	<i>Seasonal Autumn Hero - Apples</i> Apple Cake (G,Mk,E) & Custard (G,So,Mk,E)	Chocolate Brownie (G,Mk,E)	Carrot Cake Muffins (G,Mk,E)	Banana and Toffee Crumble with Custard (G,Su,So,Mk,E)	Lemon Cookies (G)

Dates

Dates, Dates, Dates

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



	Monday	Tuesday	Wednesday	Thursday	Friday
Soup HOT HOT HOT	Carrot & Coriander Soup	Tomato & Basil	Lentil & Spinach (G,Mk)	Parsnip and Cumin (G)	Little Chefs Seasonal Soup Kitchen
Bread DAILY DOUGH	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mains HAPPY TUMS	Mild Tandoori Chicken with Cucumber and Yoghurt (Mk,Ce) <div>★ VEGAN Cauliflower, Potato & Chick Pea Curry</div>	Italian Beef Tomato Lasagne (G,Mk,E) Or Macaroni Cheese and Leek Crumble (G,So,Mk)	Chicken and Sweetcorn Puff Pastry Pie (G,Mk) or Sticky Vegetable Chow Mein with Crispy Tofu (G,So,Mu,E,Ce)	<div>★ Chicken and Roasted Vegetable Gnocchi Tray Bake (G,So,Mu,Mk,E)</div> Baked Gnocchi in a Roasted Vegetable Tomato Sauce Topped with Melting Mozzarella (G,So,Mu,Mk,E)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges Cheese & Baked Bean Patties (G,So,Mk,E)
veg EXTRA GOOD	Roast Sweetcorn Steamed Leeks	Steamed Broccoli Accent House Salad	Steamed Green Beans Roasted Carrots	Sauté Courgettes Coleslaw (E)	Garden Peas Baked Beans Naked Crunchy Coleslaw
carbs FUEL FOOD	White and Wholegrain Rice Naan Bread Fingers (G)	Home Made Garlic Bread (G,Mk)	Creamy Mash	Baked Potato Wedges	Baked Oven Chips
Dessert SOMETHING SWEET	Raspberry Jam and Coconut Sponge with Custard (G,Su,So,Mk,E)	Blueberry and Courgette Cake (G,E)	Fruity Vegan Jelly Pots	<i>Seasonal Autumn Hero</i> - Apples - Eves Pudding with Vanilla Sauce (G,So,Mk,E)	Creamy Rice Pudding with Jam Sauce (Mk)

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

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MENU

Week 3



Logo

THE FRESH LITTLE
ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED

SEPTEMBER
PEARS

OCTOBER
SQUASH

NOVEMBER
APPLES

DECEMBER
BRUSSEL SPROUTS

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Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Potato Soup (Mk,Ce)	Leek and Carrot Soup	Cauliflower, Cheddar Cheese & Chive (G,Mk)	French Onion Soup (G)	Little Chefs Seasonal Soup Kitchen
Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)	Seedy Bloomer (G,Se,Mu,Ce)
Chicken Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)	Mexican Lamb Chilli with Red Onion and Tomato Salsa with a Soft Tortilla (G)	Roast Turkey with Gravy and Cranberry Sauce, Sage & Onion Stuffing (G)	Braised Beef & Root Vegetable Stew (G)	Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,F,E)
Vegetable Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)	VEGAN Red and Black Bean Eat Curious Chilli with Red Onion and Tomato Salsa with a Soft Tortilla (G)	Seasonal Autumn Hero - Butternut Squash - Accent Signature "Squashage" Roll (G,Mk,E) with Herby Gravy	Roasted Pepper, Courgette and Bean Crumble (G,Mu,Mk)	VEGAN Carrot & Coriander Falafel with Houmous & Bulghur Wheat Salad (G,Se,Mu,Ce)
Roasted Cauliflower	Garden Salad	Sauté Savoy Cabbage	Crushed Carrot and Swede	Garden Peas
Corn on the Cob	Steamed Broccoli	Steamed Carrots	Steamed Broccoli	Baked Beans
Hand Cut Wedges	White and Wholegrain Rice	Thyme Roast Baby Potatoes	Colcannon Mash	Baked Oven Chips
Seasonal Autumn Hero - Apples - Apple & Raspberry Fool Pots (Mk)	Seasonal Autumn Hero - Pears - Pear Strudel and Vanilla Sauce (G,So,Mk,E)	Lemon & Lime Drizzle Cake (G,E)	Summer Berry Eton Mess (Mk,E)	Treacle Tart & Whipped Cream (G,So,Mk,E)

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