

Menu

Week 1



Soup
HOT HOT HOT

Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
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
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)
 Mild Coconut Chicken & Pineapple Curry	Lamb Moussaka, topped with Feta (G,Mk)	Honey Roast Gammon with Gravy	 Mexican Beef Chilli Con Carne (G)	Fish Fingers (G,F) with Chunky Tartare Sauce (E) and Lemon Wedges Or
VEGAN Mild Sweet Potato & Vegetable Curry	 Lentil, Potato & Aubergine Moussaka (G,Mk)	VEGAN Tofu & Mushroom Stir-Fry with Sticky Rice (G,So,Mu)	Courgette Pepper & Carrot Bhaji with a Coriander Dip (So,Mk,E)	 Roasted Pepper, Spinach & Cheese Wholemeal Quiche (G,Mk,E)
Corn on the Cob	Roast Courgettes	Sticky Honey Carrots	Broccoli	Garden Peas
Roasted Vegetables	Tomato & Rocket Salad (Su)	Sautéed Autumn Greens	Sweetcorn	Baked Beans
White & Wholegrain Coconut Rice (Su)	Parmentier potatoes	Skin on Roasties	White and Wholegrain Rice	Oven Baked Chips
<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)

 **SEPTEMBER PEARS**

 **OCTOBER SQUASH**

 **NOVEMBER APPLES**

 **DECEMBER BRUSSEL SPROUTS**

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

Dates
Week 1

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



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



Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot & Coriander Soup	Tomato & Basil	Lentil & Spinach (G,Mk)	Parsnip and Cumin (G)	Little Chefs Seasonal Soup Kitchen
Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mild Tandoori Chicken with Cucumber and Yoghurt (Mk,Ce) VEGAN Cauliflower, Potato & Chick Pea Curry	Italian Beef Tomato Lasagne (G,Mk,E) Or Macaroni Cheese and Leek Crumble (G,So,Mk)	Sausage and Mash with Onion gravy (G,Su) Or Sticky Vegetable Chow Mein with Crispy Tofu (G,So,Mu,E,Ce)	Chicken and Roasted Vegetable Gnocchi Tray Bake (G,So,Mu,Mk,E) 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)
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
White and Wholegrain Rice Naan Bread Fingers (G)	Home Made Garlic Bread (G,Mk)	Creamy Mash	Baked Potato Wedges	Baked Oven Chips
Raspberry Jam and Coconut Sponge with Custard (G,Su,So,Mk,E)	Blueberry and Courgette Cake (G,E)	Fruity Vegan Jelly Pots	Seasonal Autumn Hero - Apples - Eves Pudding with Vanilla Sauce (G,So,Mk,E)	Creamy Rice Pudding with Jam Sauce (Mk)

- Dates**
Week 2
- Allergens**

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 - Mu = Mustard
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 - P = Peanuts
 - Se = Sesame Seeds
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Menu

Week 3

THE FRESH LITTLE ALLOTMENT
SEASONALLY FRESH, PERFECTLY PICKED



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)
Braised Beef & Root Vegetable Stew (G)	Mexican Lamb Chilli with Red Onion and Tomato Salsa with a Soft Tortilla (G)	Roast Chicken with Gravy and Sage & Onion Stuffing (G)	Chicken Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)	Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,F,E)
Roasted Pepper, Courgette and Bean Crumble (G,Mu,Mk)	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	Vegetable Enchilada with a Tomato Sauce and Cheese (G,Mk,Mu)	VEGAN Carrot & Coriander Falafel with Houmous & Bulghur Wheat Salad (G,Se,Mu,Ce)
Crushed Carrot and Swede	Garden Salad	Sauté Savoy Cabbage	Roasted Cauliflower	Garden Peas
Steamed Broccoli	Steamed Broccoli	Steamed Carrots	Corn on the Cob	Baked Beans
Steamed New Potatoes	White and Wholegrain Rice	Thyme Roast Baby Potatoes	Hand Cut Wedges	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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