



Menu

WEEK ONE

Junior School

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

	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	Soda Bread	Tomato & Basil Focaccia	Beetroot and Caraway	Tomato & Basil Focaccia
Kind to the Planet Plant Based and Vegetarian Dishes (V/VE)	FUEL Sweet Potato & Vegetable Korma Curry (VE)	FUEL Mushroom, Spinach & Lentil Lasagne (V)	Roasted Cauliflower Steak with Tomato & Basil Sauce (V)	Cheddar Cheese & Leek Quiche (V)	FUEL Butternut Squash & Chickpea Stew with Lemon & Coriander Couscous (VE)
Main Course	Creamy Mild Chicken Korma with Spinach & Coriander	Traditional Beef Lasagne with a Cheesy Crust	Honey Roast Gammon with Gravy OR Roast Chicken, Sage and Onion Stuffing and Gravy	Slow Cooked Chicken Soft Taco with Grated Cheese	Fish Fingers with Chunky Tartar Sauce
Nature's Favourites	Cumin Roasted Mediterranean Vegetables Spiced Cauliflower	Steamed Sweetcorn Green Beans	Sticky Honey Carrots Broccoli	Southern Style Slaw	Garden Peas Baked Beans
Sides	Coconut White & Wholegrain Rice	Garlic Focaccia	Skin on Roasties	Mexican Rice with Peppers and Paprika Baked Potato Wedges	Oven Baked Chips Minted New Potatoes
Dessert	Wild Berry Seeded Bars	Dutch Apple Cake & Custard	Glazed Carrot Cake	Freshly Baked Banana Muffin	Plant Based Chocolate Brownie



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

WEEK TWO

Junior School

W/C: 14/09/26, 05/10/26, 26/10/26, 16/11/26, 07/12/26.

	Mon	Tue	Wed	Thu	Fri
Soup Station	Carrot & Coriander	Farm House Leek & Potato	Cannellini White Bean, Spinach & Chive	Sweetcorn and Spring Onion Chowder	Tomato & Roasted Red Pepper
Homemade Artisan Bread	Wholemeal Bloomer	Sage and Onion Bread	Wholemeal Bloomer	Sage and Onion Bread	Wholemeal Bloomer
Kind to the Planet Plant Based and Vegetarian Dishes (V/VE)	Vegan Sausage & Onion Gravy (VE)	Sweet Potato Katsu Curry with Katsu Sauce (V)	FUEL Shepherd's Pie with Butternut Squash, Chickpeas & Parsley (VE)	FUEL Plant Rich Keema Curry with Fresh Ginger & Coriander (VE)	Fishless Fingers, Tartare Sauce & Lemon (VE)
Main Course	Sausage & Mash with Onion Gravy	Chicken Katsu Curry with Katsu Sauce	Sticky Teriyaki Chicken Stir-Fry	Chicken Masala with Cool Raitia	Fish Finger Wrap with Lettuce & Mayo Chicken Tenders in a Wrap with Garlic & Mint Yoghurt
Nature's Favourites	Peas & Carrots Sauté Seasonal Greens	Steamed Sweetcorn Steamed Broccoli	Steamed Green Beans Thyme Roasted Carrot and Beetroot	Tarka Dahl with Turmeric & Cumin Lemon & Garlic Baked Courgettes	Garden Peas Baked Beans
Sides	Classic Mash Potatoes	Sticky Rice	Mini Roast Potatoes Egg Noodles	House Flat Bread Fragrant Indian Rice	Baked Oven Chips New Potatoes
Dessert	Plant Based Lemon Drizzle Cake	Chocolate Mousse	Nutless Bakewell Tart with Custard	White Chocolate and Cherry Cookies	Traditional Rice Pudding with Jam Sauce



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

Junior School

WEEK THREE W/C: 21/09/26, 12/10/26, 2/11/26, 23/11/26, 14/12/26.

	Mon	Tue	Wed	Thu	Fri
Soup Station	Yellow Split Pea, Chickpea & Coriander	Mushroom & Tarragon	Simple Tomato	Autumn Vegetable with Butternut Squash	French Onion
Homemade Artisan Bread	Accent Focaccia	Freshly Baked Ciabatta	Accent Focaccia	Freshly Baked Ciabatta	Accent Focaccia
Kind to the Planet Vegetarian Dishes (V)	Pasta Kitchen <i>Choose Your Pasta</i> Penne or Spaghetti	Mexican Plant Powered Protein, Chilli with Pico de Gallo Salsa & Vegan Sour Cream (V)	Accent Signature "Squashage" Roll Herby Gravy (V)	Cheddar and Onion Potato Gratin with Tomato, Red Onion & Mint Salad (V)	FUEL Courgette & Chickpea Pattie Burger with Fried Onions, Tomato & Chili Jam, Sweetcorn Relish
Main Course	Add Your Favourite Sauce Tomato and Basil (VE) Creamy Mushroom and Parsley Mild Chicken Arrabiata	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	Butcher's Burger in a Bun with Fried Onions, Tomato and Chilli Jam, Sweetcorn Relish
Nature's Favourites	Sauteed Green Vegetables	Garden Salad Steamed Broccoli	Sauté Savoy Cabbage Honey Roasted Carrots	Sweetcorn & Roasted Peppers	House Dressed Salad
Sides	Homemade Garlic Bread	Turmeric Wholegrain Rice	Thyme Roast Baby Potatoes	Sauteed Green Beans	Homemade Jacket Wedges
Dessert	Chocolate Concrete	Kentish Pear Strudel with Custard	Lemon & Lime Drizzle Cake	Yorkshire Mess with Greek Yoghurt & Smashed Meringue	Treacle Tart & Whipped Cream



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!

