

Why school lunches are great!

If your child is in years R, 1 or 2 or eligible for a free school meal they can have a meal for free. No matter which year, they will be offered a nutritionally balanced meal full of goodness!

Your child will get the option of a freshly made, hot meal every day, with portion sizes that reflect their age. They can eat with their friends, building great social relationships.

This year's theme is 'The Fresh Little Allotment', each month pupils can enjoy tasty new dishes and learn facts about our perfectly picked ingredients. We always use local suppliers and fresh produce.



DID YOU KNOW?

Green foods contain iron and folate, needed to make red blood cells!

Compared to an average packed lunch an Accent school meal contains:

15% LESS SATURATED FAT

46% LESS SALT

2x THE FIBRE

1/2 THE FREE SUGARS

Special Menu Days

JOIN US ON THE 2ND OCT!

Each month our special menu days include lots of tasty themed food. You won't want to miss our circus celebration, we're bringing the magic of the circus tent to our kitchens, with a playful menu full of surprises! We also have lots of other exciting days this term including; British Farming Day, Bonfire Night and a Christmas Takeover!



The chance to win prizes!

Dine with us and your name will be put into a hat where you could win some circus prizes, like these!



To book school lunches, please speak to the school office who will be happy to help.

Sample Menus Autumn 2025

MENU week 1



Monday Tuesday Wednesday Thursday Friday

Mains HAPPY TUMS

Monday: Chicken and Sweetcorn Penne Pasta (G,Mk)
 Tuesday: Pepperoni Pizza (G,Mk,E,So)
 Wednesday: Toad in the Hole with Gravy (G,E,Mk,Su)
 Thursday: Chicken Tagine (G)
 Friday: Fish Fingers with Tartar Sauce (G,F,E)

Veggie MEAT FREE MAINS

Monday: Roasted Vegetable and Sweetcorn Pie (G,E,Mk,Ce)
 Tuesday: Margherita Pizza (G,E,Mk,So)
 Wednesday: Vegetable Sausage Toad in the Hole with Gravy (G,E,Ce,Mk)
 Thursday: Sweet Potato and Butternut Tagine (G,Mu,So)
 Friday: Veg Finger with Tartar Sauce (G,E,Su)

veg EXTRA GOOD

Monday: Broccoli, Green Beans
 Tuesday: Garden Salad
 Wednesday: Carrots, Steamed Green Beans
 Thursday: Roasted Cauliflower, Red Onion and Courgettes Sauté
 Friday: Baked Beans, Peas

Carbs FUEL FOOD

Monday: Home Baked Garlic Focaccia (G)
 Tuesday: Crispy Potato Wedges
 Wednesday: Mashed Potato
 Thursday: Biryani Rice
 Friday: Oven Baked Chips

Dessert SOMETHING SWEET

Monday: Fresh Fruit Platter
 Tuesday: Apple and Sunflower Seed Honey Bar (G)
 Wednesday: Fruity Jelly
 Thursday: Carrot Cake Cookie (G,E,Mk)
 Friday: Pear Crumble with Custard (G,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

SEPTEMBER PEARS

OCTOBER SQUASH

NOVEMBER APPLES

DECEMBER BRUSSEL SPROUTS

Look for this logo on the menu to try a yummy seasonal special!

DATES

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

Allergens

Salad Bar week 1

Monday Tuesday Wednesday Thursday Friday

Fresh picks THE STAPLES

Monday: Shredded Iceberg Lettuce, Sliced Cucumber, Tomato Wedges, Sliced Peppers, Sweetcorn
 Tuesday: Shredded Iceberg Lettuce, Sliced Cucumber, Tomato Wedges, Sliced Peppers, Sweetcorn
 Wednesday: Crispy Cos Lettuce, Diced Cucumber, Mixed Tomatoes, Grated Carrot, Celery Sticks (Ce)
 Thursday: Crispy Cos Lettuce, Diced Cucumber, Mixed Tomatoes, Grated Carrot, Celery Sticks (Ce)
 Friday: Mixed Lettuce, Cucumber, Tomatoes, Beetroot, Sweetcorn

Everyday Salads FEEL GOOD FOOD

Monday: Apple, Kale and Carrot Coleslaw (E,Mk,Mu,Su)
 Tuesday: Apple, Kale and Carrot Coleslaw (E,Mk,Mu,Su)
 Wednesday: Fruity Cous Cous Salad (G,Mu,So)
 Thursday: Zesty Orzo Salad (G,Mu,So)
 Friday: Pear and Carrot Crunch Salad (Se,Ce,G,Mu)
 Chefs Choice of Salad

Flavourzone favourites EXTRA TASTY

Monday: Crispy Croutons (G), Crispy Onions, Raisins, Chilli Flakes, Flavoured Oils
 Tuesday: Crispy Croutons (G), Crispy Onions, Raisins, Chilli Flakes, Flavoured Oils
 Wednesday: Crispy Croutons (G), Sultanas, Pumpkin Seeds, Sunflower Seeds, Flavoured Oils
 Thursday: Crispy Croutons (G), Sultanas, Pumpkin Seeds, Sunflower Seeds, Flavoured Oils
 Friday: Crispy Croutons (G), Crispy Onions, Pumpkin Seeds, Sunflower Seeds, Flavoured Oils

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