

REFRESH

MIND, BODY & SOUL

AUTUMN

HAPPINESS
IS
homemade

Nourish your soul with
MOOD BOOSTING INGREDIENTS

SEPT-DEC

SPRING

FOOD
for
THOUGHT

Nourish your mind with
BRAIN BOOSTING INGREDIENTS

JAN-MAR

SUMMER

POWERUP
your summer

Nourish your body with
ENERGY BOOSTING INGREDIENTS

APR-JUL

LOOK OUT FOR LIMITED EDITION
POP UP BARS & THEME DAYS!

ACCENT FOODIES

NEWSLETTER SPRING 26

NEW RECIPES
TO TRY EVERY
MONTH!

★ ★ ★

So fresh!

We support local
suppliers and
source the very
best seasonal
ingredients.

MENU

SAMPLE

WELCOME

ABOUT US

MAIN MEALS

MON	TUE	WED	THU	FRI
PORTUGUESE PLATS Portuguese Peri-Peri Chicken Rice Portuguese Peri-Peri Butternut Rice Tortilla Wrap Macito Peas Extras: Toasted Pita Bread	CENTRAL FLAVOURS Sticky Teriyaki Pork or Chicken with Crunchy Vegetable Stir Fry Sticky Teriyaki Eat Carrots with Crunchy Vegetable Stir Fry Soy & Ginger Noodles Extras: Mini Spring Roll	ROAST Herby Roast Chicken with Stuffing & Chicken Gravy Roasted Root Vegetable Wellington with Stuffing & Vegetable Gravy Crunchy Roast Potatoes Broccoli Extras: Yorkshire Pudding	TASTE OF ITALY Oven Baked Italian Lasagne Oven Roasted Italian Vegetable Lasagne House Salad Garlic Bread Extras: Seasoned Wedges	FISH & CHIP SHOP Battered Fish Fillet Crispy Chicken Tenders Cheese & Onion Turnover Chips Peas Baked Beans Extras: Curry Sauce

Meat-Free
Check out what's on offer today, available for free school meals



GLOBAL EATS

MON	TUE	WED	THU	FRI
Tandoori Chicken Tikka Pizza Naan with Masala Fries Chicken Quesadilla with Nachos Hot Honey Beef with Sweet Potato Crispy Chicken Wrap Margherita Pizza BBQ Chicken & Sweetcorn Pizza				

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lemon & Blueberry Sponge	Jammy Dodger Muffins	Pear & Ginger Crunch Crumble & Custard	Chocolate Pudding with Chocolate Sauce	Biscoff & Buttercream Cake

ALLERGENS

use allergen guide

If you have a food allergy or intolerance, please ask the Allergen Guru or Manager about the ingredients in your meal.



PASTA & JACKETS STATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bolognese, Beef Pesto, Mezzaron Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arachis Bolognese, Beef Pesto, Mezzaron Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arachis Bolognese, Beef Pesto, Mezzaron Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arachis Bolognese, Beef Pesto, Mezzaron Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arachis Bolognese, Beef Pesto, Mezzaron Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arachis				

Accent Catering

We are proud to be the caterer for your School. Founded in 2002 we are an established caterer, passionate about supporting local British farmers and growers with seasonal quality ingredients at our core.

Fresh Food

We tailor our menus depending on the age of the pupil, our ethos, however, remains the same; we never compromise on our commitment to our craft – creating amazing food from quality produce by skilled chefs.

Over 90% of our food is prepared from fresh ingredients. All our meat is Red Tractor (UK sourced) accredited; fruit & vegetables are UK sourced where possible & fish from sustainable stocks. We focus on producing great tasting food from scratch, so you will not find our chefs using packet mixes or ready to use sauces. Qualified chefs with a passion for food head up our kitchens delivering food our customers love to eat.

Health Benefits

Each month, pupils can look forward to delicious new recipes from our annual theme *Refresh – Mind, Body & Soul*. Specially chosen by our nutritionist, these recipes feature energy-boosting, mood-boosting and brain-boosting ingredients to support overall well-being.

A Sustainable Future

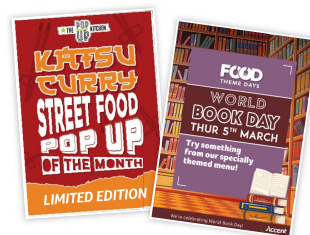
Through our work with the National Farming Union we have access to farming ambassadors who can help our schools learn the importance of food provenance and the process food goes to from field to fork. We know how important sustainability is and we re fully signed up to the Courtaulds' Commitment (to reduce food waste) and the UK Plastics Pact (to remove all unnecessary single use plastic from our business).



Special Days

As specialist school caterers we believe that catering is so much more than a meal put on a plate. We work hard to create a service that is fun and adds value beyond the traditional lunch time offer. From tasting tables, school assembly talks, theme days, pop-up chef demos, cookery clubs for all ages, to supplier days where we promote seasonal ingredients.

We all work hard together, helping our pupils build strong and healthy relationships with food. Creating positive, lasting memories of food that will stay with them for the years to come.



Allergens

Accent take the responsibility for managing food allergies and special diets very seriously. We seek to reassure parents and guardians that we have a detailed understanding of the subject and recognise the importance of having robust procedures in place.

All of our menus are fully allergen checked and labelled. Our teams fully trained each term and on-site Allergen gurus are trained and knowledgeable to ensure every customer is catered for.



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

15% LESS
SATURATED FAT

2X
THE FIBRE

46% LESS
SALT

1/2
THE FREE SUGARS