

Accent Foodies

AUTUMN EDITION 25

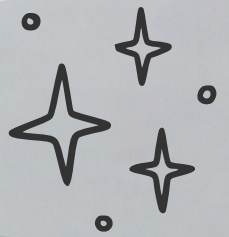
We're passionate about home-cooked food and going that extra mile.

Making fresh, healthy food fun!

NEW RECIPES
TO TRY EVERY
MONTH!

★ ★ ★

★ ★
★ ★
Enjoy!



We are proud to be the caterer for Holy Cross Preparatory School



sample menu

We're cooking up a storm in your kitchen



Soup
HOT HOT HOT
Bread
DAILY DOUGH

Mains
HAPPY TUMS

veg
EXTRA GOOD

carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday

Roasted Tomato
(Mk)

Seedy Bloomer
(G,Se,Mu,Ce)

Mild Coconut Chicken
& Pineapple Curry

VEGAN Mild Sweet Potato &
Vegetable Curry

Corn on the Cob
Roasted Vegetables

White & Wholegrain
Coconut Rice (Su)

Seasonal Autumn Hero
- Apples -
Apple Cake (G,Mk,E)
& Custard (G,So,Mk,E)

Tuesday

Pea and Mint Soup
(Mk)

Seedy Bloomer
(G,Se,Mu,Ce)

Lamb Moussaka,
topped with
Feta (G,Mk)

Lentil, Potato & Aubergine
Moussaka (G,Mk)

Roast Courgettes
Tomato & Rocket Salad (Su)

Parmentier potatoes

Chocolate Brownie
(G,Mk,E)

Wednesday

Minestrone
(G,Ce)

Seedy Bloomer
(G,Se,Mu,Ce)

Honey Roast
Gammon with Gravy

VEGAN Tofu & Mushroom
Stir-Fry with Sticky Rice
(G,So,Mu)

Sticky Honey Carrots
Sautéed Autumn Greens

Skin on Roasties

Carrot Cake Muffins
(G,Mk,E)

Thursday

Seasonal Autumn Hero
- Butternut Squash -
Roasted Butternut Squash
(Mk)

Seedy Bloomer
(G,Se,Mu,Ce)

Mexican Beef Chilli
Con Carne (G)

Courgette Pepper & Carrot
Bhaji with a Coriander Dip
(So,Mk,E)

Broccoli
Sweetcorn

White and Wholegrain Rice

Banana and Toffee
Crumble with Custard
(G,Su,So,Mk,E)

Friday

Little Chefs Seasonal
Soup Kitchen

Seedy Bloomer
(G,Se,Mu,Ce)

Fish Fingers (G,F)
with Chunky Tartare Sauce (E)
and Lemon Wedges

Roasted Pepper, Spinach &
Cheese Wholemeal Quiche
(G,Mk,E)

Garden Peas
Baked Beans

Oven Baked Chips

Lemon Cookies
(G)

Allergens

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

Our lunch menus!

We rotate our menus on a three week cycle. Our food development team have a talent for making healthy food taste great, and are always working on creative recipes, often replacing sugar with fresh alternatives like fruit and herbs.



Our extra nutritious dishes have been specially chosen by our nutritionist and marked with Sophie's Star on the menus.

about us

A taste of what's to come

Accent Catering

We are proud to be the caterer for Holy Cross Prep School. Founded in 2002 Accent is an independent company operated by one of our founders Derek Warman and Managing Director Ian Crabtree.

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.

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.

A Sustainable Future



We are proud to partner with the National Farmer's Union to support local suppliers and 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).



Each month pupils can look forward to vibrant and tasty ingredients from The Fresh Little Allotment recipes, as we explore and learn which fruits and vegetables are seasonally fresh and perfectly picked!

Special Days



As specialist school caterers we believe that catering is so much more than a meal put on a plate. We run a variety of Special Day menus including Black History Month, Lunar New Year, National Pizza Day and World Book Day which are fun and add real value beyond the traditional lunch time offer.

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 that come.

Allergens



Accent Catering are partners of the Natasha Allergy Research Foundation and 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.

Seasonally fresh!

SEPTEMBER
PEARS



OCTOBER
SQUASH



NOVEMBER
APPLES



DECEMBER
BRUSSEL
SPROUTS



WHEN IT COMES TO NOURISHING YOUNG MINDS AND BODIES,

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



The School Food Standards
have been in place for school
meals for many years.



These standards ensure
school meals provide children
with a balance of nutrients.



There is no existing policy
in place to control what is
brought in packed lunches.



Less than 2% of packed
lunches meet the nutritional
standards.



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 **Accent**