

REFRESH

MIND, BODY & SOUL

AUTUMN

HAPPINESS IS *homemade*

SEPT-DEC

Nourish your soul with
MOOD BOOSTING INGREDIENTS



SPRING

FOOD *for* THOUGHT



JAN-MAR

Nourish your mind with
BRAIN BOOSTING INGREDIENTS



SUMMER

POWER UP *your summer*

APR-JUL

Nourish your body with
ENERGY BOOSTING INGREDIENTS



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.

MAIN MEALS

MON	TUE	WED	THU	FRI
★ PORTUGUESE PLATES ★ Portuguese Peri-Peri Chicken Rice Portuguese Peri-Peri Butternut Rice Tortilla Wrap Macho Peas Extras: Toasted Pita Bread	★ ORIENTAL FLAVOURS ★ Sticky Teriyaki Pork or Chicken with Crunchy Vegetable Stir Fry Sticky Teriyaki Eat Curious 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

Meal Deal

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	BBQ Chicken & Sweetcorn Pizza Margherita Pizza

DESSERTS

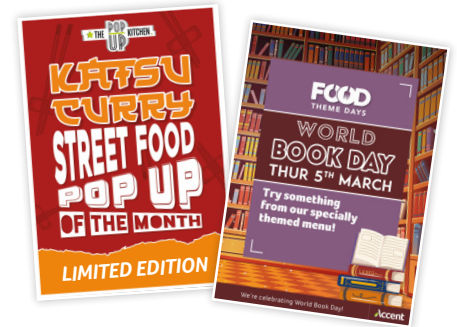
MONDAY Lemon & Blueberry Sponge	TUESDAY Jammie Dodger Muffins	WEDNESDAY Pear & Ginger Crunch Cumble & Custard	THURSDAY Chocolate Pudding with Chocolate Sauce	FRIDAY Biscoff & Buttercream Cake
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SPRING MENU WEEK ONE

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.



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 Courtauld's Commitment (to reduce food waste) and the UK Plastics Pact (to remove all unnecessary single use plastic from our business).



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.



LOOK OUT FOR DAILY
THEME BARS,
SALAD BAR
& SOUPS!

PASTA & JACKETS
STATION

MONDAY Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata	TUESDAY Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata	WEDNESDAY Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata	THURSDAY Bolognese, Basil Pesto, Macaroni Cheese, Creamy Chicken & Sweetcorn and Spicy Tomato Arrabbiata	FRIDAY Pizza Mac & Cheese with Garlic Bread
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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

ALLERGENS
we're always gentle

hello I'm the Allergen Guru today!

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

with a wood fired pizza oven