

# ACCENT FOODIES

NEWSLETTER 2021

## NEW IN 2021

Try something new with our variety of recipes featuring seasonal ingredients every month.

24

NEW RECIPES  
TO TRY EVERY  
MONTH!

★★★

We're  
**ROOTING**  
for **FRESH**  
**PRODUCE**



## FRESH FOOD

Over 98.3% of our food is prepared from fresh ingredients.

accent  
catering

# BESPOKE menus

Here's a sample of our senior and prep lunch menus that we tailor to each of our schools.

## AUTUMN MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b> <i>hot hot hot</i>	Garden Pea and Fresh Mint Soup (Mk)	Bean and Potato chowder (G,Mk)	Mulligatawny soup (Mu,Mk,Ce)	Cream of Watercress Soup (Mk)	Cream of Tomato Soup (Mk)
<b>Main</b> <i>fresh flavours</i>	Chicken and lentil Curry (G)	Greek Style minced lamb Shepard's Pie with Onion Gravy (Mk,Ce)	Roast Beef with Yorkshire pudding and gravy (G,Mk,E)	Turkey, Tomato and Spinach Penne Pasta Bake (G,Mk)	MSC Breaded Pollock Fillet (G,F) Or Seafood Paella, with lemon wedges and crusty bread (G,Se,Mu,F,Cr,Mo)
<b>Veggie</b> <i>meat free feasts</i>	Leek, Cheddar and Mushroom Quiche, parsley potatoes (G,Mk,E,Ce)	Quorn Sausage toad in the Hole (G,Mk,E)	Spicy chick Pea Falafel with tomato sauce, turmeric rice (G)	Penne with mushrooms and cream sauce (G,Mk)	Roasted Peppers filled with Rice, garden herbs (G,Ce)
<b>Carbs</b> <i>fuel</i>	Fluffy Basmati Rice	Creamy Garlic Mashed Potatoes (Mk)	Crispy home roast potatoes	Garlic Focaccia Bread	Oven baked Chips
<b>Veg</b> <i>extra goodness</i>	Roasted cauliflower Sweetcorn and peppers	Leeks	Carrot and Swede Mash (Mk)	Steamed Broccoli	Garden Peas
<b>Pudding</b> <i>sweet treat</i>	Apple and Cinnamon Crumble (G,Mk)	Chocolate Sponge Pudding with custard (G,Mk,E)	Banana Tea Bread (G,Mk,E)	Sticky Ginger and pear cake (G,Mk,E)	Lemon Meringue Pie (G,Su,Mk,E)

Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds  
Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soyua  
E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide

**well seasoned.**  
*perfectly picked ingredients, cooked from scratch*

**September SWEETCORN**  
*THE 12 DAYS OF AMERICAN DAY 5<sup>TH</sup> SEP*

**October APPLES**  
*THE 12 DAYS OF GERMAN DAY 5<sup>TH</sup> OCT*

**November BUTTERNUT SQUASH**  
*THE 12 DAYS OF BONFIRE NIGHT 5<sup>TH</sup> NOV*

**December CELERIAC**  
*THE 12 DAYS OF CHRISTMAS MARKET 1<sup>ST</sup> - 16<sup>TH</sup> DEC*

**DATES**  
XXX

# FOODIES

We're passionate about homecooked food and going that extra mile.



## Fresh Food

Over 98.3% of our food is prepared from fresh ingredients, all our meat is Red Tractor accredited, fruit & vegetables are UK sourced where possible & fish from sustainable stocks.

We focus on producing great tasting food from scratch on-site, so you won't find our chefs using packet mixes or ready to use sauces. Qualified chefs with a passion for food heading up our kitchen's.

## Reduced Sugar

We already provide reduced salt meals and we are committed to reducing the amount of sugar on our menus whilst still serving delicious meals.



## Well Seasoned

After the success of last year's 'Spice of the Month', for 2021 pupils can look forward to seasonal ingredients. Recipes will be enhanced as we explore a variety of the freshest fruit and veg every month!

## Growing a Sustainable Future

We support our Schools with learning the importance of food provenance and the process food goes to from field to fork. Introducing grow beds with an annual planting calendar,

donating trees for an orchard and providing Forest Schools with outdoor cooking lessons are all ways we can do this

## Special Days

In addition, our monthly 'Special Days' are a real opportunity to try different dishes from a range of foods from other countries to broaden your children's taste buds. These include interesting theme days such as biscuit day and bonfire night.

## Customer Service

We are proud to be serving the finest food from friendly and helpful staff. We have been recognised as a "Best Place to Work in Hospitality" each year since 2012.



## Allergens

All our menus are fully allergen checked with on site Allergen gurus trained to ensure every customer is catered for.



## Natasha's Law

Natasha's Law will be introduced from 1st October 2021. In preparation for the change in legislation we are changing our labelling to include a full ingredients list and introducing a new product range.

# MENU

week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mains</b> <i>HAPPY TUNS</i>	Mild chicken curry with peppers & spinach	Italian beef lasagne with mozzarella crust (G,Mk)	Roast chicken breast with sage and onion stuffing and gravy (G)	Slow cooked Jamaican pork with pineapple	Cod fish fingers with tartare sauce and lemon wedges (G,Su,F,E)
<b>Veggie</b> <i>MEAT FREE</i>	Homemade pea & potato Samosa with cucumber yoghurt (G,Mu,Mk)	Vegan Roasted Autumn beetroot and red onion Tart (G)	Oven baked gnocchi with tomato, mozzarella & pesto (G,So,Mk,E)	Veggie lentil bolognese, penne pasta and parmesan (G,Mk,E)	Vegan Chick pea and corn burger with a mango and lime salsa (G,Se)
<b>veg</b> <i>EXTRA GOOD</i>	Steamed rice	Focaccia fingers	Roast potatoes	Sweet potato wedges	Baked chips
	Bombay vegetables	Sweetcorn	Roasted carrots	Cauliflower	Garden peas
	Broccoli	Courgettes	Cabbage	Green beans	Baked beans
<b>Dessert</b> <i>SOMETHING SWEET</i>	Orchard crumble with custard (G,Mk)	Eccles cake tray bake with cream (G,Su,So,Se,Mk,L)	Butterscotch bread pudding with custard (G,Su,So,Se,Mk,E)	Lemon & lime drizzle cake (G,E,Mk)	Jam Roly Poly with custard (G,So,Mk)

Fresh salad bar, jacket potatoes and a range of cold desserts and fresh fruit available daily

**Dates**

**Allergens**

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# DON'T TAKE OUR WORD FOR IT



**"It was most definitely the equivalent of fine dining, and in a word 'divine'. Rest assured in my opinion not only does the whole menu fully comply with school meals – healthy eating standards, it goes way beyond."**

*Parent Feedback*

**"The improved quality of the meals and your commitment to the evening functions are both impressive, but it is the transformation of the catering team into a functional outfit, working with some pride, which you can feel especially proud of."**

*Staff Feedback*





# ACCENT'S ENVIRONMENTAL STEPS

“We swapped out **45,000** film-fronted bags for fully recyclable paper bags.”

- “We will only use disposables that are as a minimum recyclable, from simple sandwich bags and cardboard takeaway trays for hot beverages, to 2-ply napkins and paper carrier bags.”



“Instead of plastic cups, we use paper cones, melamine cups or water bottles.”

## ONE MILLION

pieces of our plastic cutlery has now been swapped for metal cutlery and, where disposables are required, we use wooden cutlery instead.”

“We look to work with suppliers who, wherever possible, are located within **20 miles** of our Schools, to reduce CO2-emissions.”



“We ensure that all waste oil is collected and processed (heated, cleaned and then filtered) at purpose-built depots then transported to a processing plant for conversion to biodiesel.”



“We are making a commitment to **eliminate** single use plastic from our business by **2022**



Say **NO** to Plastic straws

“Our sandwiches are packaged simply in a **single wrap**, we are actively investigating swapping these plastic wraps out for a starch alternative with a number of trials taking place in some of our schools.”



“The majority of our suppliers use **reusable boxes** to deliver our ingredients, as we look to eliminate waste packaging from our deliveries”

“We have **completely removed** plastic straws from our business, and replaced them with paper alternatives.”

# well seasoned.

perfectly picked ingredients, cooked from scratch



## January LEEKS

TRY ME  
CHEDDAR,  
LEEK  
& QUINOA  
FLAPJACK



## February PARSNIPS

TRY ME  
PARSNIP &  
CARROT DAHL

PACKED WITH  
NEW MONTHLY  
RECIPES FROM  
THE FRESHEST,  
SEASONAL  
INGREDIENTS  
★ ★ ★



## March SPINACH

TRY ME  
GREENS MAC  
& CHEESE



## April NEW POTATOES

TRY ME  
CHEESE AND POTATO  
BREAD WITH SAGE &  
CARAMELISED ONION



## May BASIL

TRY ME  
TOMATO &  
BASIL JAM



## June BEETROOT

TRY ME  
BEETROOT  
HUMMUS



## July MINT

TRY ME  
MINT FROZEN  
YOGHURT



## September SWEETCORN

TRY ME  
MEXICAN  
SWEETCORN  
PANCAKES WITH  
TOMATO SALSA



## October APPLES

TRY ME  
CUCUMBER, APPLE  
& SPINACH JUICE



## November BUTTERNUT SQUASH

TRY ME  
SQUASH, PEA &  
BRIE FRITTATINS



## December CELERIAC

TRY ME  
POTATO, PEAR &  
CELERIAC GRATIN