



sample menu

We're cooking up a storm in your kitchen



Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

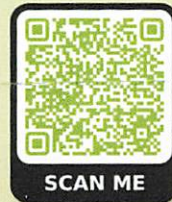
Monday Tuesday Wednesday Thursday Friday

Spaghetti bolognese (G)	Honey & BBQ glazed chicken	Roast turkey and gravy Sage and onion stuffing balls (G)	Chicken and sweetcorn puff pastry pie (G,Mk)	Battered pollock, lemons & tartare sauce (G,Su,F,E) Or Fish fingers (G,F)
Macaroni cheese (G,Mu,Mk)	Honey & BBQ glazed grilled vegetables	Butternut squash and cherry tomato crumble (G,Mk)	Creamy vegetable pot pie (G,Mk,E)	Cheese, tomato and roasted onion quiche (G,Mk,E)
Chef's salad	Sweetcorn Broccoli	Carrots Steamed cabbage	Cauliflower Green beans	Garden peas Baked beans
Garlic bread (G,Mk,So)	Savoury Rice	Roast potatoes	Fluffy mash potato	Chips
Cinnamon spiced pear and apple crumble with custard (G,Mk)	Chocolate marble cake (G,Mk,E)	Rice pudding with strawberry jam (Su,Mk)	Carrot cake cupcakes (G,Mk,E)	Chocolate chip brownie with ice cream (G,Mk,E)

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

ALLERGENS

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



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.

Scan me to see our tasty salad bar menus!

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

Orange
APRIL
23rd - St George's Day

Yellow
MAY
16th - Outer Space Day
23rd - National Biscuit Day

Green
JUNE
18th - Teddy Bears' Picnic

Purple
JULY
4th - World Chocolate Day
The Olympics

about us

A taste of what's to come

Welcome from Accent Catering...

We are proud to be appointed the caterer for St Joseph's Catholic Primary School from the beginning of April 2024. Founded in 2002 Accent is a wholly 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.



Why school !! lunches are great ...

Remember, your child is eligible for a free school meal, 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.



Each month pupils can look forward to vibrant and tasty ingredients from our Eat the Rainbow recipes, as we explore and learn about a variety of health beneficial foods every month!

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.

98.3% 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.

A Sustainable Future

We support our schools with learning 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).

Special Days

We work hard to create a service that is fun and adds value beyond the traditional lunch time offer. This includes; tasting tables, school assembly talks, theme days, pop-up chef demos and cookery clubs.

We all work hard together, creating positive, lasting memories of food that will stay with them for the years that come.

Allergens

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

Dates for the Diary

Eat the Rainbow

Look out for our tasty special day menus and limited edition 'Eat the Rainbow' recipes, as well as fun activity sheets each month!



September Red Welcome back! NUTRITIONIST FACT Red Foods contain lycopene which is great for your skin!	October Orange 5 th - Superhero Day 31 st - Halloween NUTRITIONIST FACT Orange Foods contain vitamin A, needed for healthy eyes!	November Yellow 13 th - 16 th - Diwali NUTRITIONIST FACT Yellow Foods contain vitamin C which helps prevent sickness!	December White 4 th - 15 th - Christmas NUTRITIONIST FACT White Foods contain prebiotics and help keep your gut healthy!
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January Green 18 th - Hungry Caterpillar Day NUTRITIONIST FACT Green Foods contain iron and folate, needed to make red blood cells!	February Purple 13 th - Pancake Day NUTRITIONIST FACT Purple Foods contain antioxidants which protect your brain!	March Red 7 th - World Book Day 15 th - Red Nose Day NUTRITIONIST FACT Red Foods help to keep your heart healthy!	April Orange 23 rd - St George's Day NUTRITIONIST FACT Orange Foods help improve your night vision!
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May Yellow 16 th - Outer Space Day 23 rd - National Biscuit Day NUTRITIONIST FACT Yellow Foods help your body heal and repair!	June Green 18 th - Teddy Bears Picnic NUTRITIONIST FACT Green Foods help oxygen travel around your body!	July Purple 4 th - World Chocolate Day 15 th - 19 th - The Olympics NUTRITIONIST FACT Purple / dark blue Foods can help improve your memory!
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Accent Foodies

SPRING EDITION 24

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

Making fresh, healthy food fun!

24
NEW RECIPES
TO TRY EVERY
MONTH!
★ ★ ★

★ ★ ★
Enjoy!



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