

ACCENT FOODIES

NEWSLETTER 2023

24

NEW RECIPES
TO TRY EVERY
MONTH!

★ ★ ★

Welcome!

Kings House to
Accent Catering

What's new?

Paint your plate
with colours
OF THE RAINBOW!

Each month we
are targeting
different colours &
health benefits with
tasty recipes.

So fresh!

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

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.



Eat the Rainbow

With our brand new 'Eat the Rainbow' recipes pupils can look forward to vibrant and tasty ingredients. We will explore and learn about a variety of health beneficial foods 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 World Book Day and St George's Day.

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.



WEEK 1
Dates here

MENU

Eat the
Rainbow

Monday Tuesday Wednesday Thursday Friday

Mains

Chicken with Mac
and Cheese
(G,Mu,Mk,E)

Turkey, Pepper
and Bean Wrap
(G,Mu,Mk)

Sausages
and Gravy
(G,Su)

Mild Chinese style
Chicken Curry
(G,Su,Mu)

Fish Fingers (G,F)
or
Filler of Fish
(G,F)

Veggie

Quorn with Mac
and Cheese
(G,Mu,Mk,E)

Mozzarella and
Tomato toasted
Wrap
(G,Mu,Mk,Ce)

Veggie Sausages
and Gravy
(G,Ce)

Mild Chinese
Vegetable Curry
(G,Su,Mu)

Homemade Veggie
Burger with Tomato
Relish in a toasted
Bun
(G,Su,Se,E)

Veg

Steamed Broccoli

Sweetcorn

Green Beans

Courgettes

Peas

Carbs

Garlic Bread
(G,Su,Mu)

Savoury Rice

Creamy
Mashed Potato
(Mk)

Steamed Rice

Baked
Oven Chips

Dessert

Baked Lemon
Pudding with Custard
(G,Mk,E)

Chocolate
Sponge Cake
(G,Mk,E)

Rice Pudding
(Mk)

Banana Tea Bread
(G,Mk,E)

Jam Tart
(G,Mk,E)

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

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

White
December
Christmas Lunches

Yellow
November
Diwali

Orange
October
Black History Month
31st - Halloween

Red
September

Elizabeth House,
Staines-upon-Thames,
Middlesex, TW18 4HF

Accent
Catering

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Here's a sample menu that we tailor to each of our schools.

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!

October

Orange

Black History Month
31st - Halloween

November

Yellow

13th - 16th - Diwali

December

White

4th - 15th - Christmas

NUTRITIONIST FACT

Red foods contain lycopene which is great for your skin!

NUTRITIONIST FACT

Orange foods contain vitamin A, needed for healthy eyes!

NUTRITIONIST FACT

Yellow foods contain vitamin C which helps prevent sickness!

NUTRITIONIST FACT

White foods contain prebiotics and help keep your gut healthy!



January

Green

Brain Food

February

Purple

9th - Chinese New Year

March

Red

4th - 8th British Pie Week
15th - Red Nose Day

April

Orange

23rd - St George's Day

NUTRITIONIST FACT

Green foods contain iron and folate, needed to make red blood cells!

NUTRITIONIST FACT

Purple foods contain antioxidants which protect your brain!

NUTRITIONIST FACT

Red foods help to keep your heart healthy!

NUTRITIONIST FACT

Orange foods help improve your night vision!



May

Yellow

23rd - National Biscuit Day

June

Green

LGBTQ+ Month
5th - World Environment Day

July

Purple

4th - World Chocolate Day

NUTRITIONIST FACT

Yellow foods help your body heal and repair!

NUTRITIONIST FACT

Green foods help oxygen travel around your body!

NUTRITIONIST FACT

Purple / dark blue foods can help improve your memory!