



MENU WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Vegan Turkish Red Lentil & Mint

Vegan Indian Spiced Lentil (Su, Mu)

Pea & Mint (No allergen)

Vegan Tomato & Basil

Butternut Squash

Mac'n'Cheese (G,Mk)

Mexican Baked Chilli Beef Chimichangas (G,Mk)

Roast Pork Loin with Apple Sauce, Crackling & Gravy

Chinese Chicken & Egg Noodle Tray bake (G,So,E)

Battered Fish with Lemons & Tartare Sauce (G,Su,F,E)

MAINS

Penne with fresh Basil Pesto (G)

Huevos Rancheros (G,E)

Vegan Super Squash Tray Bake (G,Su,Mu)

Vegan Keralan Cauliflower Curry (G)

Vegan Spicy Tofu & Vegetable Fajitas (G,So)



Salad Bar and Jacket Potatoes available every day



EXTRAS

VEGGIES

MON

Courgettes & Roasted Tomatoes

TUES

Buttered Sweetcorn, Roast Peppers & Refried Beans

WED

Roasted Carrots & Steamed Cabbage

THUR

Soy & Ginger Greens (So) & Spiced Roasted Broccoli

FRI

Garden Peas & Baked Beans

CARBS

MON

Garlic Bread

TUES

Lime and Coriander Rice & Nachos

WED

Roast Potatoes & New Potatoes

THUR

Steamed Basmati Rice

FRI

Shoestring Fries

PUDDING

MON

American Apple Streusel Cake (G)

TUES

Flapjacks (G)

WED

Chocolate & Raspberry Brownie (G)

THUR

Banana Upside Down Cake with Vanilla Custard (G,Mk)

FRI

Pear & Apricot Oaty Crumble (G)

WEEK COMMENCING: 02/09 - 30/09 - 28/10 - 25/11

Allergen Information

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
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Accent





MENU WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Vegan Turkish Red Lentil & Mint

Vegan Carrot & Sweet Potato

Cauliflower & Potato

Vegan Chickpea, Tomato

Winter Vegetable

Pepperoni Pizza
(G,Mk)

Thai Beef Massaman Curry
(Mu)

Tender Pork in a Rich Tomato Sauce with Peppers & Basil

Classic Slow Cooked Beef Lasagne (G,Mk,E)

Battered Fish with Lemons & Tartare Sauce
(G,Su,F,E)

MAINS



Penne with fresh Basil Pesto (G)

Sweet potato & chickpea curry

Margherita Pizza Bomb with Coleslaw
(G,Mk,E)

Vegan Moroccan Vegetable & Chick Pea Tagine with Cous Cous
(G,So,Mu)

Vegan Biryani Puff Pastry Pie (G,So)

Salad Bar and Jacket Potatoes available every day

EXTRAS

VEGGIES

MON

Steamed curly kale & Sweetcorn

TUES

Steamed Broccoli & Buttered Carrots with Onion Seeds

WED

Broccoli & Diced Swede

THUR

Green Beans with Crispy Shallots & Garlic Roasted Carrots

FRI

Garden Peas & Baked Beans

CARBS

MON

Potato Wedges

TUES

Steamed Rice

WED

Thyme Roast Potatoes

THUR

Garlic Bread (G,So,Mk)

FRI

Oven Chips

PUDDING

MON

Steamed Jam Sponge Pudding & Custard
(G,Mk)

TUES

Key Lime Pie (G,Mk)

WED

Chocolate & Pear Sponge
(G,Mk)

THUR

Queen of Puddings & Custard (G,So,Mk,E)

FRI

Rice Krispie Cakes (G,Mk,So)

WEEK COMMENCING: 09/09 - 07/10 - 04/11 - 02/12

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MENU WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Vegan Sweet Potato, Chilli & Coconut **(Ce)**

Cream of Mushroom **(G)**

Vegan Roast Carrot & Turmeric Soup

Vegan Boston Bean

Potato & Chive

Creamy Pesto Pasta Bake with Sundried Tomatoes & Parmesan Crust **(G,Mk,E)**

Carne de Porco - Portuguese Braised Pork

Roast Norfolk Turkey with Cranberry Sauce & Gravy
Cranberry & Apricot Stuffing **(G,Su,So,Mk)**

Pork and Leek Butchers Sausages with Red Onion Gravy **(Su,G)**

Chicken goujons with Lemons & Tartare Sauce **(G,Su,F,E)**

MAINS

Vegan Caponata style Aubergines **(None)**

Panko Breaded Sweet Potato with Katsu Sauce & Edamame Beans **(G,So,E)**

Vegan Gemista Greek stuffed Peppers **(Ce)**

Onion Bhaji Burger with Mint & Yoghurt Dressing **(So,Mk)**

Harissa Roasted Whole Cauliflower, Bean & Pomegranate Salsa with a Yoghurt Dressing **(So,Mk)**



Salad Bar and Jacket Potatoes available every day



EXTRAS

VEGGIES

MON

Steamed Courgette & Broccoli and Chefs Mixed Salad

TUES

Green Beans, Carrots & Sweetcorn

WED

Roasted Cauliflower & Spring Greens

THUR

Green Beans & Roasted Carrots

FRI

Garden Peas & Baked Beans

CARBS

MON

Garlic Focaccia Fingers **(G)**

TUES

Sticky Rice

WED

Roast New Potatoes

THUR

Mustard Mashed Potatoes **(Mu,Mk)**

FRI

Oven Chips

PUDDING

MON

Rhubarb Crumble & Custard **(E)**

TUES

Banoffee Pie **(G,Mk)**

WED

Orange & Polenta Cake **(G,Mk,E)**

THUR

Jalousie Tart with Mincemeat & Custard **(G,So,Su,Mk)**

FRI

Apple Filo Pie **(G,So)**



WEEK COMMENCING: 16/09- 14/10 - 11/11 - 09/12

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MENU WEEK 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP

Carrot, Butter Bean & Rosemary

Tomato & Roasted Red Onion

Vegan Italian Bean **(Ce)**

Sweetcorn

Vegan Tomato & Chipotle

Indonesian Stir Fry with Egg Noodles **(G,So,E)**

Turkey Kofta, Tzatziki & Romaine Lettuce Wrap **(G,Mk)**

Lemon & Herb Roast Chicken with Gravy
Sage & Onion Stuffing Balls **(G)**

Madras Chicken Curry **(Mu)**

Fish fingers Wrap with Lettuce & Chipotle Mayo **(G,So,Se,F,E)**

MAINS

Wholemeal Spinach, Roasted Pepper & Tomato Pasta **(G)**

Vegan Thai Green Vegetable Curry **(Su)**

Feta & Spinach Filo Pie **(G,Mk,E)**

Potato Gnocchi with Tomato & Roast Vegetable Sauce

Cheese & Onion Frittata **(Mk,E)**

Salad Bar and Jacket Potatoes available every day

EXTRAS

VEGGIES

MON

Sweetcorn, Garlic & Chilli Chinese Greens

TUES

Tarka Dhal **(G)** & Roasted Aromatic Cauliflower

WED

Steamed Savoy Cabbage, Green Beans & Carrots

THUR

Spring Greens & Roast Corn on the Cob

FRI

Garden Peas & Baked Beans

CARBS

MON

Warm New Potatoes with Parsley

TUES

Steamed Basmati Rice & Naan Bread **(G, Mk)**

WED

Roast Potatoes

THUR

Savoury Rice

FRI

Oven Chips

PUDDING

MON

Waffles with Chocolate Sauce **(G,So,Mk,E)**

TUES

Sticky Pear & Ginger Cake **(G)**

WED

Blueberry Fool **(Mk)**

THUR

Apple and Winter Berry Crumble & Custard **(G,Mk)**

FRI

Marmalade Pudding Cake **(G)**

WEEK COMMENCING: 23/09 - 21/10 - 18/11 - 16/12

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