



MENU WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PREP SENIOR MAINS

Tandoori chicken curry **(Ce)**
with pilau rice

Tandoori spiced chicken **(Ce)**,
cucumber & mint raita **(Mk)** with
pilau rice

Chicken chota naan wrap, mint
raita and onion salad
(Ce, G, Mk)

Indoor Picnic

Assorted breads **(G, So)**, fillings
and selection of sauces served
with baked crisps, you choose
the flavour

Mugs of hot
tomato soup

Chef's mixed salad

Roast chicken with
all the trimmings **(None)**

Crispy potato, carrot, chicken
and harissa warm salad

Beef chilli con carne
with sour cream
and crushed nachos **(G, Mk)**

Beef chilli con carne
with sour cream
and crushed nachos
(G, Mk)

Pizza Friday

Homemade bases **(G, So, Mk)**

Selection of toppings

Pepperoni
Spicy beef
Ham and pineapple

VEGETARIAN

Spicy vegetable and paneer
wrap, mint raita and onion salad
(G, Mk)

Crispy potato, carrot, halloumi
and harissa warm salad **(Mk)**

Vegetarian mince chilli
Served with tortillas **(Ce, So, G)**

Margarita Pizza **(G, So, Mk)**

Salad Bar and Jacket Potatoes available every day

EXTRAS

ON THE SIDE

MON
Sag aloo **(Mk, Mu)** & Bombay cauliflower

TUES
Broccoli & roasted carrots

WED
Hispi cabbage, carrot & beans

THUR
Guacamole & sweet corn mini cobs

FRI
Peas & Coleslaw **(E)**

CARBS

MON
Pilau rice

TUES
Assorted breads **(G)**

WED
Roast potatoes

THUR
Steamed rice

FRI
Oven baked chips

PUDDING

MON
Selection of fresh fruit

TUES
Raspberry trifle **(Mk, G)**

WED
Selection of fresh fruit

THUR
Selection of fresh fruit

FRI
Banoffee pots **(G, Mk, So)**

Fruit salad & yoghurts available each day

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
Su = Sulphur Dioxide



Our menus
are approved
by Accent's
Nutritionist

Accent

WEEK COMMENCING: w/c 02/09/24, 23/09/24, 14/10/24, 18/11/24, 09/12/24



MENU WEEK 2



MONDAY

Italian Day

Beef bolognese
penne pasta al forno (G,Mk)

Or
Spaghetti puttanesca (G)

50 / 50 Pasta (G)
Garden salad
Homemade garlic focaccia bread (G)

Spaghetti puttanesca (G)

Garden salad
Homemade garlic focaccia bread (G)

TUESDAY

Top your own

Swiss style mac and cheese
pots with spinach, bacon,
crispy leeks, shallots and
chilli flakes (G, Mu, Mk)

Swiss style mac and cheese
pots with spinach,
crispy leeks, shallots and
chilli flakes (G, Mu, Mk)

WEDNESDAY

The Real Greek

Lamb moussaka with
roasted aubergines (G, Mk)

Greek salad (Mk)

Roasted vegetable moussaka
(G, Mk)

THURSDAY

Taste Atlas

Mild jerk spiced chicken (None)

or

Caribbean Islands
Jerk spiced chicken thighs (None)

Sweetcorn fritter (G, E, Mk)

FRIDAY

Homemade fish fingers (F,G)

Assorted paninis to include
cheese and tomato (G, Mk),
tuna and roasted pepper
(G, F, Mk, E), sausage in a
tomato sauce (G, Su, Mk)

Assorted paninis to include
cheese and tomato (G, Mk),
roasted pepper (G, Mk)

Salad Bar and Jacket Potatoes available every day

EXTRAS

ON THE SIDE

MON
Italian salad (Ce, G) & chunky Italian slaw (Su)

TUES
Green beans and broccoli

WED
Greek salad (Mk) & spring greens

THUR
Tangy cabbage slaw (E, Mk, So), peas & pineapple salsa (Su)

FRI
Petit pois & baked beans

CARBS

MON
Garlic focaccia bread (G)

TUES
Roasted rosemary new potatoes

WED
None

THUR
Rice

FRI
Oven chips

PUDDING

MON
Selection of fresh fruit

TUES
Lemon drizzle (G, E)

WED
Selection of fresh fruit

THUR
Selection of fresh fruit

FRI
Apple crumble cake (G, E)

Fruit salad & yoghurts available each day

WEEK COMMENCING: w/c 09/05/24, 30/09/24/24, 04/11/24, 25/11/24

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MENU WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PREP SENIOR MAINS

Cottage pie with sweet potato topping **(Ce, Mk, So, Su)**

Mini cajun turkey wraps with sweetcorn salsa **(Mu, Su)**

Bangers and mash day
Butcher's sausages **(SU)**
Chicken sausages **(Su)**

Taste Asia
Indonesian chicken stir fry with rice **(G, E, So)**

Battered cod **(Mk, G, F)** with baked chips

Chinese beef with ginger and noodles **(Su, G)**

Cajun turkey wraps with sweetcorn salsa **(Mu, Su)**

Butcher's sausages with onions in sub roll **(G, Su)**

Fish burrito **(G, F)** with chunky chips

Tartare sauce

Lemon wedges

VEGETARIAN

Shepherdess pie **(Ce, G, E, Mk)**

Baked falafels with Pitta and minted yoghurt dip

Veggie sausages with onion in a sub roll **(G)**

Indonesian bang bang vegetables with rice **(None)**

Mixed bean and vegetable burrito **(G, Mk, Mu)**

Salad Bar and Jacket Potatoes available every day

EXTRAS

ON THE SIDE

MON
Carrots & broccoli

TUES
Roasted Mediterranean vegetables

WED
Cabbage and green beans

THUR
Pickles & root vegetable bhajis

FRI
Peas & baked beans

CARBS

MON
None

TUES
Roasted rosemary new potatoes

WED
Mashed potatoes **(Mk)**

THUR
Rice

FRI
Oven chips

PUDDING

MON
Selection of fresh fruit

TUES
Clementine & orange tasting table **(G, Mk, E)**

WED
Selection of fresh fruit

THUR
Selection of fresh fruit

FRI
Chocolate puddle pudding & chocolate sauce **(G, E, Mk, So)**

Fruit salad & yoghurts available each day

WEEK COMMENCING: w/c 16/09/24, 07/10/24, 11/11/24, 02/12/24

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