

ACCENT FOODIES

NEWSLETTER 2023

24

NEW RECIPES
TO TRY EVERY
MONTH!

★ ★ ★

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
Sample menu

MENU

Eat the
Rainbow

Monday

Tuesday

Wednesday

Thursday

Friday

Mains HAPPY TURNS

Balti chicken curry with peppers and garlic and coriander naan bread (g)

Minced beef and onion pie (g,E,Mk)

Sliced baked gammon with gravy

Chicken, chorizo and potato traybake (So,Mk)

Batter crisp Pollock fillet (g,F)

Veggie MEAT FREE

Homemade pea and potato samosa with curry sauce (g,Mu,Mk)

Vegan Lentil Bolognese With Penne Pasta (g, So)

Cherry tomato, pesto and mozzarella puff pastry tart (g,Mk)

Carrot, sweetcorn and red pepper fritters (g,Mk,E)

Roast vegetables, cheese and tomato Quesadilla (g,Mk)

Veg EXTRA GOOD

Bombay vegetables Steamed broccoli

Cauliflower Courgettes

Carrots Cabbage

Diced swedes Green beans

Garden peas

Carbs FUEL FOOD

Turmeric rice

New potatoes

Roast potatoes

Oven baked jacket wedges

Chips

Dessert SOMETHING SWEET

Orchard crumble with custard (g,Mk)

Chocolate chip cookie (g,E,Mk,So)

Lemon and lime drizzle cake (g,Mk,E)

Vegetarian jelly

Chocolate steamed sponge pudding with chocolate sauce (g,E,So,Mk)

Jacket Potatoes, or pasta available daily.

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mu = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

Red
March
2nd - World Book Day

Purple
February
21st - Pancake Day

Green
January
19th - Out of Space Day

Orange
April
24th - St George's Day

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

6th - Superhero Day
31st - Halloween

NUTRITIONIST FACT

Orange foods contain vitamin A, needed for healthy eyes!

November

Yellow

21st - World Cup

NUTRITIONIST FACT

Yellow foods contain vitamin C which helps prevent sickness!

December

White

5th - 16th - Christmas Market

NUTRITIONIST FACT

White foods contain prebiotics and help keep your gut healthy!



January

Green

19th - Outer Space

NUTRITIONIST FACT

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

February

Purple

21st - Pancake Day

NUTRITIONIST FACT

Purple foods contain antioxidants which protect your brain!

March

Red

2nd - World Book Day

NUTRITIONIST FACT

Red foods help to keep your heart healthy!

April

Orange

24th - St George's Day

NUTRITIONIST FACT

Orange foods help improve your night vision!



May

Yellow

18th - Fun at the Circus

NUTRITIONIST FACT

Yellow foods help your body heal and repair!

June

Green

26th - Wimbledon

NUTRITIONIST FACT

Green foods help oxygen travel around your body!

July

Purple

4th - Independence Day

NUTRITIONIST FACT

Purple / dark blue foods can help improve your memory!