

# MENU WEEK 1



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



19 Feb, 11 Mar, 15 Apr,  
6 May, 3 Jun, 24 Jun

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Lamb Kofta Curry  
(Mu, So)

Chicken Burger  
(Se, G)

Roast of the week with  
Yorkshire Pudding & Gravy  
(G, Mk, E)

**A TASTE OF ITALY**  
Classic beef bolognaise  
(None)  
Creamy chicken &  
sweetcorn (G, Mk)

Sancho Pollo Breaded  
Chicken with Accent's  
Signature Peri Peri  
Style Sauce  
(G, E, Su)

## VEGGIE #MeatFree

Paneer & Vegetable  
Masala  
(Mk)

Grilled Halloumi Burger  
(G, Mk, Se)

Roast lentil &  
Vegetable Loaf  
(G, So, E)

Fresh Tomato & Basil  
Sauce (none)

Sancho  
Sweet Potato  
(G, E, Su)

## FREE FROM GLUTEN #GlutenFree

Main and Veggie both  
suitable for GF diets

Chicken Burger in a GF bun  
(So)  
Grilled Halloumi Burger in a  
GF bun (Mk, So)

Roast of the week with Gravy  
(None)

Classic Beef Bolognaise with  
Gluten Free Pasta (None)

GF Chicken with Peri Peri  
Sauce (None)

## VEG #ExtraGood

Roasted Cauliflower  
Sweetcorn & Peppers

Broccoli  
BBQ Baked Beans

Cauliflower cheese (Mk, G)  
Steamed Carrots

Sweetcorn  
Green beans

Garden Peas  
Baked Beans

## CARBS #FillingExtras

Fragrant Indian Rice/  
Poppadum /Mango  
Chutney

Spiced Potato Wedges  
(Mu)

Crispy Home Roast  
Potatoes  
(Su)

Penne Pasta (G)  
Home-made Garlic  
Focaccia (G)

Oven baked Chips

## PUDS #SweetTreat

Banana Tea Bread (G, E)

Double Chocolate Cake  
(G, Mk, E, So)

Spiced Apple Crumble  
with Custard (G, Mk)

Sticky Ginger and pear  
cake (G, Mk, E)

Chocolate chip cookie  
(G, So, Mk)

### Available Daily

Soup & homemade bread, Jacket  
Potato Station with Beans & Cheese,  
Pasta & Sauce, Fresh Salad Bar

## 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

### Available Daily

Yoghurt, an alternative cold  
pudding, Jelly & a Sliced Fruit  
Platter

# MENU WEEK 2



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



26 Feb, 18 Mar, 22 Apr, 13 May, 10 Jun, 1 Jul

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Tandoori Chicken with Mild Curry Sauce  
(None)

Oven Baked Beef Lasagne  
(G, E, Mk)

Turkey, Bean & Cheese Burrito  
(G, Mk, Mu)

Chicken Manchurian  
(Chicken Meatballs, Soy, Ginger & Chilli Sauce)  
(G, Mk, So, E)

Battered Pollock / Fish fingers  
(G, F)  
  
Creamy Fish Pie  
(G, F, Mk)

## VEGGIE #MeatFree

Tandoori Paneer with Mild Curry Sauce  
(Mk)

Oven Baked Vegetable Lasagne  
(G, E, Mk)

Tomato & Cheese Quesadilla  
(G, Mk)

Tofu Manchurian  
(G, So)

Creamy Vegetable Vol-au-vents  
(Mk, G)

## FREE FROM GLUTEN #GlutenFree

Main and Veggie both suitable for GF diets

GF Beef Lasagne  
(So)

Mexican Turkey with beans and GF Wrap (None)

Chicken Meatballs in Gluten Free Sauce (None)

GF Fish  
(F)

## VEG #ExtraGood

Saag Aloo (Mk)

Mixed Salad

Broccoli

Garlic Roasted Chinese Greens

Garden peas

Cauliflower

Sweetcorn

Steamed Carrots

Baked Beans

## CARBS #FillingExtras

Pilau Rice,  
Naan (G, Mk)  
Cucumber & Mint Raita  
(Mk, So)

Garlic Focaccia  
(G)

Spiced Potato Wedges  
(Mu)

Egg Noodles with Spring Onions (G, E)

Chips

## PUDS #SweetTreat

Marble Cake  
(G, E)

Granola Flapjack  
(G, Su)

Lemon Drizzle Cake  
(G, Su, E)

Chocolate Brownie  
(G, E)

Cookie of the day  
(G, Mk, So, E)

### Available Daily

Soup & homemade bread, Jacket Potato Station with Beans & Cheese, Pasta & Sauce, Fresh Salad Bar

## ALLERGENS

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**Se** = Sesame Seeds  
**So** = Soya  
**Su** = Sulphur Dioxide

### Available Daily

Yoghurt, an alternative cold pudding, Jelly & a Sliced Fruit Platter



# MENU WEEK 3



Don't forget to look out for **special day** menus & limited edition recipes from our *Colourfuel* monthly ingredients.



4 Mar, 25 Mar, 29 Apr,  
20 May, 17 Jun

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Pork Zurichoise  
(creamy pork casserole)  
**(Mk, Mu, G)**

Chicken Tagine  
**(Su)**

Butchers Cumberland  
Sausages with  
Onion Gravy  
**(G, Su)**

Chicken Katsu Curry  
**(G, E, So)**

Beef Burger in a Bun  
**(G, Su, Se)**

## VEGGIE #MeatFree

Vegetable Zurichoise  
**(Mk, Mu, G)**

Vegetable &  
Chickpea Tagine  
**(Su)**

Vegan Sausages with  
Vegetarian Gravy  
**(So)**

Tofu Katsu Curry  
**(G, E, So)**

Cauliflower Burger in  
Folded Naan  
**(G, Mk)**

## FREE FROM GLUTEN #GlutenFree

Gluten Free Pork Zurichoise  
**(None)**

Main and Veggie both  
suitable for GF diets with  
Jacket Potato **(None)**

Gluten Free Sausages with  
Gravy **(Su)**

Gluten Free Chicken with  
Katsu Curry Sauce **(None)**

Beef Burger in GF Bun

## VEG #ExtraGood

Sweetcorn & Peas  
Green Beans

Broccoli  
Cauliflower

Roasted Carrots  
Baked Beans

Pickled Ginger  
Roasted Chinese Greens

Garden Peas  
Baked Beans

## CARBS #FillingExtras

Steamed Rice

Fluffy Herby Couscous **(G)**

Mash Potatoes **(Mk)**

Steamed Rice

Chips

## PUDS #SweetTreat

Sticky Toffee  
Pudding & Salted Caramel  
Sauce  
**(G, Mk, E, Su)**

Carrot Cake with Orange  
& Cream Cheese Frosting  
**(Mk, G, E)**

Banana & Chocolate  
Upside Down Cake  
**(G, Mk, E, So)**

Cookie of the day  
**(G, So, Mk)**

Iced Chocolate Cake  
**(G, E)**

### Available Daily

Soup & homemade bread, Jacket  
Potato Station with Beans & Cheese,  
Pasta & Sauce, Fresh Salad Bar

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**Se** = Sesame Seeds  
**So** = Soya  
**Su** = Sulphur Dioxide

### Available Daily

Yoghurt, an alternative cold  
pudding, Jelly & a Sliced Fruit  
Platter