



MENU WEEK 1



MONDAY

Cheese Panini
(G,Mk,So)

Cheese & Tomato Panini
(G,Mk,So)

TUESDAY

Butchers Cumberland
Sausages & Gravy
(G,Su)

Vegan Sausages & Gravy
(So)

WEDNESDAY

Chicken Tikka Masala
(Mk)

Keralan Cauliflower, Lentil &
Coconut Curry
(G,Mk)

THURSDAY

Pesto Pasta (G,Mk)

Creamy Ham & Pea Sauce
(G,Mk)
Or
Vegan Sausage Meatballs in
Tomato Sauce
(So)

FRIDAY

Beef Burger in a bun
(G,Su,Se)

Homemade Veggie Burger in
a bun
(G,Se)

MAINS

GLUTEN FREE

Gluten Free Cheese Panini
(E,Mk,Mu)

Gluten Free Pork Sausages
with Mash

Chicken Tikka Masala with
Rice (Mk)

Gluten Free Pasta served
with either of the main
sauces (Mk,So)

Gluten Free Beef Burger in a
bun (E)

Pasta with tomato sauce, Jacket potato, salad bar & a selection of cold puddings available

EXTRAS

VEGGIES

MON

Corn on the Cob

TUES

Garden Peas & Baked Beans

WED

Roasted Carrots with Fennel Seeds & Steamed Broccoli

THUR

Mixed Salads

FRI

Sweetcorn & Baked Beans

CARBS

MON

Chef's Salad

TUES

Creamy Mash Potatoes (Mk)

WED

Pilau Rice

THUR

Homemade Focaccia (G)

FRI

Chips

PUDDING

MON

Baked Jam Sponge & Custard (G,E,Mk)

TUES

Lemon Drizzle Cake (G,E)

WED

Mixed Fruit Crumble & Custard (G,Mk)

THUR

Chocolate Cake with Chocolate Sauce (G,E,Mk)

FRI

Cookie of the day (G,Mk,So)

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



MENU WEEK 2



WEEK COMMENCING: 09/09/24, 30/09/24, 04/11/24, 25/11/24

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

MAINS

GLUTEN FREE



Pasta with tomato sauce, jacket potato, salad bar & a selection of cold puddings available

EXTRAS



VEGGIES

- MON
Sweetcorn & Steamed Cabbage
- TUES
Chinese Greens & Broccoli
- WED
Mixed Salad & Pickles (Su)
- THUR
Roasted Cauliflower & Steamed Carrots
- FRI
Garden Peas & Baked Beans

CARBS

- MON
Homemade Focaccia (G)
- TUES
Egg Noodles (G,E)
- WED
Spiced Rice & Pitta Bread (G)
- THUR
Garlic Bread (G)
- FRI
Chips

PUDDING

- MON
Pineapple Upside Down Cake (G,Su,E)
- TUES
Marble Cake (G,E)
- WED
Sultana Flapjack (G)
- THUR
Ice Cream With Toppings (So,Mk,E)
- FRI
Banana & Coconut Cake (G,E,Su)

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MENU WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAINS

GLUTEN FREE



Vegetarian Sausage Rolls
(G,Mk)

Cottage Pie topped with
Creamy Mash & Gravy (Mk)

Vegetarian Cottage Pie
topped with Creamy Mash &
Gravy (Mk)

Chicken Stir Fry Noodles with
Vegetables (G,E,So)

Quorn Stir Fry Noodles with
Vegetables (G,E,So)

Slow Cooked Beef Bolognaise
with Pasta
(G)

Cheese, Leek & Butternut
Squash Risotto
(E,Mk)

Chicken Katsu Curry
(G,So)

Cauliflower Katsu Curry
(G,E,So)

Gluten free Vegetarian
Sausage Rolls available (So)

Both Main courses Suitable
for Gluten Free

Gluten free chicken stir fry
with Rice Noodles (So)

Slow Cooked Beef Bolognaise
with Gluten Free Pasta

Gluten Free Chicken Katsu
Curry with Rice (So)

Pasta with tomato sauce, jacket potato, salad bar & a selection of cold puddings available

EXTRAS

VEGGIES

MON

Peas & Baked Beans

TUES

Cauliflower & Carrots

WED

Garlic Roasted Chinese Greens

THUR

Sweetcorn & Hispi Cabbage

FRI

Asian Salad & Broccoli

CARBS

MON

Spiced Potato Wedges

TUES

(Mash Potato topping on Pie) (Mk)

WED

(Noodles in the Stir Fry) (G,E)

THUR

Homemade Focaccia (G)

FRI

Steamed Rice

PUDDING

MON

Rocky Road (G,So,Mk,E)

TUES

Spiced Apple Crumble & Custard (G,Mk)

WED

Orange & Poppy Seed Cake (G,E)

THUR

Rice Krispie Cake (G,So,Mk)

FRI

Raspberry & White Chocolate Cake (G,So,Mk,E)

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