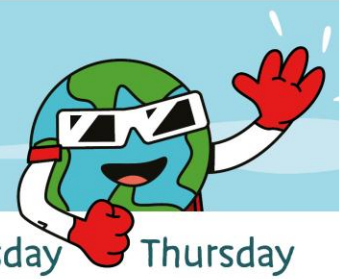
Menu



CELEBRATING 25 YEARS ACCENT CATERING 2001 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Tasty Mains	Barbeque Chicken Pizza Slices **(G,MK)**	Chicken Sausage Roll with Gravy **(G,SU)**	Sticky Jerk Chicken with Jerk Gravy	Lamb and Lentil Bolognese **(G)**	Breaded Pollock Fish Fingers and Ketchup **(G,F)**
Option 2 Halal Mains	Halal Barbeque Chicken Pizza Slice **(G,MK)**	Halal Chicken Sausage Roll with Gravy **(G,SO)**	Halal Sticky Jerk Chicken and Jerk Gravy	Halal Lamb and Lentil Bolognese **(G)**	
Option 3 Veggie Meat Free Mains	Margherita Pizza Slice **(G,MK)**	Vegan Sausage Roll with Gravy **(G,SO)**	Jerk Vegetables and Jerk Gravy	Pasta in Tomato Sauce or Cheddar and Leek sauce **(G,MK)**	Vegetable Burger in a Bap with Ketchup **(G,SO,SE)**
Jackets + Pasta	Wholemeal Pasta Tomato Sauce with Cheese **(G,MK)**	Jacket Potato with Toppings **(MK,F)**	Pesto Pasta with Cheese **(G,MK)**	Jacket Potato and toppings **(MK,F)**	Wholemeal Pasta Tomato Sauce and Cheese **(G,MK)**
Veg Extra Good	Vegan Celeriac Coleslaw Broccoli and Edamame Beans **(SO)**	Cauliflower and Green Beans	Carrots and Broad Beans	Cabbage, Kale and Sweetcorn	Peas or Baked Beans
Carbs Fuel Food	Potato Wedges Focaccia Bread **(G)**	Mashed Potato Focaccia Bread **(G)**	50/50 Rice and Peas Focaccia Bread **(G)**	Focaccia Bread **(G)**	Oven Baked Chips Focaccia Bread **(G)**
Dessert Something Sweet	Yoghurt topped with Berry Puree **(MK,SO)**	Pear and Vanilla Cake and Custard **(G,E,MK,SO)**	Fruit Jelly	Ginger and Sunflower Seed Flapjack **(G)**	Italian Lemon Cookie **(G,MK,E)**

Autumn Rooting for Our Planet

From root to tip, we're using every part of our root vegetables in Captain Earth's recipes, to make them good for you and the planet.

Look for this logo to find Captain Earth's tasty dishes!

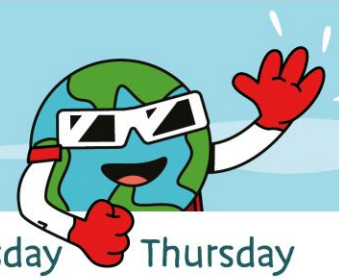
Week 1

Allergens

Please note the allergens shown within these menus are subject to change.

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

Menu



CELEBRATING 25 YEARS 2001 2026 ACCENT CATERING

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Tasty Mains	Macaroni Beef Bolognese Bake with Cheese **(G,MK)**	Chicken Enchilada **(G,MK)**	Roast Chicken sausage and Onion Gravy **(G,SU)**	Lamb Cottage Pie and gravy	Fish Fingers with Ketchup **(G,F)**
Option 2 Halal Mains	Halal Macaroni Beef Bolognese Bake **(G,MK)**	Halal Chicken Enchilada **(G,MK)**	Halal Roast Chicken Sausage and Onion Gravy **(G,SU)**	Halal Lamb Cottage Pie	
Option 3 Veggie Meat Free Mains	Macaroni Cheese with Pizza Sauce **(G,MK)**	Tex Mex Smokey Bean and Vegetable Enchilada **(G,MK)**	Vegetable Sausage and Onion Gravy **(SO,G)**	Vegan Cottage Pie with Gravy **(SO)**	Vegetable Fingers with Ketchup **(G)**
Jackets + Pasta	Jacket Potato with Toppings **(MK,F)**	Wholemeal Pasta Tomato Sauce with Cheese **(G,MK)**	Jacket Potato with Toppings **(MK,F)**	Pesto Pasta with Cheese **(MK,G)**	Jacket Potato with Toppings **(F,MK)**
Veg Extra Good	Broccoli Vegan Coleslaw	Mexican Sweetcorn and Green Beans	Carrots and Cauliflower	Mixed Vegetables	Peas or Baked Beans
Carbs Fuel Food	Garlic and Herb Focaccia Bread **(G)**	Paprika Potato Wedges Focaccia Bread **(G)**	Mashed Potato Focaccia Bread **(G)**	Focaccia Bread **(G)**	Chips Focaccia Bread **(G)**
Dessert Something Sweet	Yoghurt with Mango Puree **(MK,SO)**	Orange Cookie **(G,E,MK)**	Fruit Jelly	Beetroot Red Velvet Cake **(G,E,MK)**	Vanilla Ice Cream **(MK)**

Autumn

Rooting for Our Planet

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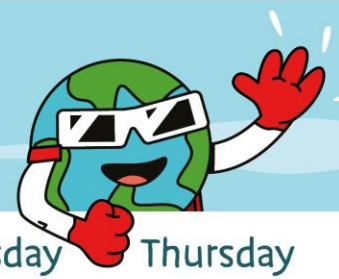
Week 2

Allergens

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Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Tasty Mains	Pepperoni Pizza Slice **(G,MK,MU,SO)**	Butter Chicken Curry	Roast Chicken with Gravy	Beef Meatballs in Tomato sauce **(G)**	Fish Fingers with Ketchup and Chips **(F,G)**
Option 2 Halal Mains	Halal Pepperoni Pizza Slice **(G,MK,MU,SO)**	Halal Butter Chicken Curry	Halal Roast Chicken with Gravy	Halal Chicken Meatballs in Tomato Sauce **(G)**	Salmon Fishcake with Ketchup and Chips **(F,G)**
Option 3 Veggie Meat Free Mains	Margherita Pizza Slices **(G,Mk)**	Vegetable Curry	Cheese and Broccoli Quiche **(E,G,MK)**	Vegan Meatballs in Tomato sauce **(G,SO)**	Vegetable and Chickpea Bubble and Squeak with Chips
Jackets + Pasta	Wholemeal Pasta in Tomato sauce with Cheese **(G,MK)**	Jacket Potato with toppings **(F,MK)**	Wholemeal Pasta with Pesto and Cheese **(G,MK)**	Jacket Potato with Toppings **(MK,F)**	Tomato Pasta with Cheese **(G,Mk)**
Veg Extra Good	Broccoli Vegan Coleslaw	Mixed Vegetables	Cauliflower and Glazed Parsnips	Choose From Our Salad Bar	Peas or Baked Beans
Carbs Fuel Food	Potato Wedges Focaccia Bread **(G)**	50/50 Rice Naan Bread **(G)**	Roasted New Potatoes Focaccia Bread **(G)**	Beetroot and Garlic Focaccia Bread **(G)** 50/50 Pasta **(G)**	Focaccia Bread **(G)**
Dessert Something Sweet	Yoghurt Topped with Berry Puree **(MK,SO)**	Oat Cookie **(G,E,MK)**	Jelly	Apple Cake with Custard **(G,MK,E,SO)**	Berry Flapjack **(G)**

Celebrating 25 Years 2001 2026 Accent Catering

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Week 3

Allergens

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