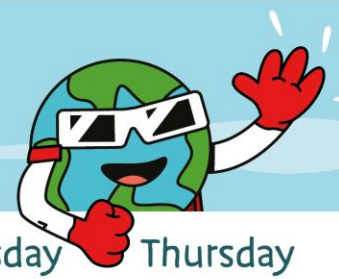
Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Tasty Mains	Beef Meatballs in Tomato Sauce with Pasta **(G,MK)**	Mild Chicken Curry	Roast Chicken with Gravy	Cottage Pie	Breaded Pollock Fish Fingers and Ketchup **(G,F)**
Option 2 Halal Mains	Halal Chicken Meatballs in Tomato Sauce with Pasta **(G,MK)**	Halal Mild Chicken Curry	Halal Roast Chicken and Gravy	Halal Cottage Pie	
Option 3 Veggie Meat Free Mains	Margherita Pizza Slice **(G,MK)**	Mild Vegetable Curry	Vegetable Hotpot with Gravy	Pasta in Tomato Sauce with cheese **(G,MK)**	Vegetable fingers **(G)**
Jackets + Pasta	Jacket Potato with Toppings	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	Broccoli	Mixed Vegetables	Mixed vegetables	Cabbage, Kale and Sweetcorn	Peas or Baked Beans
Carbs Fuel Food	Focaccia Bread **(G)**	50/50 Rice Focaccia Bread **(G)**	Roast potatoes 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)**	Strawberry ice cream **(MK)**	Yoghurt Topped with Mango Topping **(MK,SO)**	Chocolate rice Krispie Cake **(MK,G)**

CELEBRATING 25 YEARS 2001 2026 ACCENT CATERING

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!

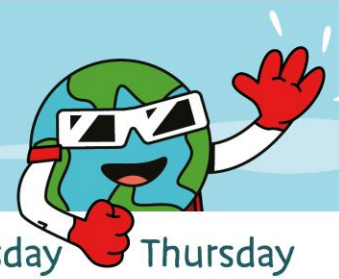
Week 1

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	Pepperoni Pizza **(G)**	Chicken Wraps **(G)**	Chicken Sausage and Gravy **(G,SU)**	Spaghetti Bolognese **(G,E,MK)**	Fish Fingers with Ketchup **(G,F)**
Option 2 Halal Mains	Halal Pepperoni Pizza **(G)**	Halal Chicken Wraps **(G)**	Chicken Sausage and Gravy **(G,SU)**	Halal Spaghetti Bolognese **(G,MK,E)**	
Option 3 Veggie Meat Free Mains	Margherita Pizza **(G,MK)**	Vegetable Wraps **(G)**	Vegetable Sausage and Onion Gravy **(SO,G)**	Vegetable Spaghetti Bolognese **(G,MK,E)**	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)**	Jacket Potato with Toppings **(MK,F)**	Pesto Pasta **(G,MK)**
Veg Extra Good	Broccoli	Sweetcorn and Green Beans	Carrots and Cauliflower	Mixed Vegetables	Peas or Baked Beans
Carbs Fuel Food	Garlic and Herb Focaccia Bread **(G)**	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)**	Low Sugar Chocolate Cake with Beetroot **(G,MK,E)**	Flapjack **(G)**	Vanilla Ice Cream **(MK)**

Autumn Rooting for Our Planet

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Week 2

Allergens

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Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide