Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Barbeque Chicken Pizza Slice **(G,Mk)**	Beef Mince and Bean Tacos	Sticky Jerk Chicken with Jerk Gravy	Pasta Bar: (Wholemeal Penne **(G)**) Beef and Lentil Bolognaise **(G)** Tomato Sauce Cheddar Cheese and Leek Sauce **(G,Mk)**	Breaded Pollock Fillets **(F)** Served with Tartar Sauce **(E,Mu)**
Veggie Meat Free Mains	Margherita Pizza Slice **(G,Mk)**	Vegan Mince and Bean Tacos Topped with Cheese **(Mk,So)**	Jerk Vegetables with Jerk Gravy	Pasta Bar: (Wholemeal Penne **(G)**) Pesto Sauce Tomato Sauce Cheddar and Leek Sauce **(G,Mk)**	Curried Carrot and Chickpea Patty **(G,Mk)**
Veg Extra Good	Celeriac Coleslaw **(C,E,Mu,So,Su)** Broccoli with Edamame Beans **(So)**	Choose from our delicious Salad Bar	Roasted Carrots Broad Beans	Cabbage and Kale Sweetcorn	Peas Baked Beans
Carbs Fuel Food	Potato Wedges	Beetroot and Garlic Focaccia **(G)**	50/50 Rice and Peas	Potato and Turmeric Focaccia **(G)**	Chips
Jackets/ Pasta	Wholemeal Pasta in Tomato Sauce with Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta with Pesto Sauce and Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta in Tomato Sauce with Cheese **(G,Mk)**
Dessert Something Sweet	Yoghurt Topped with Berry Puree **(Mk,So)**	Pear and Vanilla Topsy Turvey Cake with Custard **(G,E,Mk,So)**	Fruit Jelly	Flapjack **(G)**	Italian Lemon Cookie **(G,E,Mk)**

Freshly Filled Rolls, Salad Bar, Cold Desserts and Fresh Fruit available daily.

CELEBRATING 25 YEARS ACCENT CATERING 2001 2026

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:
07/09/26, 28/09/26 19/10/26, 16/11/26, 07/12/26

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 ACCENT CATERING (2001 – 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Macaroni and Cheese with Beef Bolognaise **(G,Mk,Mu)**	Chicken Enchilada Traybake in Tomato Sauce **(G,Mk)**	Roasted Sausage with Onion Gravy **(G,Su)**	Beef Mince and Vegetable Cottage Pie with Potato and Parsnip Mash served with Gravy **(Mk)**	Fish Fingers **(G,F)** Or Salmon Fish Fingers **(G,F)** with Tartar Sauce **(E, Mu)**
Veggie Meat Free Mains	Macaroni and Cheese with Pizza Sauce **(G,Mk,Mu)**	Tex Mex Smokey Bean and Vegetable Enchilada in a Tomato Sauce **(G)**	Vegetable Sausage with Onion Gravy **(So)**	Vegan Mince and Vegetable Cottage Pie with Potato and Parsnip Mash served with Gravy **(Mk,So)**	Vegetable Fingers **(G)** with Tartar Sauce **(E, Mu)**
Veg Extra Good	Coleslaw **(E)** Steamed Broccoli	Mexican Sweetcorn Green Beans	Carrots Cauliflower	Mixed Vegetables	Peas Baked Beans
Carbs Fuel Food	Garlic and Herb Focaccia **(G)**	Paprika Potato Wedges	Mashed Potato **(Mk)**	Select from our delicious Salad Bar	Chips
Jackets/ Pasta	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta In Tomato Sauce with Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta with Pesto Sauce and Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**
Dessert Something Sweet	Yoghurt with Mango Puree **(Mk,So)**	Orange Drop Cookie **(G,E,Mk)**	Fruit Jelly	Beetroot and Red Velvet Cake **(G,E,Mk)**	Vanilla Ice Cream **(Mk)**

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Week 2

14/09/26, 05/10/26, 02/11/26, 23/11/26, 14/12/26

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

Menu



CELEBRATING 25 YEARS ACCENT CATERING (2001 – 2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
Mains Happy Tums	Pepperoni Pizza Slice **(G,Mk,Mu,So)**	Beef Mince and Eat Curious Curry	Accent Baked Chicken with Gravy	Chicken and Herb Sausage Roll **(G,E,Su)**	Pollock Fillets **(F)** with Tartar Sauce **(E,Mu)**
Veggie Meat Free Mains	Margherita Pizza with Roasted Peppers **(G,Mk)**	Root Vegetable and Chickpea Curry	Cheesy Baked Quinoa and Broccoli Bites **(G,E,Mk)**	Vegan Sausage Roll **(G,So)**	Green Onion, Vegetable and Chickpea Bubble and Squeak
Veg Extra Good	Coleslaw **(E)** Roasted Broccoli	Carrots Green Beans	Honey Parsnips Cauliflower Florets	Cauliflower Green Beans	Peas Baked Beans
Carbs Fuel Food	Potato Wedges	50/50 Rice	New Potatoes	Mashed Potato **(Mk)**	Chips
Jackets/ Pasta	Wholemeal Pasta in Tomato Sauce with Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta with Pesto Sauce and Cheese **(G,Mk)**	Jacket Potato with a Selection of Toppings **(Mk,F)**	Wholemeal Pasta in Tomato Sauce with Cheese **(G,Mk)**
Dessert Something Sweet	Yoghurt Topped with Berry Puree **(Mk,So)**	Oat Cookie **(G,E,Mk)**	Fruit Jelly	Apple Cake with Custard **(G,E,Mk)**	Berry Flapjack **(G)**

Freshly Filled Rolls, Salad Bar, Cold Desserts and Fresh Fruit available daily.

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Week 3

21/09/26, 12/10/26, 09/11/26, 30/11/26

Allergens

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