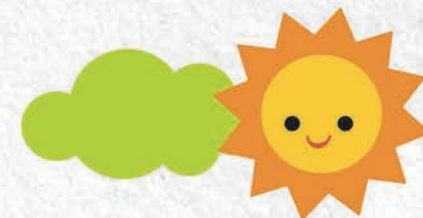


Week 1

# HENRY FAWCETT



|                      | MONDAY  | TUESDAY   | WEDNESDAY                                  | THURSDAY   | FRIDAY   |
|----------------------|---|---|--|--|--|
| MAIN MEAL            | British farm assured beef bolognese with PENNE (none) | Chicken pie with a crispy puff pastry crust (Su, Mk, G, Ce) | Sliced roasted English beef with gravy (G) | Mild chicken curry (none)                            | Omega 3 salmon (F)   |
| VEGETARIAN MAIN MEAL | Veggie mince with pasta (Mk, E)                       | Spinach and cheese wholemeal quiche (Mk, E, G)              | quorn roast (, G, E)                       | Vegetarian chick pea curry and steamed rice (Mu, Ce) | Cheese and tomatoe pizza (, Mk, G)                         |
| CARBOHYDRATE         | PENNE (G, E)  | Creamy mash potato (Mk)                                     | Roasted potatoes                           | Steamed rice   | Baked oven wedges  |
| VEGETABLES           | Carrots<br>...<br>Peas                                | Broccoli<br>...<br>Sweetcorn                                | Carrots<br>...<br>savoy cabbage (G)        | Green beans<br>...<br>cauliflower (Mu)               | Sweetcorn<br>...<br>peas                                   |
| DESSERT              | Jam sponge (Mk, E, G)                                 | Apple and winter berry crumble with custard (Mk, G)         | Chocolate chip banana sponge (Mk, E, G)    | Forest fruit fool (Mk)                               | Marmalade bread and butter pudding with custard (Mk, E, G) |



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 1 menu commencing: 4 January, 30 January, 6 March

**LOOK OUT!**  
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

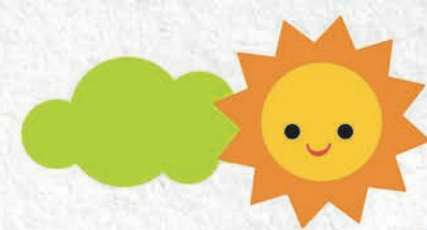
So = Soya  
Su = Sulphur Dioxide





Week 2

# HENRY FAWCETT



|                      | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY                                     |
|----------------------|---|---|---|--|--|
| MAIN MEAL            | Farm assured butchers chicken sausages with gravy<br>(Su, G, Mk, E) | Mild beef lasange con carne<br>(SO, MK, E, G)               | Sliced roast turkey with gravy and cranberry sauce<br>(G) | Southern baked breaded chicken thigh<br>(Mu, E, G) | Oven baked pollock fillet<br>(F, Mu, E, G) |
| VEGETARIAN MAIN MEAL | Vegetarian sausages with veggie gravy<br>(So, G)                    | Vegetable lasangne<br>(SU, Mk, E, So)                       | Quorn roast<br>(, G, E)                                   | Penne pasta bake with cheese topping<br>(Mk, G)    | Maccaroni cheese<br>(E, G)                 |
| CARBOHYDRATE         | Creamy mash potato (Mk)   | Garlic bread<br>MK, G                                       | Roasted potatoes  | Jacket wedges                                      | Herby new potatoes                         |
| VEGETABLES           | Sweetcorn<br>...<br>Carrots   | Cauliflour<br>...<br>Greenbeans                             | Brocoli<br>...<br>Sliced carrots                          | Sweetcorn<br>...<br>Coleslaw<br>(So, Mk, Mu, E)    | Garden peas<br>...<br>Carrots              |
| DESSERT              | Eves pudding with custard<br>(Mk, E, G)                             | spiced carrot cake with orange cream frosting<br>(Mk, E, G) | Winter fruit crumble<br>(Mk, G)                           | Lemon cheesecake<br>(Mk, E, G)                     | Raisin and banana cookie<br>(Mk, E, G)     |

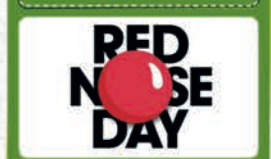
JAN 27<sup>TH</sup>



FEB 28<sup>TH</sup>



MAR 24<sup>TH</sup>



APR 25<sup>TH</sup>



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 2 menu commencing: 9 January, 6 February, 13 March

**LOOK OUT!**  
ALLERGENS

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E = Eggs

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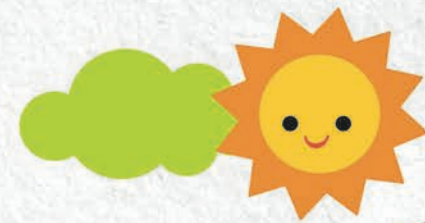
So = Soya  
Su = Sulphur Dioxide





Week 3

# HENRY FAWCETT



|                      | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY                                    | FRIDAY  |
|----------------------|--|--|---|---|---|
| MAIN MEAL            | British farm assured beef burger with sauces and relish (Su, Mu) | Crunchy topped shepherd's pie (Su, So, Mk, G, Ce)    | Red tractor roast chicken with gravy and stuffing (G) | Norfolk turkey baked enchiladas (Mu, Mk, G) | Omega 3 Baked Pollack fish (F)                          |
| VEGETARIAN MAIN MEAL | Veggie burger with sauces and relish (Su, So, Mu, G, Ce)         | Italian fusilli pasta with ratatouille sauce (Mk, G) | Quorns roast (E, G)                                   | vegetable enchiladas (Mk, G, C)             | Italian gnocchi with spinach and tomatoe sauce (Mk, G,) |
| CARBOHYDRATE         | Sesame seed bun (Se, G)  | Creamy mashed potato (Mk)                            | Roasted potatoes                                      | New potatoes                                | Rice and peas   |
| VEGETABLES           | Sweetcorn with peppers<br>...<br>Broccoli florets                | Roasted carrots<br>...<br>Baked beans                | Sweetcorn<br>...<br>Steamed savoy cabbage             | Steamed broccoli<br>...<br>Carrot baton     | sweetcorn<br>...<br>Garden peas                         |
| DESSERT              | Apple pie with Puff pastry and custard (Mk, E, G)                | Marmalade pudding (Mk, E, G)                         | Lemon drizzle cake (Mk, E, G)                         | Rhubarb and custard cake (Mk, E, G)         | sultana flapjack (G)                                    |



Salad bar, fresh breads, and a delicious selection of cold desserts, yoghurts and fresh fruits every day.

For more info visit: [www.accentcatering.co.uk/food](http://www.accentcatering.co.uk/food)

Week 3 menu commencing: 16 January, 20 February, 20 March



Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals containing Gluten  
L = Lupin

Mk = Milk  
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