



### Seasonally Fresh

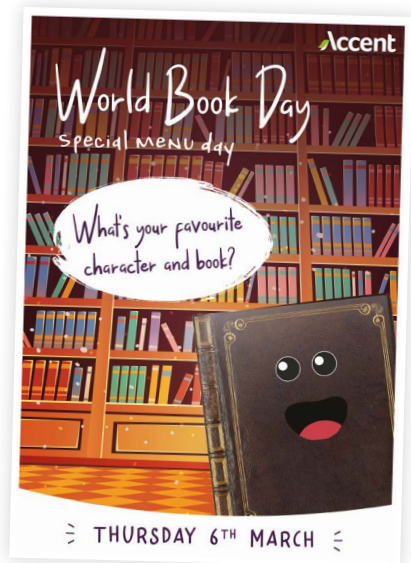
This month, we're celebrating broccoli being in season, and we can't wait for you to enjoy our delicious new recipes! With perfectly picked ingredients, we've created two exciting new additions to our menu:  
 Broccoli and Sunflower Seed Butter Bars  
 Broccoli and Cheese Omelette Muffins

Broccoli is a true kitchen favourite, loved for its versatility and nutritional benefits! With its vibrant green florets and satisfying crunch, it's a perfect addition to countless dishes. Did you know the word "broccoli" comes from the Italian broccolo, meaning "flowering crest of a cabbage"? Whether it's steamed, roasted, or eaten raw, broccoli adds colour, texture, and a boost of vitamins to your meals. It's a staple ingredient that transforms simple recipes into something special!

### Special days coming soon!

#### JOIN US IN MARCH!

March is packed with celebrations you won't want to miss! We're flipping into Pancake Day with delicious treats, going green for St. Patrick's Day, and celebrating the magic of stories on World Book Day. Pupils can enjoy a special menu inspired by famous books, bringing their favourite characters and tales to life on their plates. Did you know that World Book Day is celebrated in over 100 countries, inspiring millions of children to discover the joy of reading? It's a month full of flavour and lots of fun!



#### WORD SEARCH:

- Book
- Story
- Author
- Library
- Pages
- Chapter

C	L	I	B	R	A	R	Y	H	D
J	K	H	L	B	Q	D	V	L	K
N	O	Y	C	H	A	P	T	E	R
W	X	A	U	T	H	O	R	I	U
B	Q	I	F	Z	S	S	J	P	K
O	D	M	H	F	T	A	Y	A	O
O	N	Q	I	M	O	V	S	G	B
K	H	O	Z	S	R	U	G	E	Z
B	I	F	N	G	Y	H	V	S	H
K	K	I	J	S	J	O	O	B	Q

**Eat the Seasons**  
- SEASONALLY FRESH, PERFECTLY PICKED -

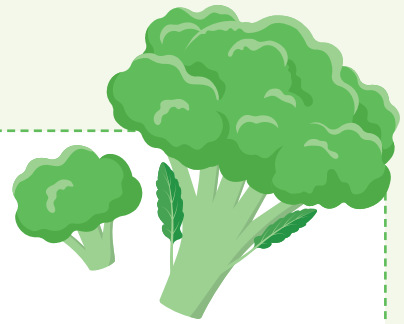
**DID YOU KNOW?**

Broccoli is actually a type of flower. It has twice the amount of Vitamin C compared to an orange!

What's grown in February?  
**BROCCOLI**

# BROCCOLI

Try out these recipes!



## Broccoli & Cheese Omelette Muffins

Makes 10 portions  
Contains: Milk, Egg

### Ingredients:

- 6 large eggs
- 150g broccoli florets, chopped
- 100g grated cheese (cheddar or mozzarella)
- 120g milk
- Salt and pepper to taste

### Method:

1. Preheat the oven to 180°C and grease a muffin tin.
2. In a bowl, whisk eggs, milk, salt, and pepper.
3. Stir in broccoli and cheese.
4. Pour the mixture into the muffin tin and bake for 20-25 minutes until set.

## Spanish Chorizo & Broccoli Arrabiata Pasta Bake

Serves 10  
Contains: Gluten, Milk

### Ingredients:

- 500g chorizo sausage, sliced
- 300g onions, peeled and chopped
- 2 tsp crushed garlic
- 1 tsp crushed chilli
- 40g vegetable stock diluted in 800ml hot water
- 500g penne pasta
- 20g fresh basil
- 160g mozzarella cheese, grated
- 1 tsp salt
- ½ tsp fine black pepper
- 600g chopped tomatoes
- 500g broccoli

### Method:

1. Preheat oven to 180°C.
2. Bring a large pan of water to the boil. Heat another large pan over a medium-high heat, then fry the chorizo for approximately 3 minutes, until starting to colour. Transfer to a plate with a slotted spoon, leaving the oil. Then cook the diced chicken until fully cooked. Remove the chicken leaving the oil in the pan.
3. Add the onion to the pan with the chorizo oil and cook for 5 minutes, then add the garlic and chilli and cook for a further minute. Pour in the stock and let bubble for 3 minutes until reduced. Add the tomatoes and simmer for 10 minutes.
4. Place the pasta in the pan of boiling water and cook for 6 minutes, until al dente. Drain and rinse under cold running water, drain again, then return to the pan.
5. Stir the chorizo into the sauce with the basil. Taste and season with a little salt and pepper. Stir the sauce into the pasta, then tip the whole lot into an ovenproof dish. Sprinkle over the mozzarella, then bake for approximately 20 minutes, until the sauce is bubbling and the cheese is golden.
6. Serve hot with slices of garlic ciabatta and a fresh green salad.

If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

Compared to an average packed lunch an Accent school meal contains:

**15% LESS**  
SATURATED FAT

**2x**  
THE FIBRE

**46% LESS**  
SALT

**1/2**  
THE FREE SUGARS

# National Pizza Day

## Special Menu

### Menu 1

Mamma Mia Chicken and Veg Pizza  
(G,E,Mk)

Pinwheel Pizza Italian Style Eh!  
(G,E,Mk)

~

Nonna's Favourite Steamed Broccoli  
Che Bonta Roasted Carrots  
Squisito Sweet Potato Wedges  
(Mk)

~

Limon-no-cello Mousse Pots  
(E,Mk)

**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*

# National Pizza Day

## Special Menu

### Menu 2

Focaccia Pepperoni Pizza Bellissima  
(G,E,Mk)

Mamma's Margherita Pizza Muffin  
(G,Mk)

~

Ciao Sweetcorn  
Carrots, Straight from the Orto  
(None)

~

Golden Potato Wedges, Italian Style  
(None)

~

Italian Vanilla Cookies  
(G,E,Mk)

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# National Pizza Day

## Special Menu

### Menu 3

Ham & Sweetcorn Pizza, Mamma Mia!  
(G,E,Mk)

or

Buon Appetito Pizza Bagel  
(G,Mk)

~

Mamma's Gustoso Mixed Vegetables  
(None)

~

Italian Style Baked Fries Alla Nonna's  
(None)

~

Rainbow Cupcakes Dolce Vita  
(G,E)

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# National Pizza Day

## Special menu

Saffron Codes:

### Menu 1

Chicken and Veggie Pizza - R05116

Puff Pastry Pinwheel Pizza - R00664

Steamed Broccoli - R04380

Roasted Carrots - R00143

Sweet potato wedges - R01443

Lemon Mousse Pots - R04888

### Menu 2

Focaccia Pepperoni Pizza - R01418

Margherita Pizza Muffin - R02805

Sweetcorn - R00075

Carrots - R00076

Italian Vanilla Biscuit - R01161

### Menu 3

Ham & Sweetcorn Pizza - R01764

Pizza Bagel - R05119

Mixed Vegetables - R00595

Oven Baked Chips - R00073

Rainbow Cupcakes - R06558

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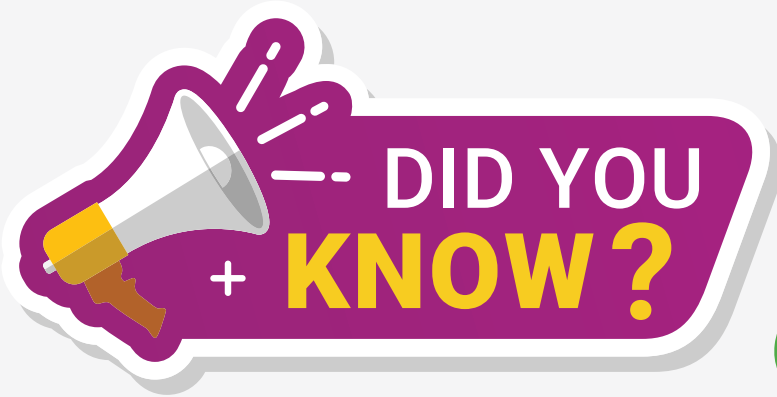
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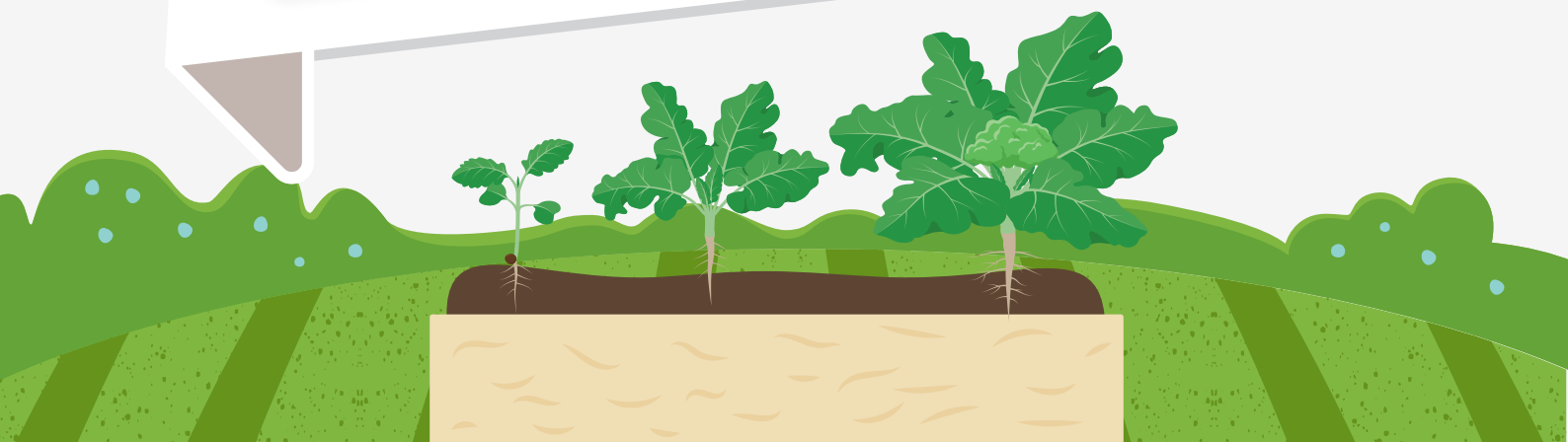


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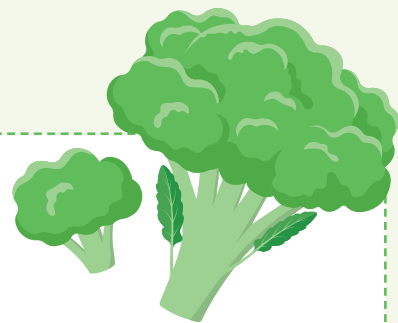


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