

# ACCENT FOODIES

NEWSLETTER AUTUMN 25

NEW RECIPES  
TO TRY EVERY  
MONTH!



*So fresh!*

We support local  
suppliers and  
source the very  
best seasonal  
ingredients.

# WELCOME

## ABOUT US

### Accent Catering

**We are proud to be the caterer for your School. Founded in 2002 we are an established caterer, passionate about supporting local British farmers and growers with seasonal quality ingredients at our core.**

### Fresh Food

We tailor our menus depending on the age of the pupil, our ethos, however, remains the same; we never compromise on our commitment to our craft – creating amazing food from quality produce by skilled chefs.

Over 90% of our food is prepared from fresh ingredients. All our meat is Red Tractor (UK sourced) accredited; fruit & vegetables are UK sourced where possible & fish from sustainable stocks. We focus on producing great tasting food from scratch, so you will not find our chefs using packet mixes or ready to use sauces. Qualified chefs with a passion for food head up our kitchens delivering food our customers love to eat.

### Health Benefits

Each month pupils can look forward to vibrant and tasty ingredients from our seasonal recipes, as we explore a variety of health beneficial foods every month!

### A Sustainable Future

We are proud to partner with the National Farmer's Union to support local suppliers and help our schools learn the importance of food provenance and the process food goes to from field to fork. We know how important sustainability is and we're fully signed up to the Courtaulds' Commitment (to reduce food waste) and the UK Plastics Pact (to remove all unnecessary single use plastic from our business).



### Special Days

As specialist school caterers we believe that catering is so much more than a meal put on a plate. We work hard to create a service that is fun and adds value beyond the traditional lunch time offer. From tasting tables, school assembly talks, theme days, pop-up chef demos, cookery clubs for all ages, to supplier days where we promote seasonal ingredients.

We all work hard together, helping our pupils build strong and healthy relationships with food. Creating positive, lasting memories of food that will stay with them for the years to come.



### Allergens

Accent Catering are partners of the Natasha Allergy Research



Foundation and take the responsibility for managing food allergies and special diets very seriously. We seek to reassure parents and guardians that we have a detailed understanding of the subject and recognise the importance of having robust procedures in place.

All of our menus are fully allergen checked and labelled. Our teams fully trained each term and on-site Allergen gurus are trained and knowledgeable to ensure every customer is catered for.

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

**15% LESS**   
SATURATED FAT



**2x**  
THE FIBRE



**46% LESS**  
SALT

**1 1/2**   
THE FREE SUGARS



# REFRESH

MIND, BODY & SOUL

SEPT-DEC

## HAPPINESS

 IS   
homemade

Nourish your soul with  
**MOOD BOOSTING INGREDIENTS**

LOOK OUT

FOR OUR **LIMITED EDITION**  
RECIPES EACH MONTH