



### Seasonally Fresh, Perfectly Picked

This month, we're celebrating apples, one of autumn's juiciest delights, and we can't wait for you to enjoy our fresh, tasty recipes! We've added two new apple dishes to our menu: Cajun Chicken Tacos with Apple & Red Cabbage Coleslaw and Toffee Apple Crumble.

Apples aren't just delicious, they're packed with vitamin C and fibre, helping to support healthy bodies and happy tummies. Whether baked, roasted, or eaten fresh, apples bring a burst of flavour and a boost of goodness to your plate!

Fun fact: Did you know apples have been cultivated for thousands of years, with evidence of apple orchards dating back over 4,000 years?



### Christmas Takeover coming soon!

#### JOIN US THIS DECEMBER

You won't want to miss our Christmas Takeover this December! We're decking the halls and filling our kitchens with festive cheer, serving up a colourful, merry menu that's sure to bring smiles and holiday warmth – it's going to be a lunchtime full of festive fun!

Did you know? The tradition of celebrating Christmas with special meals, treats, and decorations goes back hundreds of years, with people coming together to share joy, warmth, and a little bit of magic during the winter season.



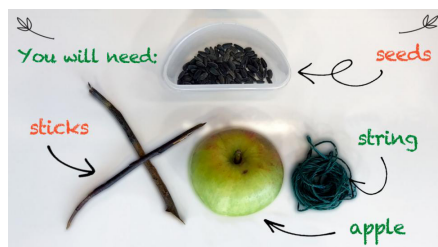
### Make your own Apple Bird Feeder:

#### What you'll need:

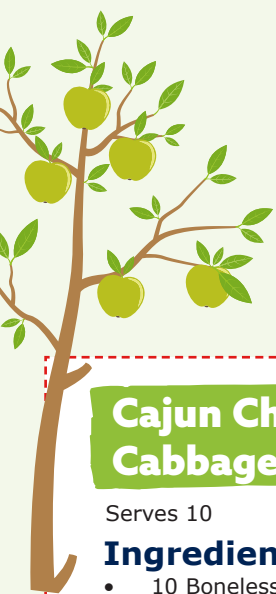
- Apple
- Seeds
- String
- Sticks

#### Instructions:

1. Make a core in the apple.
2. Thread the string through the hole in the apple.
3. Make an 'X' with the sticks and tie them with the string so the apple sits on top.
4. Make a pattern by pushing the seeds into the apple. Then it's ready to hang up!



To see more fun apple bird feeders visit: <https://www.bbc.co.uk/cbeebies/makes/bird-feeder>



# APPLES

Try out these recipes!



## Cajun Chicken Tacos with Apple & Red Cabbage Coleslaw

Serves 10

### Ingredients:

- 10 Boneless Skinless Chicken Thighs
- 50 ml Vegetable Oil
- 25 g Cajun Seasoning
- 200 g White Onion, diced
- 200 g Tomatoes, diced
- 5 g Salt
- 5 g Ground White Pepper
- 100 ml Olive Oil
- 10 Hard Shell Taco Shells

### For the Apple & Red Cabbage Coleslaw

- ½ head Red Cabbage, finely shredded
- 400 g Red Apples, grated or cut into short and thin strips
- 70 g Red Onion, thinly sliced
- 80 ml Mayonnaise
- 40 ml Natural Yoghurt
- 2 g Ground White Pepper
- ½ bunch Flat Parsley, chopped

### Method:

1. To marinate the chicken, in a medium bowl, toss the chicken thighs with the Cajun seasoning, a pinch of salt and pepper, and the vegetable oil until well coated. Then cover and chill in the fridge. Let marinate for at least 30 minutes or overnight for best results.
2. To make the Onion-Tomato, heat a splash of olive oil in a pan over medium heat. Add the diced white onions and sauté for about 3–4 minutes. Then stir in the diced tomatoes and cook for a further 2–3 minutes. Season with a pinch of salt and pepper, then set aside.
3. Start to prepare the Apple & Red Cabbage Coleslaw in a large bowl, combine the shredded red cabbage, grated apples, and sliced red onion. Add the mayonnaise, yoghurt, white pepper, and chopped parsley. Mix well until the slaw is evenly coated. Chill in the fridge.
4. To cook the chicken, heat a skillet over medium-high heat. Sear the chicken for 6–8 minutes on each side, or until cooked through and beautifully golden brown. Then transfer to a plate and let the chicken rest for 5 minutes before chopping it into bite-sized pieces.
5. Finally to assemble the Tacos, warm the hard-shell tacos briefly if desired, following the packet instructions or heating them gently in the oven. Fill each taco shell with a generous layer of chopped Cajun chicken. Spoon over some of the onion-tomato mix and then top generously with the apple and red cabbage coleslaw for a fresh, tangy crunch.

## Toffee Apple Crumble

Serves 10

### Ingredients:

#### For the Apple Filling

- 1.5 kg Apples (e.g. Granny Smith or Braeburn), peeled, cored & sliced
- 50 g Granulated Sugar
- 1 tsp Ground Cinnamon (optional)
- 1 tbsp Lemon Juice
- 250 ml Toffee Sauce (plus extra for drizzling)

#### For the Crumble Topping

- 200 g All-Purpose Flour
- 150 g Unsalted Butter (cold, diced)
- 100 g Light Brown Sugar
- 100 g Rolled Oats
- Pinch of Salt

### Method:

1. Preheat the oven to 180°C.
2. In a large mixing bowl, toss the sliced apples with the lemon juice, granulated sugar, and cinnamon, until the apples are evenly coated. Transfer the mixture into a large baking
3. Pour the toffee sauce evenly over the apples, spreading it out with a spoon if needed.
4. In a separate bowl, combine the flour and salt. Add the cold butter and rub it in with your fingertips until the mixture resembles coarse breadcrumbs. Stir in the brown sugar and oats until well mixed.
5. Scatter the crumble topping evenly over the apple mixture, covering it completely.
6. Bake in the preheated oven for 40–45 minutes, or until the topping is golden brown and the apple filling is bubbling around the edges.
7. Allow the crumble to cool for about 10 minutes before serving.
8. Drizzle over some warmed toffee sauce when serving.
9. Optional: Serve with scoops of vanilla ice cream or a generous pour of custard.

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