

Accolade Catering 2018 - Special Dietary Menu Jan 2018



Menu Aims: Accolade Catering's Special Dietary Menu is designed to support our School and Community Menus and to provide customers, parents and careers with alternate menu selections with disclosed ingredients.

Special Dietary Requirements Not Covered in Menu: In these cases Accolade will address these requirements on an individual basis. Please provide the person co-ordinating the booking with this information so that they can add this information into the online booking process.

Pricing: Prices are the same as your School and or Community Menu prices.

No Nut Policy: We do not stock or use nuts in our School or Community Menus.

Note: Accolade cannot guarantee that traces of nuts will not be in some products.

Halal: With the exception of bacon (served at breakfast) and ham (served at lunch) all other meat is Halal. Our beef and chicken is sourced from any of the following Halal Accredited Abattoirs Goodchilds (Beef) <http://goodchildmeats.com.au/about.php> and Steggles (Chicken) <http://www.halalsquare.com.au/perth/profile/baiada-poultry-steggles,perth.aspx>

Lactose and Dairy: We provide soy and lactose free milks, Nuttlex as butter alternative and other dairy free products. <http://nuttelex.com/product/nuttelex-original/>

Vegetarian and Vegan Vegetarian: We provide vegetarian meal alternative selections including vegan.

Gluten Free: We provide gluten free meal alternates throughout our menu. Please Note: Accolade cannot guarantee that traces of gluten will not be in some products.

Preservatives: We do not use any preservatives in our cooking. If you are allergic to a particular preservative please email us on catering@accoladewa.com.au so we can ensure that this particular ingredient is not used.

Egg: We provide egg free alternative cakes and biscuits.

Diabetic: We provide individual plans according to client needs – please email us on this catering@accoladewa.com.au

Beverages: So Good Regular Soy Milk is Available with All Meals - <http://sogood.sanitarium.com.au/products/milk-alternatives/soy-milks/so-good-regular>

Understanding the Menu Format:

- The original School and or Community Selection is in Black or **Bolded Black**
- The Alternate Dietary Product in **Red**
- Alternate product information with a website link - <http://www.bluelink.>
- Alternate Selections and or Ingredients are in underlined ***Italic Red***



Breakfasts

BF1 Continental Breaky: Whole Seasonal Fruit, Fruit in Natural Juice, Harvey Fresh Yogurt, Freedom Cereals & Muesli, Pure Breads, Nuttelex Original, Spread

- Pure Breads - Gluten & Dairy Free Breads, Buns, Muffins and Raisin Toast
<http://www.pure-bred.com>
- Vaalia Yogurt <http://www.vaalia.com.au/products/>
- Nuttelex Original www.nuttelex.com.au/nuttelex-original
- So Good Regular Soy Milk - <http://sogood.sanitarium.com.au/products/milk-alternatives/soy-milks/so-good-regular>
- Freedom Vege Spread - <http://freedomfoods.com.au>
- Apple Crunch Cereal - <http://freedomfoods.com.au>
- Rice Puffs Cereal - <http://freedomfoods.com.au>
- Berry Good Morning Cereal - <http://freedomfoods.com.au>
- Corn Flakes Cereal - <http://freedomfoods.com.au>
- Sanitarium GF Weetabix Cereal -
<http://www.sanitarium.com.au/products/breakfast/weet-bix-gluten-free>
- Muesli – <http://freedomfoods.com.au>

Continental Breaky Additions and Alternate Selections

- Fresh Seasonal Fruit Platter
- Winter Porridge - <http://freedomfoods.com.au>
- Raisin Bread - <http://www.pure-bred.com/product/raisin-toast>
- Pancakes with Maple Syrup <http://www.orgnan.com/products/155/> and
<http://freedomfoods.com.au>
- Croissants & Jams (English Muffin Alternate) <http://www.pure-bred.com/product/english-muffins>
- Boiled Cage Free Egg
- Baked Beans – (Cooked Tomato) and <http://www.pure-bred.com>
- Spaghetti on Toast – (Cooked Tomato) and <http://www.pure-bred.com>
- Ham & Cheese Croissants (English Muffin) - <http://www.pure-bred.com/product/english-muffins>
- The “Sanga” - Bacon & Egg Roll <http://www.pure-bred.com/product/hamburger-buns>

BF2 Cooked Breaky: Whole Seasonal Fruit, Bacon, Chipolatas, Cage Free Eggs, Baked Beans, Multigrain, Wholemeal and White Bread, Butter, Spreads

- Bacon – Del Basso – Del Basso does not use gluten in any of their products but cannot guarantee gluten free as their suppliers will not -
<http://www.delbasso.com.au/>
- Beef Chipolatas - Halal Beef, Sausage Meal & Gluten Free *[Ingredients – Maize Flour, Salt, Mineral Salts 451, Preservative 223, Flavour, Salt, Rice Flour & Extracts, Colour 160](#)*

Cooked Breaky Additions: Personalize Your Breaky with Any of the Following

- Fresh Herb Tomato
- Hash Browns <http://mccain.com.au/product/hash-browns-750g/>
- Spaghetti – (Fresh Herb Tomato)
- Mushrooms

BF3 Continental & Cooked: Primary – Covered Above



Morning & Arvo Tea's

MT1 Fresh from the Accolade Bakehouse:

- Scones with (or without) Whipped Cream & Jam Selections (**Scones Baked with G/F Flour**) <http://www.whitewings.com.au/our-products/flour/gluten-free-plain-flour/>
- Muffins - Blueberry or Chocolate (**Freedom Bars**) <http://freedomfoods.com.au>
- Cookieman Aussie Biscuits – Chocolate Chip, Shortbread, Anzac and Macaroon (**Assorted Leda Biscuits**)- <http://www.ledanutrition.com/shop/leda-biscuits/>
- Banana Bread and Pear & Raspberry (**G/F Banana Bread**) <http://shop.coles.com.au/online/national/coles-simply-gluten-free-banana-loaf-cake>
- Sausage Rolls and Sauce (**G/F Sausage Rolls**) <https://www.coles.com.au/our-range/for-special-diets/gluten-free>

MT2 Moist Cake Selections:

- White Chocolate and Raspberry / Dark Chocolate / Orange Cake – **Fresh Fruit Alternate**

MT3 Fresh & Seasonal Fruit Options:

- Cut Watermelon and Real Fruit Icy Poles
- Fruit and Vegetable Stix Platter

MT4 Ice-cream Pleasure Pot: Choice of New Zealand Natural Ice-cream (s).
Ice-creams – Vanilla, Chocolate Ecstasy, Cookies & Cream, Hokey Pokey, Strawberry.
Sorbets - Mango Sorbet or Frozen Yoghurt - Forest Berry
<https://www.newzealandnatural.com.au/s/Allergen-and-Dietary-Info-Summary-for-5L-NZN-300817.pdf>

MT5 DIY BBQ Sausage Sizzle:

- Sausage, Bun, Onions, Sauce and all the gear you need to cook your own on one of our BBQ's. <http://www.pure-bred.com> and [*Sausage Ingredients – Maize Flour, Salt, Mineral Salts 451, Preservative 223, Flavour, Salt, Rice Flour & Extracts, Colour 160*](#)

Lunches

***All Bread or Rolls Supplied for Lunches are Pure Bred - <http://www.pure-bred.com>**

LUN1 Sandwich Buffet- Make Your Own: Bread, Ham, Chicken, Tuna, Cheese, Egg, Beetroot, Lettuce, Tomato, Cucumber, Grated Carrot, Red Onion, Condiments

LUN2 Packed Lunch – Make Your Own: Roll with choice of Ham, Chicken, Tuna, Cheese, Egg, Beetroot, Lettuce, Tomato, Cucumber, Grated Carrot, Red Onion, Condiments. Packed lunches come with Juice Box, Cookies, and Whole Seasonal Fruit Selection

LUN3 Wrap Shack – Wrap Your Own: **G/F Wraps** <http://www.oldtimebakery.com.au>
Wrap your own Tortilla with Mexican Chicken, Mexican Veg Bean Mix, Optional Cheese, Lettuce, Tomato, Cucumber, Grated Carrot, Red Onion, Sauces, Chutneys and Chilli

LUN4 Gourmet Open Burger: Cattle Country Pattie (**Halal**)
[120g/https://www.angelbay.co.nz/food-service/our-products/gluten-free-beef-burger-patties/](https://www.angelbay.co.nz/food-service/our-products/gluten-free-beef-burger-patties/)
Stack your own Burger with your choice of Onions, Optional Cheese, Beetroot, Lettuce, Tomato, Cucumber, Grated Carrot, Sauces, Chutneys and Mustards

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LUN5 Homemade Pizza

Chef's Homemade Pizza served with a Busy Garden Salad

Pizza Bases <http://www.oldtimebakery.com.au>

LUN1 Chookin Rice Box:

Asian Inspired Stir Fry with Chicken (or without) Vegetables and Rice served in Noodle Boxes with Chop Sticks and or Forks for the less adventurous!

LUN6 Chef's Homemade Pie: G/F – Potato Top (no pastry)

Chef's Meat and or Vegetable Pie served with a Busy Garden Salad

LUN7 Endless Cup a' Soup: Chef's Homemade Soup - choose either Vegetable Minestrone or Pumpkin Soup served with Fresh Bread

WED *Wedges -Add Oven Roasted Wedges to any Hot Lunch (Home Made Alternate)

Dinners

- Bread or Rolls Supplied at Dinner are Pure Bred - <http://www.pure-bred.com>
- Vegetarian Alternates are Chef's Specials and they are G/F, Egg & Dairy Free
- Desserts have a Chef's Special for your Individual Requirement and or a Fresh Fruit Alternate

Monday – Homemade Lean Beef (or Vegan Vegetarian) Lasagne, Busy Garden Salad, Steamed Vegetables, Bread Basket, Parmesan Cheese, Chef's Dessert

Organ G/F Lasagne Sheets <http://www.orgnan.com/products/131/>

Tuesday – Chef's Chicken (or Vege Special) with Chef's Seasonal Vegetables and Salad Selections, Bread Basket, Chocolate Mousse (Fresh Fruit Platter)

Wednesday – Slow Roasted Beef, Gravy, Roast Potato's, Pumpkin, Steamed Vegetables, Apple Crumble & Custard <http://www.whitewings.com.au/our-products/flour/gluten-free-plain-flour/> and White Wings Gluten Free Custard Powder
Ingredients – Maize Cornflower, Salt, Flavour (milk) Colour (annatto)

Thursday – Chef' Chicken (Italian Vege) Rice, Chef's Seasonal Vegetables and Salads, Bread Basket, Homemade Fruit Jelly (Halal & Vegan)

Friday – Fish of the Day (Chef's Vege) Oven Roasted Wedges; Busy Garden Salad, Coleslaw, Bread Basket, Assorted Cake Selections

Saturday – Spaghetti Bolognese (Vege Lasagne) Spaghetti Napolitano, Seasonal Vegetables and Salads, Bread Basket, Sticky Date Pudding (Fresh Fruit Platter)

Organ Penne Pasta <http://www.orgnan.com/products/120/>

Sunday – Roast of the Day with Roast and Steamed Vegetables, Chef's Dessert Selections

Dessert Upgrade

DUP1 NZN Natural Vanilla Ice-Cream – add to any of the Above Desserts
http://www.nzn.com.my/images/pdf/Allergen_List.pdf

DUP2 The Chocolate Fondue Experience: - Upgrade your Dessert with a Volcano of Dark and Milk Chocolate surrounded by Marshmallows and Chunky Fresh Fruit. Skewer, Dip, Eat and Enjoy! Non Dairy Dip - Berry Fruit Dip



Other Dinner Options

- Bread or Rolls Supplied at Dinner are Pure Bred - <http://www.pure-bred.com>
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DIN2 Mad Mexican Dinner: Served on platters on the tables: Mexican Chicken, Beef Con Carne, (Vegetable Con Carne) Optional Grated Cheese, Sour Cream, Shredded Lettuce, Tomato, Red Onion, Cucumber, Taco's, Tortillas, Chilli, Condiments & Chef's Special Dessert Platter G/F Tortilla Wraps <http://www.oldtimebakery.com.au>

Spit Roasts: Butt of Beef, Loin of Pork and Joint of Lamb

Spit Roasts served with Gravy, (Vege Stacks) Jacket Potato and Optional Sour Cream, Corn on the Cob, 3 Homemade Chefs Salads, Rolls, Butter, Sauces, Mustards and Chef's Special Dessert

Master Chef Competition Prepare, Cook and Enjoy a Rolls Royce BBQ

*All dietary's in Master Chef Comp's catered for individually by request

MC1 The Rolls Royce BBQ – Flat Bread, Beef and Chicken, BBQ or Chimm Churra Sauce, Gourmet Salad and Dressing followed by Chef's Dessert

The Great Aussie BBQ - Cook Your Own

- Bread or Rolls Supplied at Dinner are Pure Bred - <http://www.pure-bred.com>
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- Desserts have a Chef's Special for your Individual Requirement and or a Fresh Fruit Alternate

BBQ1 Porterhouse Steak n' Snag:

Seasoned Porterhouse Steak, Beef Snags, Onions, 3 Homemade Chefs Salads, Fresh Rolls, Butter, Sauces, Chutneys and Mustards, Chef's Special Dessert

BBQ2 Portuguese Chook:

Portuguese Inspired Lemon and Herb Chicken, BBQ Seasoned Corn on the Cob, Beef Chipolata, 3 Homemade Chefs Salads, Fresh Rolls, Butter, Sauces, Chutneys and Mustards, Chef's Special Dessert

BBQ3 Oriental BBQ Primary:

Tandoori Chicken, Teriyaki Beef, BBQ Noodles, 3 Homemade Chefs Salads, Fresh Rolls, Sauces, Chutneys and Chilli, Chef's Special Dessert

BBQ4 Snag a Chook n' Burger:

Beef Sausage, Chicken, Beef Burger Pattie (Burger is Sealed for Your Convenience) Onions, 3 Homemade Chefs Salads, Beetroot, Shredded Cheese, Fresh Rolls, Sauces, Chutneys and Mustards, Fresh Fruit Bowl



Suppers

SUP1 Fresh Popcorn: Great for Movie Nights. Set up, popping and ready when you are for self service. *Ingredients – Corn, Vegetable Oil, Seasoning*

Fresh Popcorn Upgrades Options

- Fresh Popcorn with Strawberry Smoothie – **Fresh Fruit Juice**
- Fresh Popcorn with Chocolate Shake - **Fresh Fruit Juice**
- Fresh Popcorn with Orange and Apple Juice, (from concentrate)
- Fresh Popcorn with Real Fruit Icy-Poles
- Fresh Popcorn with Ice-cream Pleasure Pots: - New Zealand Natural Ice-cream - Vanilla, Chocolate Ecstasy, Cookies and Cream, Hokey Pokey or Strawberry Ice-cream or Mango Sorbet or Forest Berry Frozen Yoghurt. 100% Natural - No Artificial Flavours <https://www.newzealandnatural.com.au/s/Allergen-and-Dietary-Info-Summary-for-5L-NZN-300817.pdf>

SUP2 Cookieman Aussie Cookies: – Chocolate Chip, Shortbread, Anzac and Macaroon (**Assorted Leda Biscuits**) <http://www.ledanutrition.com/shop/leda-biscuits/>