

# Accolade Catering 2020 - Special Dietary Menu Jan 10 2020



**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](mailto: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](mailto: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, Nuttlex Original, Spread**

- Pure Breads - Gluten & Dairy Free Breads, Buns, Muffins and Raisin Toast  
<http://www.pure-bred.com>
- Vanilla Yogurt <http://www.vaalia.com.au/products/>
- Nuttlex Original [www.nuttelex.com.au/nuttelex-original](http://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>
- Sanitarian 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:**

- Homemade Carrot Cake (No Nuts) *Alternate Carrot Cake recipe made with Gluten Free Flour, Egg Free, Lactose Free*
- 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 Raspberry / Dark Chocolate / Orange Cake – Fresh Fruit

### **MT3 Fresh & Seasonal Fruit Options:**

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

### **MT4 Award Winning Local Gelato:**

Assorted 125ml Tubs to include Vanilla Bean, Salted Caramel, Mint Choc Chip, Choc Cookies, Milk Chocolate, Black Cherry and Strawberry Sorbet (Strawberry Sorbet is Vegan and Halal)

### **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

**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:** Angel Bay (**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

**LUN5 Homemade Pizza**

Chef's Homemade Pizza served with a Busy Garden Salad

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

**LUN6 Chicken, Rice and Vegetables**

Healthy Asian Inspired Chicken, Rice and Vegetables served with Chop Sticks and or Forks for the less adventurous!

**LUN7 Chef's Homemade Pie: **G/F – Potato Top (no pastry)****

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

**LUN7 Hearty Homemade Soup:** Chef's Homemade Soup - choose either Vegetable Minestrone or Pumpkin Soup served with Fresh Bread Basket and Garlic 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** – Spaghetti Bolognese, Spaghetti Napolitano, (Vegan) Seasonal Garden Salad and Steamed Vegetables, Bread Basket, Parmesan Cheese, Chef's Dessert

Spaghetti <http://www.orgnan.com/products/131/>

**Thursday** – Chef' Chicken (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** – Slow Roasted Beef, (Vege) Pan Gravy, Roast Potatoes' and Pumpkin, Steamed Vegetables, Chef's Dessert

**Sunday** – Oven Roasted Mediterranean Chicken (Vege) with Rice, Seasonal Vegetables and Salads, Garlic Bread, Chef's Dessert

Chef's Dessert will always have alternative dessert for all special dietary requirements

Gravy and 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)*

## Dessert Upgrade

**DUP1** Add a Scoop of Madagascan Vanilla Bean Gelato To Any Dessert -Extra  
\$1.80pp Strawberry Sorbet is Vegan / Halal

**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>
- 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

**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>
  - 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
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- **BBQ1 Prime Beef:** Prime Sirloin Steak, Beef Sausage, Caramelized Onions, 3 Chefs Salads to Complement, Fresh Rolls, Butter, BBQ Sauces and Mustards, Chef's Special Dessert
  - **BBQ2 Hickory BBQ Chicken & Corn:** Hickory BBQ Chicken Steaks, BBQ Corn on the Cob, Chipolatas, 3 Chefs Salads to Complement, Fresh Rolls, Butter, Sauces and Aioli, Chef's Special Dessert
  - **BBQ3 Asian BBQ:** Honey Soy Chicken, Teriyaki Beef, BBQ Noodles with Asian Greens, 2 Chefs Salads to Complement, Condiments, Chef's Special Dessert
  - **BBQ4 Sanga Chook n' Burger:** Beef Sausage, Chicken, Beef Pattie, 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 and 125ml Tub of Award Winning Local Gelato - Assorted Vanilla Bean, Salted Caramel, Mint Choc Chip, Choc Cookies, Milk Chocolate, Black Cherry and Strawberry Sorbet (**Strawberry Sorbet Vegan and Halal**)

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