

# 2019 Spring Menu



Freshly baked bread,  
homemade yoghurt  
and fresh fruit/salad  
are available  
every day

## Welcome

As the Head of Catering, I would like to introduce you and your family to HEART Academies Trust, your new school lunch provider.

At HEART we are passionate about delicious, nutritionally balanced, freshly prepared food which helps to establish healthy eating habits both now and into the future. Details of our Spring Menu can be found on the reverse of this leaflet and should you have any questions please do not hesitate to contact me at: [catering@heartacademiestrust.co.uk](mailto:catering@heartacademiestrust.co.uk)

The team and I look forward to getting to know your child and sharing our love of good food.

Happy eating!

*Russell Abbey*  
Head of Catering Services



Keep in touch: Your comments are important to us and we value your feedback.

Please visit our website: [www.heartacademiestrust.co.uk](http://www.heartacademiestrust.co.uk) or email Russell Abbey,

Head of Catering Services: [catering@heartacademiestrust.co.uk](mailto:catering@heartacademiestrust.co.uk)

# SPRING MENU 2019



KEY: ■ Main Meal ■ Vegetarian Option ■ Main Sides ■ Jacket Potato ■ Pudding

WEEK COMMENCING	WEEK 1 07/01, 28/01, 25/02, 18/03	WEEK 2 14/01, 04/02, 04/03, 25/03	WEEK 3 21/01, 18/02, 11/03, 01/04
MON	<p>Shepherd's Pie Vegetable Cottage Pie Roasted Parsnips &amp; Cabbage Oven Baked Jacket Potato &amp; Cheese Oaty Fruit Crunch</p>	<p>Sausage Pizzadilla / Quorn Pizzadilla Oven Baked Potato Wedges, Sweetcorn &amp; Spaghetti Hoops Oven Baked Jacket Potato &amp; Cheese Rice Pudding</p>	<p>Beef Lasagne 5 Veg Lasagne Courgette &amp; Vegetable Medley Oven Baked Jacket Potato &amp; Cheese Cheese &amp; Crackers</p>
TUE	<p>Paprika Spiced Fish Goujons Sticky BBQ Quorn Goujons Jacket Potato, Corn on the Cob &amp; Coleslaw Oven Baked Jacket Potato, Cheese &amp; Beans Chocolate Orange Mud Pie</p>	<p>Ranch Pie Vegetable Pasta Bake New Potatoes, Cauliflower &amp; Kale Oven Baked Jacket Potato, Cheese &amp; Beans Strawberry Shortcake Stack</p>	<p>Homemade Breaded Chicken Strips Homemade Cauliflower Cheese Nuggets Sweet Potato Wedges, Broccoli &amp; Sweetcorn Oven Baked Jacket Potato, Cheese &amp; Beans Apple Flapjack</p>
WED	<p>Roast Pork Cheese &amp; Vegetable Frittata Roast Potatoes, Peas &amp; Carrots Oven Baked Jacket Potato &amp; Tuna Mayonnaise Marble Cookies</p>	<p>Roast Beef with Yorkshire Pudding Red Onion &amp; Rosemary Sausage with Yorkshire Pudding Roast Potatoes, Carrots &amp; Peas Oven Baked Jacket Potato &amp; Tuna Mayonnaise Chocolate &amp; Beetroot Brownie</p>	<p>Roast Chicken &amp; Stuffing Roast Quorn Joint Roast Potatoes, Peas &amp; Carrots Oven Baked Jacket Potato &amp; Tuna Mayonnaise Chocolate Toothpaste</p>
THU	<p>Chicken a la King Rosti Topped Macaroni Cheese Rice, Broccoli &amp; Butternut Squash Oven Baked Jacket Potato, Cheese &amp; Beans Jam Coconut Loaf &amp; Custard</p>	<p>Roasted Root Vegetable Curry Sweet Potato &amp; Lentil Curry Rice, Green Beans &amp; Broccoli Oven Baked Jacket Potato, Cheese &amp; Beans Apple Sponge &amp; Custard</p>	<p>Sausage Hotpot Crispy Top Vegetable Pie Swede &amp; Green Beans Oven Baked Jacket Potato, Cheese &amp; Beans Fruit Crumble &amp; Custard</p>
FRI	<p>Battered Fish Quorn Sausage Twirls Chips, Beans &amp; Peas Oven Baked Jacket Potato &amp; Cheese Ice Cream</p>	<p>Fish Cakes Spanish Omelette Chips, Beans &amp; Peas Oven Baked Jacket Potato &amp; Cheese Frozen Fruit Smoothies</p>	<p>Fish Fingers BBQ Bean Burger Chips, Baked Beans &amp; Peas Oven Baked Jacket Potato &amp; Cheese Jelly</p>

Menus are subject  
to availability



Water is  
available at  
all times

We can provide any child with a food allergy an appropriate alternative.  
Please ensure this information is up-to-date with the school.  
If you have any concerns on this matter, please do not hesitate to contact the school.