HERON HALL ACADEMY

Three-week menu

WEEK 1

Breakfast, break and lunch — Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK · 01 Pepperoni Pitta Cheese Pizza / Cheese Pizza	MORNING BREAK · 01 Selection of Pastries	MORNING BREAK · 01 Beef Cheeseburger	MORNING BREAK · 01 Jerk Chicken Wings	MORNING BREAK · 01 Chef’s Special
MORNING BREAK · 02 Loaded Hash Browns	MORNING BREAK · 02 Halal Pepperoni Panini / Cheese and Tomato Panini	MORNING BREAK · 02 Cheese Pizza	MORNING BREAK · 02 Selection of Pastries	MORNING BREAK · 02 BBQ Chicken Open Wrap
MAIN DISH **BBQ Chicken Thigh with Mash, Carrot & Kale and Gravy**	MAIN DISH **Classic Beef Bolognese with Garlic Bread and Seasonal Greens**	MAIN DISH **Chicken Korma Curry with Rice, Cabbage & Kachumber Salad**	MAIN DISH **Beef Fajitas with Wedges, Sweetcorn and Tortilla Crisps**	MAIN DISH **Battered Pollock Fish with Chips & Garden Peas**
VEGETARIAN Vegan Three-Bean & Quorn Chunk Chilli with Mash, Carrot & Kale	VEGETARIAN Rustic Winter Vegetable Lasagne with Garlic Bread and Greens	VEGETARIAN Paneer Vegetable Curry with Rice, Cabbage & Coriander Salad	VEGETARIAN Lentil & Veggie Mince Fajitas with Wedges, Sweetcorn and Tortilla Crisps	VEGETARIAN BBQ Bean Burger with Chips & Garden Peas
DESSERT Marbled Sponge	DESSERT Carrot & Orange Cake	DESSERT Sponge with Custard	DESSERT Homemade Cookies	DESSERT Chocolate Cake
STREET FOOD Southern Fried Open Chicken Wrap / Falafel & Roasted Vegetable Wrap	STREET FOOD Stir-Fried Vegetable Noodles with Chicken	STREET FOOD Beef Burrito with Chef’s Salad	STREET FOOD Fried Rice with Breaded Chicken Strips	STREET FOOD Breaded Chicken & Chips with Curry Sauce

Available every day

BREAKFAST

Bagels, cheese on 50/50 toast, baked beans, sausages, egg, hash browns, a breakfast roll, morning bakery selection and whole fruit.

SALADS

Daily selection of salads: tomato, cucumber, mixed leaf and chef’s special.

JACKETS & PASTA

Jacket potatoes with butter, cheese, baked beans & tuna mayo. A selection of hot and cold pasta pots.

BAGUETTES & WRAPS

A selection of baguettes and wraps: cheese, chicken, tuna and roasted vegetable falafels.

HERON HALL ACADEMY

Three-week menu

WEEK 2

Breakfast, break and lunch — Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK · 01 Cheese on Toast	MORNING BREAK · 01 Selection of Pastries	MORNING BREAK · 01 Chicken Tikka Wrap	MORNING BREAK · 01 Selection of Pastries	MORNING BREAK · 01 Chef’s Special
MORNING BREAK · 02 Beef Sausage Roll	MORNING BREAK · 02 Beef Cheeseburger with Salad	MORNING BREAK · 02 Hash Browns / Open Bagels with Toppings	MORNING BREAK · 02 Pizza Margherita	MORNING BREAK · 02 Jamaican Beef / Vegetable Patties
MAIN DISH **Teriyaki-Style Chicken & Vegetable Noodles**	MAIN DISH **Piri-Piri Chicken with Jollof Rice and Sweetcorn**	MAIN DISH **Spaghetti and Italian Beef Meatballs with Tomato Sauce, Garlic Bread & Green Beans**	MAIN DISH **Slow-Cooked Butter Chicken Masala with Pilau Rice & Naan Bread**	MAIN DISH **Battered Pollock Fish with Chips, Baked Beans & Peas**
VEGETARIAN Teriyaki Tofu & Vegetable Noodles	VEGETARIAN Jerk Vegetables with Beans & Jollof Rice	VEGETARIAN Mac & Cheese Loaded with Seasonal Vegetables	VEGETARIAN Mushroom and Lentil Cottage Pie with Cabbage & Gravy Sweet Potato Curry	VEGETARIAN Vegetable Burger & Chips with Beans, Peas and Curry Sauce
DESSERT Golden Syrup Sponge Cake Pudding	DESSERT Chocolate Chip Sponge Cake	DESSERT Jam & Coconut Sponge	DESSERT Apple and Berry Crumble with Custard	DESSERT Chocolate Beet Brownie
STREET FOOD Chicken Biryani	STREET FOOD Chicken Tikka Naan & Salad	STREET FOOD Chicken Fried Rice	STREET FOOD Loaded Nachos with Beef Meatballs	STREET FOOD Breaded Chicken & Chips with Curry Sauce

Available every day

BREAKFAST

Bagels, cheese on 50/50 toast, baked beans, sausages, egg, hash browns, a breakfast roll, morning bakery selection and whole fruit.

SALADS

Daily selection of salads: tomato, cucumber, mixed leaf and chef’s special.

JACKETS & PASTA

Jacket potatoes with butter, cheese and baked beans. A selection of hot and cold pasta pots.

BAGUETTES & WRAPS

A selection of baguettes and wraps: cheese, chicken, tuna and roasted vegetable falafels.

HERON HALL ACADEMY

Three-week menu

WEEK 3

Breakfast, break and lunch — Monday to Friday

Monday	Tuesday	Wednesday	Thursday	Friday
MORNING BREAK · 01 Pitta Pizza with a Selection of Toppings	MORNING BREAK · 01 Selection of Pastries	MORNING BREAK · 01 BBQ Chicken Wings	MORNING BREAK · 01 Selection of Pastries	MORNING BREAK · 01 Chef’s Special
MORNING BREAK · 02 Hash Browns	MORNING BREAK · 02 Loaded Potato Wedges with Toppings	MORNING BREAK · 02 Mac & Cheese	MORNING BREAK · 02 Pizza Bagel	MORNING BREAK · 02 Cheese & Onion Slice
MAIN DISH **Chilli Chicken & Vegetable Noodles**	MAIN DISH **Chilli Con Carne with Rice, Broccoli and Tortilla Crisps**	MAIN DISH **Thyme-Roasted Chicken Thigh with Garlic-Roasted Potatoes & Gravy**	MAIN DISH **Beef Bolognese Pasta Bake with Garlic Bread and Winter Salad**	MAIN DISH **Battered Pollock Fish with Chips, Baked Beans & Peas**
VEGETARIAN Squash & Red Onion Quiche with Salad Stir-Fried Vegetable Noodles	VEGETARIAN Roasted Vegetable & Lentil Stew with Rice	VEGETARIAN Vegetable & Lentil Moussaka	VEGETARIAN Veggie Mince Bolognese Pasta Bake with Garlic Bread & Winter Salad	VEGETARIAN Korean-Style Bean Burger & Chips with Coleslaw
DESSERT Iced Vanilla Sponge	DESSERT Chocolate Brownie	DESSERT Apple & Mixed Berry Crumble with Custard	DESSERT Oat & Honey Cookies	DESSERT Rice Pudding
STREET FOOD Warm Quesadillas Filled with Roasted Vegetables & Melted Cheese	STREET FOOD Southern Fried Open Chicken Wrap / Falafel & Roasted Vegetable Wrap	STREET FOOD Baked Pasta Bolognese	STREET FOOD Firecracker Chicken Wrap with Chilli Mayo	STREET FOOD Breaded Chicken & Chips with Curry Sauce

Available every day

BREAKFAST

Bagels, cheese on 50/50 toast, baked beans, sausages, egg, hash browns, a breakfast roll, morning bakery selection and whole fruit.

SALADS

Daily selection of salads: tomato, cucumber, mixed leaf and chef’s special.

JACKETS & PASTA

Jacket potatoes with butter, cheese and baked beans. A selection of hot and cold pasta pots.

BAGUETTES & WRAPS

A selection of baguettes and wraps: cheese, chicken, tuna and roasted vegetable falafels.