



## A Warm Welcome

Academy would like to welcome you to the catering facility within The Mast Trust Academy. We are a dynamic, vibrant catering company and we believe our commitment for quality in all aspects of food service is unrivalled in providing freshly prepared meals in Education.

Below & overleaf, we have detailed sample information about the catering service as well as a guide to the menus & theme days we provide at the School.

## Nutritious & Delicious

We produce delicious & healthy meals every day. To help us achieve this we have a dedicated Company Nutritionist who analyses our menus to ensure they are compliant with allergen legislation & the standards set out in The School Food Plan. All our team are fully allergen trained to the Food standards agency requirements.

## Parent Pay Cashless System

Parent pay is the smart cashless payment system. It is safer than carrying cash and makes it easy for parents or guardians to monitor what their child is eating.

## Free School Meals

If you are entitled to free school meal you can be assured of complete confidentiality with our cashless system. All our menus are designed to promote inclusivity and there will be a range of meal deals to fit the £2.35 FSM allowance in all of the Mast Trust Schools.

Did you know that if your child is in year 1 or 2 you are automatically entitled to a FSM for your child.

## Feedback

Your thoughts and suggestions about the catering service are important to us as they help us to continually improve the food and service we offer. You can let us know what you think via any of the following options:

- Speak directly to any member of the catering team
- Speak to your school office who will pass your comments to us.

## Theme Days

We hold regular theme days and events which offer added variety and interest, they encourage students to come into the restaurant for a nutritious and delicious lunch experience. Also coming soon – interactive fun events during the lunch and post lunch time provisions



# The MAST Academy TRUST NEWSLETTER



## SPRING MENU WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chicken & chorizo pasta bake	Teriyaki salmon fillet	Roast turkey & trimmings	Katsu chicken wraps	Freshly battered catch of the day
VEGETARIAN	Vegetarian Bolognese	Mexican chimichanga	Sweet potato & spinach pie	Quorn chilli & wholegrain rice	Spicy bean burger in a bun
SECOND COUNTER	Pasta bar	Curry bar	Wrap shack	Oriental delights	Chip shop specials
SIDES	Garlic bread	Noodles	Roasted potatoes	Wholegrain rice	Chips
VEGETABLES	Broccoli	Green beans	Roasted vegetables	Garden peas	Baked beans & mushy peas
DESSERT	Banana cake	Apple strudel	Pear crumble	Chocolate sponge with chocolate custard	Strawberry shortbread

### Sample Menus

These are sample menus for both lower and Middle schools. To take advantage of seasonal produce and to keep things interesting menus change termly but keeping your child's firm favourites.

### Fresh is Best

To ensure there is always something on the menu that appeals, we provide a variety of different meal options every day in our middle schools, alongside the hot main meal. This includes hot snacks, freshly prepared salads, sandwiches and baguettes as well as pizza and pasta options.



# MENU CYCLE WEEK ONE

AUTUMN  
Term  
September –  
December  
2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CHIP SHOP FRIDAY
MAIN COURSE	Beef Bolognaise	Lamb Tagine	Roast Chicken with Stuffing	Pork Sausages	Battered Cod Fish Fillet
VEGETARIAN	Veggie Bolognaise	Butternut Squash & Sweet Potato Tagine	Veggie Cottage Pie	Quorn Sausages	Quorn Nuggets
STARCHY FOOD	Penne Pasta	Wholegrain Rice	Roast Potatoes	Mashed Potatoes	Chips
VEGETABLE	Green Beans	Sweetcorn	Savoy Cabbage & Carrots	Broccoli	Baked Beans or Mushy Peas
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				
Available daily	A selection of sandwiches	Jacket potatoes with cheese or beans	A selection of sandwiches	Jacket potatoes with cheese or beans	A selection of sandwiches

### Food Allergies and Intolerance

If you require information on allergens or suffer from a food intolerance, please speak to a Team Member before you order your food and drinks.

