

thomas franks



NEW CATERING PARTNERSHIP AT HEATHFIELD SCHOOL

Catering information for parents and pupils

LOCAL, SEASONAL AND DELICIOUS MENUS

At Heathfield School, it is believed that a healthy mind and body are vital to success at school and developing a commitment to a healthier lifestyle will be of lifelong benefit to the pupils.

Thomas Franks are delighted to announce that from 1st April 2018 we will be working in partnership with Heathfield to realise this belief. Thomas Franks will be working with the catering team to deliver delicious fresh food from local, family-owned suppliers, to ensure your daughters have nutritious and flavoursome meals. Thomas Franks will be providing all of Heathfield's food, including breakfast, morning breaks, lunches and suppers, as well as catering for hospitality events.

Alongside a creative and delicious series of new menus, we have a number of interactive initiatives to involve the whole school community in the new partnership.

SOME OF OUR KEY GOALS

Every day the menus will include a wide variety of ingredients and cooking styles to ensure that the pupils receive a balanced diet and learn about a wide range of foods. They will feature a superb array of delicious soups, wholesome main courses and interesting puddings, plus a wide range of fresh salads and fruit. Freshly baked bread, Thomas Franks' signature offering, will be another welcome addition.

The menus will be planned by the Thomas Franks' development chefs, with assistance from their company nutritionist, to meet the specific needs of the pupils so that they can focus on achieving their best, whether in the classroom or on the sports field.

"There is an honesty in the food we serve and one which will benefit your pupils. The kitchen will be a hive of activity where all the dishes and ingredients are freshly prepared and even the salad dressings are made from scratch. The only frozen food permitted will be sweetcorn, peas and puff pastry; everything else will be made from natural, raw ingredients."

Our food is freshly cooked using healthier cooking techniques such as stir-frying, steaming and baking, rather than frying or boiling. We reduce salt by flavouring with herbs and spices and we reduce sugar by flavouring with dried fruit and the natural sweetness of honey and root vegetables.

Part of the way we encourage healthy eating is to provide beautifully cooked food with plenty of variety and fresh fruit and vegetables, but we also use hidden vegetables or disguise them with delicious sauces."

Frank Bothwell, founder of Thomas Franks





LOCAL AND SEASONAL INGREDIENTS

All of the meals will be freshly made on site using farm-assured meat, sustainable fish and seasonal fruit and vegetables, often locally sourced. Local suppliers bring us the best of each season's produce. Eating with the seasons encourages a varied diet as we are not sourcing the same ingredients all year round for example ripe and juicy tomatoes in summer, sweetcorn in autumn and root vegetables in winter. This means that our chefs have a wide variety of ingredients with which to design imaginative and tempting menus. As parents, you can be confident in the provenance of the ingredients being used and reassured that your daughter is having wholesome and healthy choices.



WORKING TOGETHER

The current catering team will remain at the school, but under the employment of Thomas Franks. They are already familiar with the pupils and will continue to support those with allergies and special diets. Pupils with special dietary needs will receive a new offer, also freshly made, which will be a modified version of the main menu. Parents who have questions or concerns about allergens or any aspect of nutrition will be able to call upon the expertise of the Thomas Franks' company nutritionist, Julia Hayes.

Feedback is hugely important to us. We will sit in on the food councils and listen to pupils' requests and feedback. An 'ate it, said it, sorted it' feedback guide will mean that pupils and parents can see what actions we have taken.

Thomas Franks looks forward to working with Heathfield School, meeting the girls and their parents and most importantly of all providing delicious food to all



  <h3>Lunch menu</h3> <p>Week 1</p>				
Monday Fresh soup Sweet potato & lentil Home-made bread & toppings	Tuesday Fresh soup Roasted tomato & basil Home-made bread & toppings	Wednesday Fresh soup Chorizo & butter bean Home-made bread & toppings	Thursday Fresh soup Courgette & watercress Home-made bread & toppings	Friday Fresh soup Carrot & ginger Home-made bread & toppings
Dish of the day Soy & ginger chicken breast with spring onion, noodles and chilli	Dish of the day Lamb moussaka	Dish of the day Roasted cod loin with sage and lemon gremolata	Dish of the day Mini chicken slider bar	Dish of the day Trio of fish goujons served with home-made tartare sauce
Vegetarian dish Mushroom, spinach & parmesan carbonara	Vegetarian dish Pumpkin, chick pea & sage arancini	Vegetarian dish Gnocchi, pesto, rocket & parmesan bake	Vegetarian dish Charred halloumi, sweet chilli and smashed avocado sliders	Vegetarian dish Goats cheese, mozzarella, tomato, caramelised onion, wilted spinach pizza
Sides Potato wedges Roasted tomatoes Stir fried oriental vegetables	Sides Rosemary & lemon potatoes Steamed broccoli Sautéed savoy cabbage	Sides Roasted baby potatoes with rosemary, garlic & thyme Wilted greens Roasted root vegetables	Sides Sour cream loaded skins Grilled corn on the cob Rainbow slaw	Sides Smoked paprika wedges Minted garden peas Apple slaw
Jacket & sweet potato bar	Jacket & sweet potato bar	Jacket & sweet potato bar	Jacket & sweet potato bar	Jacket & sweet potato bar
Dessert Apple tarte tatin with cream Tiramisu pot	Dessert Kiwi & strawberry pavlova Mango rice conde pot	Dessert Plum & blackberry crumble with custard New York cheesecake pot	Dessert Key lime pie Strawberry & raspberry fool	Dessert Orange syrup cake Chocolate trifle



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