

# NEWSLETTER


**East Park**  
Academy

## Teacher Training Day

There is a small change to the term dates in last week's newsletter, due to a MAT wide training day taking place Monday 25th April 2022. The children will now return from the Easter Break Tuesday 26th April 2022.



## Lunch Menu

Below is the current lunch menu for 'hot dinners' in school. If you would like to order a lunch for your child, you can do so via Parentmail.

Week Commencing		SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals				
<b>Week 1</b> 30/08/2021 20/09/2021 11/10/2021 15/11/2021 06/12/2021 10/01/2022 31/01/2022 28/02/2022 21/03/2022 25/04/2022 16/05/2022 13/06/2022 04/07/2022 25/07/2022	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
	Pork & Carrot Meatballs or Quorn Balls in Freshly made Tomato Sauce (v) (with perne pasta or rice)	Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges or noodles)	Roast Beef with Yorkshire Pudding & Gravy	Breaded Chicken Breast Steak or Falafel (v) (with noodles or mash & sweet & sour sauce)	Chicken Tikka Masala (with brown & white rice & naan bread)	
	Mac 'n' Cheese (v)	Selection of Wraps (v) (with garlic & herb wedges)	Quorn Vegan Sausage in a Yorkshire Pudding with Gravy (v)	Quorn & Potato Pie (v)	Pizza (v) (with a selection of toppings & chips)	
	All served with Broccoli & Sweetcorn	All served with Peas & Baked Beans	All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower	All served with Green Beans & Sweetcorn	All served with Baked Beans & Peas	
	Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt	Cheese & Crackers, Vanilla Ice-cream, Fruit Salad or Yoghurt	Selection of Cookies or Cake, Fruit Salad or Yoghurt	Toffee Cake & Custard, Fruit Salad or Yoghurt	'Fruity Friday'	
	<b>Week 2</b> 06/09/2021 27/09/2021 01/11/2021 22/11/2021 13/12/2021 17/01/2022 07/02/2022 07/03/2022 28/03/2022 02/05/2022 23/05/2022 20/06/2022 11/07/2022	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		Selection of Fish	Sausages including Quorn Vegan Sausage (v)	Roast Chicken & Gravy	Selection of Fish or Vegetable Bake (v) (with mash or noodles)	Beef Bolognese or Vegetable & Lentil Bolognese (v) (with pasta)
Vegetable Bake (v)		Vegetable Burrito (v)	Roasted Quorn Fillet (v)	Mac 'n' Cheese (v)	Pizza (v) (with a selection of toppings & jacket wedges)	
All served with Mash, or Pasta, Carrots & Peas		All served with Chips or Jacket Potato, Baked Beans & Broccoli	All served with Roast Potatoes & Mash, Carrots, Cabbage & Leek & Sweet Potato Bake	All served with Baked Beans & Peas	All served with Sweetcorn & Green Beans	
Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt		Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce), Fruit Salad or Yoghurt	Selection of Cookies or Cake, Fruit Salad or Yoghurt	Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt	'Fruity Friday'	
<b>Week 3</b> 13/09/2021 04/10/2021 08/11/2021 29/11/2021 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022 09/05/2022 06/06/2022 27/06/2022 18/07/2022		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
		Beef Burger or Falafel (v) (served in a bun with a selection of fillings, onion, cheese & ketchup & Jacket wedges)	Selection of Fish or Vegetable Bake (v) (with diced potatoes or noodles)	Roast Pork with Apple Sauce & Gravy	Selection of Fish or Vegetable Bake (v) (with chips or baby potatoes)	Pizza (v) (with a selection of toppings & jacket wedges)
	Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)	Vegetable Lasagne (v)	Roast Quorn Fillet & Gravy (v)	Mac 'n' Cheese (v)	Chickpea & Spinach Curry (v) (with brown & white rice & naan bread)	
	All served with Green Beans & Sweetcorn	All served with Baked Beans & Peas	All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese	All served with Peas & Carrots	All served with Baked Beans & Sweetcorn	
	Mini Doughnuts, Fruit Salad or Yoghurt	Chocolate & Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt	Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt	Ginger Sponge & Custard, Fruit Salad or Yoghurt	'Fruity Friday'	

Available Daily: Freshly-made bread & selection of salads. Fruity Friday: A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet  
 Selection of Fish: Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish file, pollock bites, bubble crisp pollock fillet  
**Food Allergen & Intolerance Information:** Before ordering speak to our staff about your requirements. The menu may vary on promotional days.

## Contact details

School pride themselves in keeping in regular contact with our parents and this is often by telephone or by email. Therefore can you please let school know immediately of any changes to your contact details. These includes home address, mobile phone number, email address and points of contact.