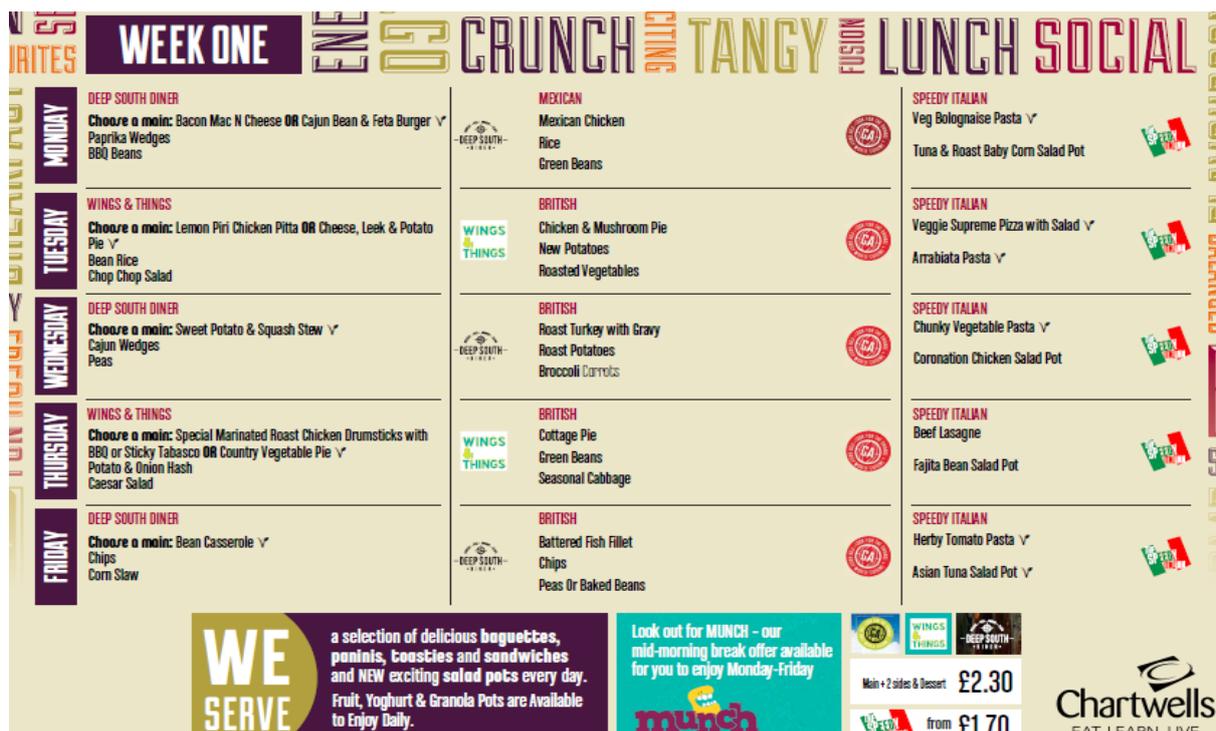


Dear Parent/Carer,

As you will be aware from the Spring Newsletters we are having a new Menu at Charles Read Academy. This menu will start on Monday 17<sup>th</sup> June.

Chartwells, the caterers will be in all week offering the students free tasting pots to encourage them to try new items on the menu.

An example of one of the new menu choices can be seen below.



**WEEK ONE LUNCH SOCIAL**

DAY	DEEP SOUTH DINER	MEXICAN	SPEEDY ITALIAN
<b>MONDAY</b>	<b>Choose a main:</b> Bacon Mac N Cheese OR Cajun Bean & Feta Burger ✓ Paprika Wedges BBQ Beans	Mexican Chicken Rice Green Beans	Veg Bolognese Pasta ✓ Tuna & Roast Baby Corn Salad Pot
<b>TUESDAY</b>	<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Lemon Piri Chicken Pitta OR Cheese, Leek & Potato Pie ✓ Bean Rice Chop Chop Salad	<b>BRITISH</b> Chicken & Mushroom Pie New Potatoes Roasted Vegetables	<b>SPEEDY ITALIAN</b> Veggie Supreme Pizza with Salad ✓ Arrabiata Pasta ✓
<b>WEDNESDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Sweet Potato & Squash Stew ✓ Cajun Wedges Peas	<b>BRITISH</b> Roast Turkey with Gravy Roast Potatoes Broccoli CORNOLLS	<b>SPEEDY ITALIAN</b> Chunky Vegetable Pasta ✓ Coronation Chicken Salad Pot
<b>THURSDAY</b>	<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco OR Country Vegetable Pie ✓ Potato & Onion Hash Caesar Salad	<b>BRITISH</b> Cottage Pie Green Beans Seasonal Cabbage	<b>SPEEDY ITALIAN</b> Beef Lasagne Fajita Bean Salad Pot
<b>FRIDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Bean Casserole ✓ Chips Corn Stew	<b>BRITISH</b> Battered Fish Fillet Chips Peas Or Baked Beans	<b>SPEEDY ITALIAN</b> Herby Tomato Pasta ✓ Asian Tuna Salad Pot ✓

**WE SERVE** a selection of delicious baguettes, paninis, toasties and sandwiches and NEW exciting salad pots every day. Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for MUNCH – our mid-morning break offer available for you to enjoy Monday-Friday

Main + 2 sides & Dessert £2.30  
from £1.70

**Chartwells**  
EAT. LEARN. LIVE.

The change of menu is to promote healthy eating across CRA and all the DRET schools. We are all aware how important a healthy diet is and how it can affect our day to day performance, mental health and happiness.

As part of this healthy eating initiative students will be able to purchase plated meals but no single items such as a plate of chips or a piece of pizza. For example chips will be served with fish and a vegetable option and pizza will come with a salad. However children will be able to buy a dessert separately. Desserts will feature tray bakes and fruit.

There will be **free fruit pots** for students at morning break and these can be picked up from the canteen.



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There is a healthy eating competition called Follow your Heart which will encourage students to eat the healthiest options and give them the opportunity to win an ipad. Details of this will be announced in whole school assembly on Monday.

If you have any concerns regarding this menu change please don't hesitate to get in touch with us via the [Enquiries@charlesreadacademy.co.uk](mailto:Enquiries@charlesreadacademy.co.uk) email address.

I look forward to hearing the students' views on this in the coming weeks.

Yours sincerely,

Mrs S. Jones