



Aston Manor Academy

All different • All equal • All achieving

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HEADTEACHER: JILL SWEENEY



3rd May 2019

Dear Parents/Carers

Ramadan starts on Monday 6th May and we are aware that many of our student will be fasting. We understand and appreciate the importance of this very sacred month. The physical and spiritual wellbeing of pupils, along with the balancing of school work can become extremely difficult during this period, especially for those taking formal exams.

Student well-being is very important to us if students feel unwell or faint we are guided to give them water, however we will endeavour to contact you first. For us to help support our students during this period, we would like to ask for your support in ensuring they are thoroughly prepared for this period and are able to continue to learn and sit exams effectively when they are in school.

Students will be supported in school during Ramadan, and we would like your support in ensuring they try to adjust Iftar and Sehri meals. Pupils should be encouraged to eat meals that contain healthy options and avoid large amounts of fried, fatty and salty foods. It is also important students are aware of the importance of hydration and so are drinking plenty of water and consuming fruits in preparation for the day ahead.

Those pupils in receipt of free school meals will be able to collect a sandwich and a drink at the end of the day from the canteen to take home with them if they wish.

The cost of a Free school meal will be rising to £2.30. I have attached the new menu and new prices for food sold in the canteen. Please see our menu with our new prices, which come in effect from Tuesday 7th May.

If you have any questions with regards to Ramadan please do not hesitate to contact your child's head of year.

Thank you for your continued support.

Yours sincerely

Jill Sweeney
Headteacher





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Menu Prices Revised

Break Menu

Sausage Breakfast Tub	£ 1.05
Vegetarian Breakfast Tub	65p
Chicken Sausage Bap	£ 1.05
Chicken Sausage Hot Dog	65p
Vegetarian Sausage Hot Dog	65p
Pain Au Chocolate	65p
Vegetable Samosa	65p
Cheese and Onion Lattice	65p
Pizza Round	65p
Waffle	65p

Lunch Menu

Meal Deal (Main meal, dessert and Squash)	£ 2.30
Main Meal (Meat/vegetarian option with sides)	£ 1.70
Standard Meat or Vegetarian Portion	£ 1.45
Premium Meat or Vegetarian Option	£ 1.60
Jacket Potato	£ 1.15
Jacket Potato with 1 filling	£ 1.45
Jacket Potato with 2 fillings	£ 1.70
Potato or Rice Side	60p
Vegetable side	60p
Small Salad	65p
Hot or Cold dessert	65p
Fruit Bag	65p
Yoghurt	65p
Whole Fruit	35p

Grab and Go

Pizza Slice	£ 1.45
Southern Fried Chicken Burger	£ 1.85
Fish Finger Bap	£ 1.85
Peri Peri Chicken Burger	£ 1.85
Cheese BBQ Chicken Panini	£1.85
Southern Style Quorn Burger	£1.85
Falafal Burger	£1.85
Onion Bhaji and Sweet Chilli Panini	£1.85

Drinks

Milk Carton	50p
Flavoured Milk	50p
Calypso Carton	50p
Juice Shot	30p