



11 September 2024

Dear Parent/Carer

Available food choices at Carleton High School.

As we start the new academic year I wanted to share some information with you about the school dinners available at school. At Carleton High School we are committed to providing our students with a wide variety of healthy food options throughout the school day at reasonable prices.

What's available?

1. A Varied Menu: Please find attached a copy of our latest menu, showing the selection of meals available before school, during breaks, and at lunch. Our menu is designed to cater to a range of tastes and dietary needs.

2. Breakfast Choices: To kick-start the day, we offer a range of popular breakfast items available before school. Free bagels are also available for all students.

3. Break-Time Snacks: During breaks, students can choose from a variety of tasty snacks.

4. Lunchtime Options: Our lunch menu features a variety of freshly prepared meals, including vegetarian and allergen-free options, to accommodate different dietary preferences and requirements.

- The main meal varies each day and includes options such as: curry and rice or stir fry, roast dinner, fish and chips. A vegetarian alternative is always available.
- The Meal Deal for £2.50 represents great value and includes a main meal and dessert.
- The Sandwich Meal Deal for £2.50 includes: a sandwich item and a dessert.

Water is available from the water dispensers in the canteen. Students can top up their own water bottles at social times.

For Students Entitled to Free School Meals:

Students eligible for free school meals have £2.50 per day to spend. This allowance ensures that they can enjoy a nutritious meal at lunch time or a mix of items throughout the day. Anything in addition to this can be paid for in the normal way via MCAS.

Encouraging Healthy Choices

We encourage all parents to review the attached menu with your child and discuss the different food options available. A well-rounded diet is essential for maintaining energy and focus, and we hope our varied menu will help make school meal times enjoyable for your child.

Thank you for your continued support in making our school environment a healthy place for all our students. If you have any queries please do not hesitate to make contact.

Yours sincerely,

Mr C Charlesworth
Year 7 Leader

Breakfast Time		Lunch Time	
Item	Cost	Item	Cost
Bacon Barm	£1.65	Main meal	£2.40
Sausage Barm	£1.65	Large Salad Pot	£2.00
Cheese on Toast	£0.85	Hot Pasta Pot - Pasta King	£2.40
Toast Per Slice	£0.35	Plain Jacket	£1.50
Mini Waffle	£1.10	Panini Meat	£2.40
Pan Au Choc	£1.30	Panini Cheese	£1.95
Half Bagel	£0.70	Burger of the day (4oz)	£2.50
Mini Doughnut Pot	£1.10	Pizza Slice	£1.40
Hash Brown Nuggets	£1.10	Pizza Slice with Topping	£1.50
Mini Naan Pizza	£1.00	Jacket Cheese and Beans	£1.95
Pancakes	£0.60	Chips	£1.20
Sausage Roll	£1.55	Veg portion	£0.30
Cheese Bagel	£1.35	Curry & Chips	£1.85
Egg & Cheese Muffin	£1.65	Curry/Gravy/Sauce	£0.60
Pizza Wrap	£1.45	Wraps Cold	£2.20
Cakes & Desserts	Cost	Baguette Any	£2.50
Muffins	£0.95	Chicken Wrap	£2.00
Desert Hot and Custard	£1.05	Sandwiches Sliced Bread	£1.80
Fresh Fruit Pot	£0.95	Baked Beans	£0.60
Cookie	£0.95	Sandwich meal deal	£2.50
Traybakes/Cakes	£0.95	Garlic Bread Slice	£0.50
Flapjack	£0.95	Chicken Wraps South. Fried	£2.30
Brownie Etc	£0.95	Sausage Roll	£1.65
Cheesecake	£1.20	Meal Deal	£2.50
Drinks & Confectionary	Cost	Roast Potatoes	£0.50
Still water	£0.80	Salad	£2.00
Radner Flavoured water	£1.30	2 Hash Brown	£0.90
		Protein Pots	£0.60
		Hot Dogs	£2.50
		Steak Bake	£2.50