

The Mast Academy Trust Newsletter



Parent Pay Cashless System

Parent pay is the smart cashless payment system. It is safer than carrying cash and makes it easy for parents to monitor what their child is eating.

Remember all key stage 1 students are entitled to a Free School Meal

If you are entitled to free school meals you can be assured of complete confidentiality with our cashless system. All our menus are designed to promote inclusivity and there will be a range of meal deals to fit the £2.35 FSM allowance in all The Mast Trust Schools.

Did you know that if your child is in year key stage 1 you are automatically entitled to a FSM for your child.

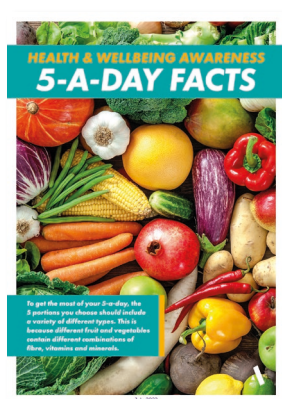
Taster Pop ups at Shelley & Birdsedge first schools

Why not Come and see our pop up at Shelley First School on the 19th May 2022 and Birdsedge First School on the 20th May from 2.30pm

We will have tasters of our menu items and will be showing you our new packed lunch options ready for the summer months. Gladys our company Nutritionist will be on hand to answer any dietary questions you may have, and to help your child have fun and create a delicious Banana and chocolate smoothie on our smoothie bike!!

Theme Days

We hold regular theme days and events which offer added variety and interest, they encourage students to come into the restaurant for a nutritious and delicious lunch experience. Also coming soon – interactive fun events during the lunch and post lunch time provisions



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Meal Deal Examples



MEAL DEAL



NEW DEAL

any Sandwich, Wrap or Baguette served with
a cake of the day for just £2.35

MEAL DEAL

Main meal
served with
side dishes
only £2



Meal Deal includes any main meal served
with side dishes, a cake of the day
only £2.35!

MEAL DEAL

Pasta pot

Pick your choice
Of sauce of the day -
served with pasta &
topped with grated
cheddar cheese
only £2.00



Meal Deal includes your choice of sauce of the
day served with pasta, topped with cheddar
cheese and a slice of cake - only £2.35

MEAL DEAL

Jacket Potato:
1 filling: £1.50
2 fillings: £1.90

All jacket potatoes
served with a MAST
side salad



Meal Deal includes a jacket potato with 2
fillings and a slice of cake, and a MAST
side salad - only £2.35

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Sample Menus



WEEK THREE	VEGETARIAN MONDAY	AROUND THE WORLD TUESDAY	ROAST WEDNESDAY	CLASSIC THURSDAY	TREAT FRIDAY
ACADEMY Main £2.00	Cheese & Tomato Pasta Bake	Chicken Teriyaki Noodles	Sliced Roast Gammon	Beef Lasagne	Battered Fish
ACADEMY Veggie £2.00	Vegetable Pinwheel	Sweet & Sour Quorn	Vegetable Stew & Dumpling	Vegetable Lasagne	Quorn Nuggets
ACADEMY Sides	Baked Potato Wedges Red Pepper Sweetcorn	Wholegrain Rice Green Beans	Roast Potatoes Savoy Cabbage & Sliced Carrots	Garlic Bread Sweetcorn	Chips Baked Beans Mushy Peas Curry Sauce
ACADEMY Extras	<p><i>Also Available Daily:</i> A selection of hot and cold grab & go favourites</p> <p>Meal Deal with a cake of the day £2.35</p>				

Food Allergies & Intolerance If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



 MENU CYCLE WEEK ONE SUMMER TERM July – June 2022					
	VEGETARIAN MONDAY	AROUND THE WORLD TUESDAY	ROAST WEDNESDAY	CLASSIC THURSDAY	TREAT FRIDAY
MAIN COURSE	Italian Quorn Meatball Pasta Bake	Creamy Chicken Curry	Roast Chicken with Stuffing	Pork Sausages	Fish Fingers
VEGETARIAN	Cheese & Tomato Pizza	Vegetable Curry	Vegetable Hotpot	Quorn Sausages	Cheese & Tomato Quiche
STARCHY FOOD	Baked Wedges	Wholegrain Rice	Roast Potatoes	Mashed Potatoes	Chips
VEGETABLE	Sweetcorn	Green Beans	Diced Carrots & Swede Garden Peas	Broccoli	Baked Beans or Mushy Peas
DESSERT	A selection of home bakes, jelly and fresh fruit available daily.				
LIGHT BITES	Jacket potatoes with cheese or beans	A selection of sandwiches	Cheese Toasty	A selection of sandwiches	Pork Hot dog & ketchup



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Fresh is Best

To ensure there is always something on the menu that appeals, we provide a variety of different meal options every day in our Middle schools, alongside the hot main meal. This includes hot snacks, freshly prepared salads, sandwiches and baguettes as well as pizza and pasta options.

Sample Menus

These are sample menus for both First and Middle schools. To take advantage of seasonal produce and to keep things interesting menus change twice a year but keeping our students' firm favourites.