



Morton Academy

The best in everyone™

Part of United Learning

RMCG/KRE

8th October 2024

Dear Parents/Carers

As you might be aware, we had our first parent coffee morning at the academy last week. These will be happening frequently with different key agenda items as the term progresses. One outcome from our discussion is that I would like to find out a little bit more about how you feel about your child's eating habits at school.

Attached to this letter is a copy of the weekly menu for our dining areas.

We would like you to complete this short survey: <https://forms.office.com/e/aEBKfUm1vg> to give us any information you feel you need to share with us.

The survey will close on Wednesday 16th October. Thank you in advance for taking the time to complete the survey.

Yours sincerely

Richard McGuire
Principal



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Lunch Menu



WEEK ONE – SPRING SUMMER

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Mexican Vegetable Quesadillas 	Mexican Style Chilli with Spiced Rice 	Roast Gammon with Roasties & Gravy	Sri Lankan Chicken Curry with Rice 	Buffalo Hot Dog
	Macaroni Cheese	Vegetable Chilli with Spiced Rice 	Quorn Sausages with Roasties and Gravy 	Vegetable Korma with Rice 	Cheese & Tomato Pizza
	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Pepperoni Pizza Jacket Potatoes
	Garlic Bread Sweetcorn Cheese Baked Beans Mixed Salad 	Rice Coleslaw Cheese Baked Beans Mixed Salad 	Carrots Peas Cheese Baked Beans Mixed Salad 	Mini Naan Baked Beans Coleslaw Mixed Salad Vegetable Salad 	Chips Baked Beans Peas Mixed Salad
	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit

Allergy Aware

Please speak to our staff if you want to know about specific allergens



Richard Rose Morton Academy, Wigton Road, Carlisle CA2 6LB
 t 01228 822644 • e info@rrma.org.uk • www.rrma.org.uk

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Lunch Menu



WEEK TWO – SPRING SUMMER

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese & Tomato Macaroni 	Chicken Korma with Rice 	Traditional Pork Sausage & Gravy	Sweet & Sour Chicken with Rice 	Chicken Nuggets
	Quorn & Cheesy Bean Burger 	Vegetable Curry with Rice 	Vegan Sausage Roll 	Sweet & Sour Vegetables with Rice 	Cheese & Tomato Pizza
	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Pepperoni Pizza
	Garlic Bread Green Beans Cheese Baked Beans Mixed Salad 	Naan Sweetcorn Cheese Baked Beans Mixed Salad 	Carrots Peas Cheese Baked Beans Mixed Salad 	Broccoli Coleslaw Cheese Baked Beans Mixed Salad 	Chips Peas Cheese Baked Beans Mixed Salad
	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit

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Lunch Menu



WEEK THREE – SPRING SUMMER

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Spaghetti Bolognese 	Chicken Enchilada with Nachos 	Beef Bolognese Bake 	Chicken Jalfrezi with Rice 	Fish & Chips
	Mushroom Carbonara 	Vegetable Tostada with Nachos 	Veggie Cheeseburger with Wedges 	Vegetable Curry with Rice 	Cheese & Tomato Pizza
	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Jacket Potatoes Pasta & Sauce Pizza Soup Daily Special	Pepperoni Pizza
	Garlic Bread Sweetcorn Cheese Baked Beans Mixed Salad 	Wedges Green Beans Cheese Baked Beans Mixed Salad 	Garlic Bread Carrots & Peas Cheese Bakes Beans Mixed Salad 	Naan Bread Cauliflower Cheese Baked Beans Mixed Salad 	Chips Peas Cheese Baked Beans Mixed Salad
	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit	Selection of Traybakes, Jelly Pots & Fresh Fruit

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