



ALBERT PRIMARY SCHOOL

YSGOL GYNRADD ALBERT

11TH MARCH 2021

Red Nose Day

'Red Nose Day is back on **Friday 19th March** and this year it's never felt more important to have some fun and raise money to support people living incredibly tough lives. We need the power of funny to turn laughs into lasting change.'

Children can come to school in normal clothes / dressing up outfits / wacky combinations. All we ask is that you make a donation to the appeal via their website :

[Donate | Comic Relief](#) .

[Please ensure your child wears sensible footwear and has a warm coat for outdoor lessons].



Immersion Day

The school offers all pupils the opportunity to feed into future planning through the development of immersion days. The next Immersion Day takes place on **Friday 19th March** [the same date as Red Nose Day]. Your child's class teacher will provide further details if appropriate.

World Down Syndrome Day

Every year World Down Syndrome Day is celebrated on 21 March. World Down Syndrome Day is a global awareness event. How can you help? Children can come to school wearing brightly coloured, mis-matched socks on **Monday 22nd March**.

This year, the global theme is "We Decide" The theme is inspired by the United Nations Convention on the Rights of Persons with Disabilities which supports effective and meaningful participation as a core human right. If you wish to donate to this appeal please do so via the website :

[World Down Syndrome Day | Down's Syndrome Association \(downs-syndrome.org.uk\)](#)

INSET DAY / EASTER HOLIDAY REMINDER

Please be reminded that the school will be closed on **Friday 26th March** for an INSET day. The school will then re-open on **Monday 12th April** after the Easter Holiday break.



The Big Fresh Catering Company

The Big Fresh Catering Company can also cater for children with special dietary needs. Please visit their website to see the special diet menus that are currently available eg Egg Free Menu, Gluten Free Menu, Milk Free Menu, Soya Free Menu , Vegan Free Menu. www.food.gov.uk/eatright

Week 1
 Week starting: 22.03.21/15.03.21/19.04.21/26.04.21/17.05.21/07.06.21/28.06.21/10.07.21

MONDAY
 Homemade Cheese & Tomato Pizza
 Chopped Potatoes, Beans & Seasonal salad
 Fresh Fruit or Homemade Muffin & Fruit Slices with Custard

TUESDAY
 All Day Breakfast
 Or Vegetarian All Day Breakfast
 Baked Beans, Tomatoes & Hash Brown
 Fresh Fruit or Yoghurt

WEDNESDAY
 Juicy Meatballs in Gravy
 Or Vegetarian Meatballs in Gravy
 Spaghetti & Seasonal Vegetables
 Fresh Fruit or Sticky Toffee Pudding with Custard

THURSDAY
 Succulent Roast Beef
 Or Quorn Fillet
 Gravy, Yorkshire Pudding, Roast & Mash
 Potatoes, Seasonal Vegetables
 Fresh Fruit or Ice Cream

FRIDAY
 Oven Baked Salmon
 Bites
 Or Veggie Nuggets
 Chopped Potatoes
 Smoothed Peas or Baked Beans
 Fresh Fruit & Yoghurt

MONDAY
 Southern Style Quorn Burger
 Herby Diced Potatoes, Peas or Baked Beans
 Fresh Fruit or Yoghurt

TUESDAY
 Homemade Spaghetti Bolognese
 Or Vegetarian Spaghetti Bolognese
 Fresh Seasonal Vegetables
 Fresh Fruit or Yoghurt

WEDNESDAY
 Reduced Fat Sausage & Mash
 Or Vegetarian Sausage & Mash
 Rich Gravy, peas or Baked Beans
 Fresh Fruit or Chocolate & Beetroot Cake with Custard

THURSDAY
 Roast pork
 Or Quorn Fillet
 Gravy, Roast & Baked Potatoes, Seasonal Vegetables
 Fresh Fruit or Ice Cream

FRIDAY
 GF Lemon Sole Bites
 Or Veggie Meatballs
 Homemade Jacket Potatoes or Jacket Potatoes & Seasonal Vegetables
 Fresh Fruit or American Pancake, Fruit Slices & Golden Syrup

MONDAY
 Vegetable Pasta Bake
 Garlic Sauce & Seasonal Vegetables
 Fresh Fruit & Yoghurt

TUESDAY
 Chicken Burger
 Or Quorn Fillet Burger
 Potato Wedges, Sweetcorn & Fresh Seasonal Salad
 Fresh Fruit or Yoghurt

WEDNESDAY
 Chicken Korma Curry
 Or Quorn Korma Curry
 Rice, Flatbread & Seasonal Vegetables
 Fresh Fruit or Homemade Marble Cake & Custard

THURSDAY
 Roast Turkey
 Or Quorn Fillet
 Gravy, Roast & Mash
 Potatoes, Seasonal Vegetables
 Fresh Fruit or Ice Cream

FRIDAY
 Oven Baked Salmon
 Bites
 Or Veggie Nuggets
 Seasonal Salad or Baked Beans & Chopped Potatoes
 Fresh Fruit or Chocolate Brownie

Week 2
 Week starting: 01.03.21/22.03.21/12.04.21/03.04.21/24.04.21/14.05.21/05.07.21

Week 3
 Week starting: 08.03.21/29.03.21/19.04.21/10.05.21/31.05.21/21.06.21/12.07.21

the BIG FRESH catering company

Welcome to our menu

Allergen information to accompany this menu is provided to staff for distribution upon request. Please contact us if your child has specialist dietary needs: we aim to provide a healthy balanced school meal for every pupil. A carbohydrate count of the menu for our diabetic diners is also available upon request.

As an alternative to the main meal choose the Salad Bar. A choice of crisp baked jacket potatoes with a variety of toppings, or choose from our selection of filled Sub Rolls. All served with vegetables or salad.

See the school for more details.

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