

MADANI SCHOOLS FEDERATION

Honesty | Excellence | Accountability | Respect | Teamwork

20th September 2022 | 25 Safar 1444 AH

Assalaamu 'Alaikum | (May His Peace, Mercy and Blessings be Upon You)

Dear Parent/Carer,

Madani Restaurant | School Lunch | Packed Lunches | 2022-23

School lunch is critical to student health and well-being, especially for low-income families — and ensures that students have the nutrition they need throughout the day to learn and grow.

The Almighty has mentioned that we should eat wholesome and pure food:

"O believers! Eat from the good things We have provided for you." [2:172]

The Prophet (s.a.w) has encouraged us with regards to eating in moderation. In a Hadith which is recorded in Tirmidhi, The Prophet (s.a.w) advised us that a third of the stomach should be for food, a third for drink, and a third for breath (air).

Madani Schools Federation is a healthy school and we are proud to have been granted our Healthy School Network Award. Nationally, there is an increasing issue with childhood obesity and tooth decay and, as an accredited Healthy School, we want to support Parents/Carers as much as possible to make healthy choices for their children's meals.

There is a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from. We recognise that this issue can sometimes be confusing and would like to clarify this further. School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something on school meal that they are not allowed as packed lunches, but we can control the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches.

Research by the Children's Food Trust shows that having a school lunch reduces food insecurity, obesity rates, and poor health. In addition, the new school meal nutrition standards are having a positive impact on student food selection and consumption, especially for fruits and vegetables, giving the children who eat them a better foundation for good health including mental health.

Students have a choice of either bringing with them their own packed lunch or having a school lunch which is provided by our own in-house Catering Team headed by a professional chef. Madani Schools Federation ensures the high standards required for halal and we are accredited by HMC and have the highest rating from the Food Standards Agency.

Breakfast club

A free Breakfast club is open from 7.30am to all students providing them with a quick snack ready to start their learning.

Breaktime snacks

Our catering team provide a range of delicious and healthy snacks which students may purchase at Breaktime. If your child wishes to have a Breaktime snack please ensure your child has sufficient credit on their MCAS lunch account. Please note that for any student in receipt of FSM (Free School Meals); any FSM credit which your child may use at Breaktime, may mean that they do not have sufficient credit for a full meal at lunchtime. It is advised to credit your child's account with sufficient funds to cover them for breaktimes.

Executive Headteacher Mr Riyaz Laher | Deputy Head Mr I Patel | Deputy Head Mr N Khan | Business Manager Ms N Radford

Tel: 0116 249 8080 | Fax: 0116 273 5647 | Email: office@madani.leicester.sch.uk | www.madani.leicester.sch.uk | [@madanischools](https://www.instagram.com/madanischools)

Madani Schools Federation, Evington Valley Road, Leicester LE5 5LL



Lunch Payments

Parents / Carers **MUST REGISTER** their child to 'MCAS: My Child at School' to enable payments for school lunches. Please note Madani Schools Federation is a CASHLESS school and therefore does NOT accept any cash payments.

If your child is taking School lunches, please ensure that your child's lunch balance is credited appropriately. The cost of a whole School Lunch is currently £2.40. Water via Water jugs is provided free of charge.

Lunch Costs

School meal costs are extremely competitive and are benchmarked against other local schools. Due to an increase in the cost of produce the school has had to increase the costs of Meals to £2.40. Madani school meals are made at cost price and the school makes no profit.

Free School Meals / Cost of Living

Whilst the government has increased the Free School Meal allowance to £2.36 per day the school are aware of the challenges facing parents/carers due to the current Cost of Living crisis; as a result, the school has successfully accessed an additional Free School Meal grant to make up the remaining £0.04 per day. This ensures that children who are eligible for Free School Meals receive a daily allowance of £2.40 which is credited to their account. If your child uses their allowance at Breaktime it may impact the amount they have to spend during Lunchtime.

Packed Lunches

In the past, we have tried to ensure that packed lunches are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches. Therefore, to clarify our expectations for packed lunches, they can include anything so long as they do not contain the following:

- Nuts (to safeguard those with allergies)
- Fizzy drinks
- Sweets and chocolate bars
- Crisps (Baked variety is permissible)
- Water

All students are encouraged to bring a refillable Water bottle. This can be filled up from any of the Water fountains around the school.

Allergens

As a school we have a responsibility to keep our students, staff and visitors safe and to reduce the risk of harm. As you can imagine in a busy school environment this can be a challenge and following risk assessment, we have removed certain allergens from the school. Our school lunches are clearly labelled if they contain any of the 14 major allergens. Parents/Carers must inform the school if their child has an allergy.

Nut based products and Peanuts can cause severe allergic reactions in a wide range of ways. A person with an allergy does not have to eat nuts or peanuts to have a severe reaction, this can be caused by surface contact and airborne particles; therefore, **we are a NUT FREE school** – this includes peanut butter in sandwiches.

Student Lunch Menus

Please find attached our Breaktime and Lunch Menus, Pricelists and Lunch rotation dates.

Yours faithfully

Fehmida Vohra | Rohila Vohra
Catering Team
[Madani Boys School](#) | [Madani Girls School](#)



Madani School Restaurant

Price List

Breaktime Menu		
Items	Croissants	55p
	Pain au chocolate	65p
	Cheese & Crackers	50p
	Cheese Portion	35p
	Crackers	30p
	Hash Brown	1x35p / 2x60p
	Samosas	55p
	Pizza	50p
	Waffle	50p
Desserts	Pre-Packed Cookies	65p
	Popcorn Bags	50p
	Chips	65p
Drinks	Hot Chocolate	50p
	Chocolate Milkshake	50p

Allergen Information: Please note dishes may contain one or more of the following allergens: Gluten; Soya; Fish; Cereal; Eggs; Milk; Sulphur dioxide; Celery; Lupin; Mustard; Crustaceans; Molluscs; Sesame seeds.
Please be aware that Fish / Chicken dishes may contain small bones

Please ask a member of the catering team if in doubt

catering@madani.leicester.sch.uk | ext: 8139 / 8125

"Eat from the good things We have provided for you" [2:172]

"And eat and drink, but waste not in extravagance [7:31]

Madani School Restaurant

Price List

Main Meal		
Meal Deals	Hot meal, dessert or drink	£2.40
	Jacket potato with 2 toppings, dessert or drink	
	Sandwich, drink and dessert	
	Salad, drink and dessert	
	Wrap, drink and dessert	
	Panini, drink and dessert	

Single Priced Items		
Hot Items	Hot Meal Only (Meat/Veg)	£1.90
	Panini	£1.30
	Chips	65p
Cold Items	Baguettes	£1.30
	Cobs	
	Sandwich	
	Wrap	£1.30
	Salad Box (Chicken / Tuna /Mediterranean)	
	Cheese Pot	
Drinks	Water	60p
	Milkshake	60p
	Drinks - Assorted	60p
Dessert	Fruit Pot	50p
	Biscuit / Cookie	
	Cakes	
	Yogurt	65p
	Cakes & Custard	
Sauces	Sachets - Ketchup / Chilli / Mayonnaise	10p

Allergen Information: Please note dishes may contain one or more of the following allergens: Gluten; Soya; Fish; Cereal; Eggs; Milk; Sulphur dioxide; Celery; Lupin; Mustard; Crustaceans; Molluscs; Sesame seeds.
Please be aware that Fish / Chicken dishes may contain small bones

Please ask a member of the catering team if in doubt
catering@madani.leicester.sch.uk | ext: 8139 / 8125

“Eat from the good things We have provided for you” [2:172]

“And eat and drink, but waste not in extravagance [7:31]

LUNCH MENU

WEEK 1

MONDAY

MAIN DISHES

- Chicken Pasta, Garlic Bread & Sweetcorn
- Mixed Vegetable Pilau Rice & Yoghurt Raita (V)

DESERTS OF THE DAY

- Vanilla Sponge Cake
- Yoghurt

TUESDAY

MAIN DISHES

- Chicken Pie with Mixed Vegetables, Garlic Bread & Gravy
- Cheesy Pasta with Mixed Vegetables & Garlic Bread (V)

DESERTS OF THE DAY

- Chocolate Cookies
- Grapes

WEDNESDAY

MAIN DISHES

- Battered Fish, Chips & Baked Beans
- Cheese & Onion Pastry, Chips & Baked Beans (V)

DESERTS OF THE DAY

- Cornflakes Cake
- Melon

THURSDAY

MAIN DISHES

- Lamb Shepherd Pie, Garlic Bread, Steamed Carrots & Gravy
- Mixed Vegetable Pie, Garlic Bread, Steamed Carrots & Gravy (V)

DESERTS OF THE DAY

- Angel Delight
- Grapes

FRIDAY

MAIN DISHES

- Chicken Enchiladas, Herby Potatoes & Salad
- Tomato Pasta, Garlic Bread & Salad (V)

DESERTS OF THE DAY

- Flapjack
- Yoghurt

AVAILABLE EVERY DAY

MAIN DISHES

- Pasta of the Day (See Menu Board)
- Jacket Potato with Hot & Cold Toppings
- Deli Bar/Fresh Salad, Sandwiches, Wraps, Baguettes, Panini, Cold Pasta

DESERTS

- Cookies, Muffins, Cupcakes
- Mousses, Smoothies, Fruit Pots, Yoghurts

Dishes may contain: Gluten, Soya, Fish, Cereal, Eggs, Milk, Sulphur Dioxide, Celery, Lupin, Mustard, Crustaceans, Molluscs, Sesame Seeds.

Please note that fish/chicken may contain small bones.

Please ask a member of the catering team if in doubt.

Items can change based on product availability



LUNCH MENU

WEEK 2

MONDAY

MAIN DISHES

- Chicken Curry, Rice & Carrot Pickle
- Mixed Vegetable Curry, Rice & Carrot Pickle (V)

DESERTS OF THE DAY

- Cupcake
- Yoghurt

TUESDAY

MAIN DISHES

- Chicken Meatballs with Spaghetti & Salad
- Cheese & Onion Pastry, Baked Beans & Salad (V)

DESERTS OF THE DAY

- Oatmeal Cookies
- Grapes

WEDNESDAY

MAIN DISHES

- Chicken Nuggets/Jumbo Sausages, Chips & Baked Beans
- Vegetable Quiche, Chips & Baked Beans (V)

DESERTS OF THE DAY

- Fruit Trifle
- Melon

THURSDAY

MAIN DISHES

- Hot Mexican Chicken/Beef Wrap, Tortilla Chips with Salsa
- Tomato Pasta, Garlic Bread & Salad (V)

DESERTS OF THE DAY

- Rice Krispies
- Grapes

FRIDAY

MAIN DISHES

- Jumbo Fish Fingers, Cheesy Mash & Baked Beans
- Vegetable Couscous with Spinach & Coconut Garlic Sauce (V)

DESERTS OF THE DAY

- Chocolate Cake
- Yoghurt

AVAILABLE EVERY DAY

MAIN DISHES

- Pasta of the Day (See Menu Board)
- Jacket Potato with Hot & Cold Toppings
- Deli Bar/Fresh Salad, Sandwiches, Wraps, Baguettes, Panini, Cold Pasta

DESERTS

- Cookies, Muffins, Cupcakes
- Mousses, Smoothies, Fruit Pots, Yoghurts

Items can change based on product availability

Dishes may contain: Gluten, Soya, Fish, Cereal, Eggs, Milk, Sulphur Dioxide, Celery, Lupin, Mustard, Crustaceans, Molluscs, Sesame Seeds.

Please note that fish/chicken may contain small bones.

Please ask a member of the catering team if in doubt.

LUNCH MENU

WEEK 3

MONDAY

MAIN DISHES

- Sweet & Sour Chicken with Egg Noodles & Vegetable Spring Rolls
- Sweet & Sour Vegetables with Egg Noodles & Vegetable Spring Rolls (V)

DESERTS OF THE DAY

- Coconut Cookies
- Yoghurt

TUESDAY

MAIN DISHES

- Lamb Curry with Rice & Carrot Pickle
- Cheese & Potato Curry with Rice & Carrot Pickle (V)

DESERTS OF THE DAY

- Marble Cake
- Grapes

WEDNESDAY

MAIN DISHES

- Chicken/Beef Burger with Chips & Baked Beans
- Vegetable Burger with Chips & Baked Beans (V)

DESERTS OF THE DAY

- Cornflakes Cake
- Melon

THURSDAY

MAIN DISHES

- Chicken Pizza, Baked Beans & Coleslaw
- Vegetable Pizza, Baked Beans & Coleslaw (V)

DESERTS OF THE DAY

- Oatmeal Cookies
- Grapes

FRIDAY

MAIN DISHES

- Jumbo Fish Fingers, Cheesy Mash & Baked Beans
- Tomato Pasta, Garlic Bread & Salad (V)

DESERTS OF THE DAY

- Chocolate Cookies
- Melon

AVAILABLE EVERY DAY

MAIN DISHES

- Pasta of the Day (See Menu Board)
- Jacket Potato with Hot & Cold Toppings
- Deli Bar/Fresh Salad, Sandwiches, Wraps, Baguettes, Panini, Cold Pasta

DESERTS

- Cookies, Muffins, Cupcakes
- Mousses, Smoothies, Fruit Pots, Yoghurts

Items can change based on product availability

Dishes may contain: Gluten, Soya, Fish, Cereal, Eggs, Milk, Sulphur Dioxide, Celery, Lupin, Mustard, Crustaceans, Molluscs, Sesame Seeds.

Please note that fish/chicken may contain small bones.

Please ask a member of the catering team if in doubt.

LUNCH MENU

WEEK 4

MONDAY

MAIN DISHES

- Chicken Korma with Naan & Salad
- Mixed Vegetable Pilau & Yoghurt Raita (V)

DESERTS OF THE DAY

- Cornflakes Cookies
- Yoghurt

TUESDAY

MAIN DISHES

- Chicken/Beef Roast, Baby Potatoes, Mixed Veg & Yorkshire puddings & Gravy
- Quorn Slice, Baby Potatoes, Mixed Veg, Yorkshire puddings & Gravy (V)

DESERTS OF THE DAY

- Vanilla Sponge with Custard
- Grapes

WEDNESDAY

MAIN DISHES

- Battered Fish, Chips & Baked Beans OR Mushy Peas
- Cheese & Onion Pastry, Chips & Baked Beans OR Mushy Peas (V)

DESERTS OF THE DAY

- Angel Delight
- Melon

THURSDAY

MAIN DISHES

- Beef Lasagne, Garlic Bread & Steamed Buttered Carrots
- Cheesy Pasta, Garlic Bread & Steamed Buttered Carrots (V)

DESERTS OF THE DAY

- Rice Krispies
- Grapes

FRIDAY

MAIN DISHES

- Hot Chicken/Beef Wrap, Tortilla Chips & Salsa
- Mixed Vegetable Couscous with Tomato Sauce (V)

DESERTS OF THE DAY

- Flapjack
- Yoghurt

AVAILABLE EVERY DAY

MAIN DISHES

- Pasta of the Day (See Menu Board)
- Jacket Potato with Hot & Cold Toppings
- Deli Bar/Fresh Salad, Sandwiches, Wraps, Baguettes, Panini, Cold Pasta

DESERTS

- Cookies, Muffins, Cupcakes
- Mousses, Smoothies, Fruit Pots, Yoghurts

Items can change based on product availability

Dishes may contain: Gluten, Soya, Fish, Cereal, Eggs, Milk, Sulphur Dioxide, Celery, Lupin, Mustard, Crustaceans, Molluscs, Sesame Seeds.

Please note that fish/chicken may contain small bones.

Please ask a member of the catering team if in doubt.

Madani School Restaurant

Menu Rotation

MSF Catering Menu Rotation											
Term	Week			Term	Week			Term	Week		
	No.	Beginning	Menu		No.	Beginning	Menu		No.	Beginning	Menu
Autumn Term				Spring Term				Summer Term			
1	1	22.08.22	1	3	17	02.01.23	1	5	29	17.04.23	1
	2	29.08.22	2		18	09.01.23	2		30	24.07.23	2
	3	05.09.22	3		19	16.01.23	3		31	01.05.23	3
	4	12.09.22	4		20	23.01.23	4		32	08.05.23	4
	5	19.09.22	1		21	30.01.23	1		33	15.05.23	1
	6	26.09.22	2		22	06.02.23	2		34	22.05.23	2
	7	03.10.22	3		23	13.02.23	3		Summer Half Term		
	8	10.10.22	4		Spring Half Term				6	35	05.06.23
Autumn Half Term				4	24	27.02.23	4	36		12.06.23	4
2	9	24.10.22	1		25	06.03.23	1	37		19.06.23	1
	10	31.10.22	2		26	13.03.23	2	38		26.06.23	2
	11	07.11.22	3		27	20.03.23	3	39		03.07.23	3
	12	14.11.22	4		28	27.03.23	4	40		10.07.23	4
	13	21.11.22	1								
	14	28.11.22	2								
	15	05.12.22	3								
	16	12.12.22	4								

*Allergen Information: Please note dishes may contain one or more of the following allergens: Gluten; Soya; Fish; Cereal; Eggs; Milk; Sulphur dioxide; Celery; Lupin; Mustard; Crustaceans; Molluscs; Sesame seeds.
Please be aware that Fish / Chicken dishes may contain small bones*

Please ask a member of the catering team if in doubt
catering@madani.leicester.sch.uk | ext: 8139 / 8125

"Eat from the good things We have provided for you" [2:172]
"And eat and drink, but waste not in extravagance [7:31]