

HEATHNOTES

Encourage - Challenge - Succeed



ISSUE **100**
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🌐 www.heathcoteschool.com Facebook/Twitter @heathcotee4

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NEXT WEEK IS
TIMETABLE...

A

Dear Parents and Carers,

Next week, we will be holding **Challenge Week** for our Year 11 and Year 13 pupils. This is a key opportunity for them to focus on revision and exam preparation. To help your child make the most of this, please encourage them to utilise the **subject portal**, where they can access a wide range of helpful revision materials.

We are also excited to be hosting our **Year 6 Open Evening** on **Wednesday, 2nd October**. We would be grateful if you could help spread the word to prospective families who may be interested. To accommodate preparations for this event, the school day will finish **early at 2:40 pm on 2nd October, and there will be a late start at 9:40 am on Thursday, 3rd October**. Break food will be provided for pupils on Thursday morning.

I would like to thank you for your continued patience with the **recent changes to lunch arrangements**. As a school, we are committed to fostering a sense of community by having year groups eat together. This allows pupils to enjoy a hot meal, socialise with friends, and avoid being overwhelmed by older pupils. It's encouraging to see that more pupils are choosing to eat hot meals this year, and we are now serving **850 hot meals within 75 minutes**. We have adjusted the timings so that every pupil has **at least 15 minutes seated** in the dining hall, ensuring they have ample time to enjoy their food. Many pupils now have more time than this.

As you may be aware, pupils can **only use the toilets during their designated time**, which is as they enter the lunch hall. This arrangement has been in place for the last four years. While we acknowledge that Year 9 pupils may have to wait a little longer, this system ensures that only one year group is in the toilets at any given time, maintaining a safe and manageable environment. With just one set of toilets in the main building, this remains the most effective way to ensure safety and order.

Lastly, I would like to extend a special thank you to all parents who attended the **information sessions** last week. It was wonderful to see so many of you there. The sessions were very well attended, and we greatly appreciate your thoughtful feedback. The presentations have been sent out for you to review at your convenience.

We are grateful for your continued support and wish you a wonderful weekend.

Sonia Close



UPCOMING EVENTS

Wednesday 2nd October

Year 6 Open Evening (5pm to 7.30pm)

Thursday 3rd October

Late Start for Pupils (9.30am)

Monday 7th October

Work Experience Parents Presentation (Year 10/Year 12)

REMINDERS

- Breakfast Club pupils are expected to arrive and sign in via the main school reception before 8:15am - they will not be able to attend if they arrive after this time.
- Please ensure you download the Arbor App if you have not already done so. More information can be found here; <https://support.arbor-education.com/hc/en-us/sections/201716749-Using-Parent-Portal-and-the-Arbor-App-as-a-parent>

Heathcote School & Science College, 96 Normanton Park, Chingford, London, E4 6ES

School Notices

Meet Heathcote's Pupil Ambassadors



Senior Head Pupils

Summaya N

Jen G

Deputy Senior Head Pupils

Teddy G

Alex I



Junior Head Pupils

Darcey R & Caitlyn McC



Associate Head Pupils

Imogen W & Freddie S



Year 8 Ambassadors



Year 9 Ambassadors



School Notices



Would you like to become an ambassador to represent your year group?



The ambassadors are recruiting. Would you like to become part of this important team who are always looking at ways to improve your school?

We need you to be:

- Mature and independent
- A good communicators
- Relient and responsible
- Committed

Who are we?

We are a group of pupils who represent you with one goal in mind: **Change for the better.**

To become an ambassador, please write a statement clearly showing:

*Why you want to become an ambassador
What you will bring to the team
What value you will bring to the ambassador body
Your vision for the school.*

Our sole purpose is to take opinions and challenge Ms Close and the Assistant Heads to act on these opinions.

We believe school should be a safe place where you feel protected and comfortable; a place where you are heard. The ambassadors are here to listen to you.

Please email your statement to Ms Bashal by Friday 11th October 2024 (sbashal@heathcote.waltham.sch.uk)



School Notices

Enrichment Trips for Autumn Term

Just a reminder of our upcoming trips and dates. If you have not given permission for your child to attend, please do so asap. Year 9/10 parent letters will be available on Arbor early next week.

Year 7 – Architectural Tour – *15th November*

Year 8 – Bletchley Park – *13/14th November*

Year 9 – Tate Modern/Tate Britain – *15th November*

Year 10 - Science Museums – *14th November*

Year 11 – Careers Fair, Olympia Hall – *15th November*

Year 12 – Careers Fair, Tottenham Football Ground – *17th October*

Year 11 Careers Interviews.

Year 11 pupils are in the process of having their 1-1 Career's Interviews with a Career's Advisor. If you have any concerns about your child's post 16 pathway or destination, please contact me on sbashal@heathcote.waltham.sch.uk

After School Enrichment Activities

After school enrichment activities start after half term (apart from PE/Sports which have already started). I will send the timetable out in the next parent bulletin.

Breakfast Club

Please use this facility available to all pupils from 8.00am every morning. Pupils receive a free breakfast and it also gives them space to catch up with their friends or complete homework. Pupils need to arrive through the main reception where they will sign in.

Apprenticeship Vacancy List

[Please see this link](#) for the latest apprenticeship and traineeship vacancy list.

Ms Bashal

Assistant Head



School Notices

Year 10 Food Preparation and Nutrition 2024-2025 students

Dear Parents,

Please see the links below for the timetables for our Year 10 and Year 11 Food Preparation and Nutrition pupils. This has all the information for the lessons, the homework and any ingredients they will need for the coming year. Year 11 pupils started their coursework for **NEA 1** from the 3rd of September 2024.

All ingredients are placed in the homework section and are placed in the homework the week before they are needed. Hopefully this will stop last minute requests for ingredients.

The school will supply any one-off ingredients for recipes such as baking powder, syrup and jerk seasoning. If ever there is an issue with Ingredients please do not hesitate to email me or send your child in with a note.

All pupils will need to supply a plastic container to take their food home in. This can be a container such as a large sweet plastic tub. They will also need a hair band or hair tie if they have long hair.

Acrylic and false nails and nail polish are a health and safety issue in catering. So please refrain from fake nails and nail polish.

If there are any issues please contact me on mroffey4.320@heathcoteschool.com .

Thank you so much for your support and I look forward to working with your children in the forthcoming year.

[Please Click Here](#) for the Year 10 timetable.

[Please Click Here](#) for the Year 11 timetable.

Ms Roffey

Food and Nutrition



Reading at Heathcote

Accelerated Reader Quiz Results

Librarian Ms Elliot would like to congratulate the following pupils, who achieved between 90% and 100% in their Accelerated Reader quiz. Great work and well done!

Year 8

Melissa Sabri 100%

Year 9

Hannah Sumboo 90%

Eleanor Jones 100%

Amelie Milner 100%

Well done to all those pupils who continued to read over the summer break. Just keep reading!

Library Timetable

Please see below for this term's Library Timetable.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 8:00-8:30	• ALL YEAR GROUPS	• ALL YEAR GROUPS	• ALL YEAR GROUPS	ALL YEAR GROUPS	• ALL YEAR GROUPS
BREAK 10:40-11:05 (LIBRARY TIMES 10:40-11:00)	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
LUNCH 13:05-13:40 FORM 13:40-14:05	YEAR 7/9/11	YEAR 7/9/11	YEAR 7/9/11	YEAR 7/9/11	YEAR 7/9/11
FORM 13:05-13:40 LUNCH 13:40-14:05	YEAR 8/10	YEAR 8/10	YEAR 8/10	YEAR 8/10	YEAR 8/10
AFTER SCHOOL UNTIL 4PM	AFTER SCHOOL, THE LIBRARY WILL BE OPEN TO ALL YEAR GROUPS	AFTER SCHOOL, THE LIBRARY WILL BE OPEN TO ALL YEAR GROUPS	AFTER SCHOOL, THE LIBRARY WILL BE OPEN TO ALL YEAR GROUPS	AFTER SCHOOL, THE LIBRARY WILL BE OPEN TO ALL YEAR GROUPS	AFTER SCHOOL, THE LIBRARY WILL BE OPEN TO ALL YEAR GROUPS

Ms Elliott

Librarian



Year 7 News

Form	Praise Points	Attendance
7.1	133	96.5%
7.2	259	97.7%
7.3	161	96.2%
7.4	302	94.8%
7.5	75	97.3%
7.6	138	96.7%

Key Messages

Dear Parents/Carers,

Praise

I have continued to be impressed by the year group. Many new friendships have been formed and pupils are happy and enjoy their learning. They are settled and actively taking part in the lessons. I was really impressed by the focus I have seen in my learning walks of maths this fortnight where pupils were working on the baseline assessments.

Pupils have been completing high quality work both at school and at home. Myself and the year 7 tutor team were super impressed in the efforts that many pupils put into their summer homework projects and really enjoyed reading about the wide range of activities many pupils have been privileged to have engaged in over the summer such as trips to the zoo, beach, forests and local parks, about the reading they have completed and the sports activities they have engaged in. All pupils who handed in their work have received praise points. It was too difficult to pick just one winner so we have selected winners from each form. Over 1000 praise points have been collected by year 7 over the last 7 days which is fantastic. You can see details of these on Arbor. We check these regularly in form.

7.1	7.2	7.3	7.4	7.5	7.6
Alex C	Sammy J	Issy J	Cameron C-J	Poppy M	Belle M
Daniil S	Iliana R	Joshua M	Ajsel D	Ben W	

Here are Issy, Ben, Ajsel, Cameron, Poppy and Joshua with their certificates.

Reminders

Please ensure your child has a waterproof coat/umbrella and is prepared for the wet weather.

Details of the upcoming Gilwell Park trip can now be found on your Arbor app.

Pupils finish early on Wednesday and there is a 9.40 start on Thursday.



Ms Gasper

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	279	91.8%
8.2	324	92.0%
8.3	153	92.7%
8.4	405	96.3%
8.5	152	93.0%
8.6	322	90.3%
8.7	299	96.0%

Key Messages

Dear Parents/Carers,

Year 8 have settled wonderfully this term, I have been so impressed with the number of praise points awarded for their contributions and focus in lessons. Coming back after the break can sometimes feel a bit challenging, but you've all shown such resilience, focus, and enthusiasm. Uniform is consistently looking smart, well done.

Congratulations to Louie B for receiving an award at the Commanders Commendation Ceremony, we are so proud of you.

Thank you too all Year 8 pupils who have volunteered to help with departments and tours for Open Evening on Wednesday 2nd October. Please ensure the permission form has been completed to consent to your child attending.

Notices

Please note that pupils need to take responsibility for checking the restoration list printed outside the hall each day. Form tutors will remind pupils during tutor time but pupils will be expected to have checked the list themselves.

There are several Year 8 pupils without a reading book. A gentle reminder it is compulsory to have a reading book at all times. The School Library is open every day from 8am and closes at 4pm. Year 8 can also use the Library 10:40-11am every Tuesday (Break time). Pupils will receive a Level 0 log to track how often equipment is missing, every 3 times logs a 30 minute lunch time restoration will be given.

If pupils are worried about anything at school, please use the E-Worry Box that is pinned on the Year 8 Google Classroom noticeboard. A member of staff will check in with pupils as a result of completing the google form. If anything urgent comes up, please see Ms Larkin at Whitehall gate in the morning or email Ms Apperley. Ms Larkin will be at the Humanities canopy every Tuesday Breaktime to drop in and see if you need to.

I would also like to remind you that we will be visiting Bletchley Park on the 13th and 14th November—more details to follow.



Ms Apperley

Head of Y8



Mr Ferrar

SLT Link Y8



Ms Larkin

Pastoral Support



Ms Alexander

2nd in Charge Y8

Ms Apperley

Year 8 Lead



Year 9 News

Form	Praise Points	Attendance
9.1	473	92.4%
9.2	408	95.3%
9.3	566	95.5%
9.4	449	97%
9.5	546	95.5%
9.6	382	97.1%

Key Messages

Dear Parents and Carers,

Parent Information Evening

Thank you to all of you that took the time to attend the parent information evening last week. I hope you found this useful. A reminder that we will begin sharing information regarding option choices towards the end of this term (December) and there will be opportunities for in person information evenings where you can gain further insight and ask questions. Please do not worry – it is our aim to ensure pupils and parents are fully informed in order to select the most appropriate option choices for their future aspirations.

Praise and Attendance

Well done to 9.3 for gaining the most praise points this fortnight and to 9.2 for receiving the least negatives. Keep up the good work! I would also like to say well done to 9.6 for a fantastic 97.1% attendance figure over the last two weeks, with 9.4 very close behind on 97%. Best punctuality goes to 9.5 who have been on time 98.1% of the time, very well done to all. As a whole, year 9 achieved 95% attendance, which is excellent.

Uniform – Jewellery & Nails

Please can we ask for your support in discouraging your child from wearing non-uniform jewellery or nails to school. Jewellery is restricted to one pair of plain ear studs (no hoops, no nose studs) and acrylic nails are not permitted. Also skirts should be at the top of the knee and boys should not be wearing PE shorts or jogging bottoms underneath their school trousers. Thanks in advance.

Year 6 Open Evening

Lots of year 9 pupils will be supporting with our year 6 open evening next Wednesday. If your child is taking part, please ensure that they are in full school uniform. Pupils will go home at 2.40pm on this day and should return to school at 4.30pm – they should eat before returning to school. Pupils will be dismissed at 7.30pm.

Ms Page

Year 9 Lead



Year 10 News

Form	Praise Points	Attendance
10.1	247	90.34%
10.2	193	96.53%
10.3	203	90.37%
10.4	167	94.29%
10.5	189	94.01%
10.6	150	89.63%

Key Messages

Dear Parents/Carers,

Parent Information Evening

Thank you to all of you that took the time to attend the parent information evening last week. I hope you found this useful.

Please look out for the relevant information that was discussed throughout the evening.

Praise and Attendance

Well done to all form groups across year 10. Attendance has been excellent along with the amount of praise points being received.

Year 6 Open Evening

Lots of year 10 pupils will be supporting our year 6 open evening next Wednesday. If your child is taking part, please ensure that they are in full school uniform. Pupils will go home at 2.40pm on this day and should return to school at 4.30pm – they should eat before returning to school. Pupils will be dismissed at 7.30pm.

Mr Smith

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	98	93.1%
11.2	61	93.5%
11.3	64	87.9%
11.4	90	93.3%
11.5	74	92.1%
11.6	50	91.5%

Key Messages

Dear Parents/Carers,

Thank you to those of you who attended our Year 11 Information Evening last week. It was great to see so many of you there. As stated in this evening form time intervention has already begun and boosters will start for individual subjects after half term.

Well done to the Year 11 Netball team who played their first match this week against Chingford. Well done to Rosie H who was named player of the match. Well done also to Jasmine, Dominyka, and Kezia who were an integral part in an 11-0 win over Willowfield in football.

We are seeing an increasing amount of late marks to school please note that the gate will be shut at 8.35am. Therefore pupils need to be making their way onto the school site at 8.30.

Challenge Week: Key Information

The upcoming challenge week will take place from **Monday 30th September- Friday 11th October**. These exams are an important opportunity for pupils to demonstrate their learning and identify areas for further development. Please ensure you have read the letter sent by Ms Mitchell regarding early finishes for the first week. Below are a few key points to note:

1. Exam Timetables:

- All pupils have been provided with their individual exam timetables on Arbor. Please ensure they review these and are aware of the times and locations of their assessments.
- A digital copy is available on our Year 11 noticeboard on Google Classroom.

2. Study Preparation:

- Teachers have shared revision materials and practice resources on Google Sites and Google Classroom. Pupils should focus on their weak areas and approach their teachers if they need additional support.
- Encouraging a balanced routine—enough rest, nutritious meals, and regular short study sessions can greatly benefit their performance.

3. Exam Day Reminders:

- Pupils should arrive at the lower cage before their scheduled exam time.
- They should bring necessary stationery, including pens, pencils, erasers, a calculator (if required) in a clear pencil case, and clear water bottles.
- Please remind them to avoid bringing electronic devices such as phones or smartwatches into the exam room, these must be placed in bags and kept outside of the exam hall at all times.

Supporting Your Child

We understand that exams can be a source of stress for many pupils. Here are a few ways you can support your child during this time:

Create a Calm Study Environment: Set aside a quiet, dedicated study space.

Breaks and Downtime: Encourage them to take regular breaks and get enough sleep.

Positive Reinforcement: A little encouragement goes a long way. Celebrate small achievements and remind them that this is just one part of their learning journey.

A reminder that **prom deposit payments** of £10 are due no later than Monday 7th October. Thank you to those of you who have already done this.

Wishing them all the best for their challenge week!

Ms Clancey

Year 11 Lead



Sixth Form News

Form	Praise Points	Attendance
12.1	0	94.7%
12.2	78	93.0%
12.3	11	94.6%
12.4	9	98.5%
12.5	14	98.5%
13.1	3	96.9%
13.2	9	91.2%
13.3	1	81.5%
13.4	18	89.4%
13.5	13	96.5%

Key Messages

Dear Parents & Carers of Year 12,

A reminder that we will be going to the University and Apprenticeship Search Event at Tottenham Hotspur Stadium on 17/10/24.

All pupils are expected to be in uniform (smart business wear) and bring their own packed lunch unless they are eligible for Free School Meals. Please could Parents/Guardians ensure that their child has registered for their UK University search account prior to the trip. This is so the pupils can receive their QR codes which will act as their tickets for the stadium. Pupils can do this by following the link posted on the Year 12 Noticeboard on google classroom. This link is also copied below:
<https://www.ukuniversitysearch.com/fair-signup/london-autumn-2024>

Contact Details

If you'd like to contact me via e-mail the address is: pmiltiadou@heathcote.waltham.sch.uk

Mr Miltiadou

Year 12 Lead

Dear Parents/Carers of Year 13,

We hope the Parent Information Evening held last week was informative and provided you with a good opportunity to meet your child's tutor & I. If you have any unanswered questions please do get in touch.

Pupils are doing well with their applications to University via UCAS. Please note there are a number of virtual information evenings being offered from universities and apprenticeships, which are worth attending, especially first choice options.

For those pupils applying as an Early Entry applicant, please note Ms Elmi & I will be offering a support session in 6129 afterschool on Monday 30st September if they require any additional guidance. Pupils should come prepared with their final draft of their personal statement and completed application form including choices. Final submission is on Tuesday 1st October. This is our internal deadline to ensure they meet the UCAS deadline of 15th October 2024.

Challenge Week starts on Monday 30th September. Pupils need to arrive promptly (8.30am) for a morning exam. Pupils have received the overview timetable and should have noted their individual exam dates and times. Pupils are required to attend all exams.

16-19 Bursary: Just a reminder that all eligible pupils need to complete their applications by Friday 4th October (extended date). Year 13 pupils can use their previous log ins and are only required to submit new evidence of household income. All applications will then be checked and correspondence sent on the success of each application. Successful candidates will then be sent further information on funding allocations and how to request reimbursements or purchases. For more information on the 16-19 bursary please visit our school website.

Ms Lewis

Year 13 Lead



Other News & Events

Frankie and Jessica Run The Nuclear Race

Our congratulations go to Jessica M-H and Frankie T in Year 10 this week!

They completed a three kilometre mud run at Nuclear Races in Kelvedon Hatch, Essex. This was part of a sponsored fundraiser for the Haven House children's hospice, for which they raised the impressive total of just over £200.

Well done Jessica and Frankie!



Other News & Events

Year 11 Theatre Trip to Alexandra Palace

On the first week back of term, our Year 11 students enjoyed a fantastic trip to Alexandra Palace to watch a performance of **An Inspector Calls**. The experience was both engaging and thought-provoking, bringing the text to life in a memorable way. Students were captivated by the impressive staging, powerful performances, and the opportunity to see the play in a professional setting. It was a valuable chance for them to deepen their



understanding of the themes and characters studied in class. A great time was had by all, making it a truly enriching educational experience!

Ms Hannigan

English 2nd in Dept

“On the 5th September, I went to watch the play ‘An Inspector Calls’ and it was incredibly, informative and helpful.

As a Year 11 GCSE student who studies the play it was refreshing to see and hear the play for myself. It led me to form my own interpretations and opinions on the play which will assist me in my exams.

Exams aside, the play itself was engrossing, entertaining and enjoyable to watch.”

Angeline Daly, Year 11



*Alexandra Palace image courtesy of Jack Rose, [Wikicommons](#)

Lunch Menu

Week Beginning 30th September

WEEK 1	MONDAY BURGER DAY	TUESDAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
CHOICE 1	Chicken Burger in a Floured Bap with Potato Wedges	Sticky Tofu with Mixed Rice (ve)	Oven Baked Sausages with Creamy Mashed Potatoes and Onion Gravy	Chicken Curry & Rice	Jerk Chicken Leg with Rice or Chips
CHOICE 2	Cheese & Potato Puffs (v) with Potato Wedges	Beef Lasagne	Oven Baked Power Sausages with Creamy Mashed Potatoes and Onion Gravy (ve)	Caribbean Potato & Chickpea Curry (ve) & Rice	Fish & Chips or Fish Fingers & Chips
Street Food	Beef Enchiladas	Firecracker Pizza (v)	Sizzling Chicken & Ginger Stir Fry with Noodles	Chicken Wrap	Calzone with Mixed Salad (v)
JACKET POTATO	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)
PASTA POTS	Pasta King (v)	Pasta King (v)	Pasta King (v)	Pasta King (v)	Pasta King (v)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Banana Cake & Custard	Lemon Drizzle Cake	Eton Mess	Chocolate Cracknell & Chocolate Sauce	Jam Coconut Sponge
FRESH FRUIT / YOGURT	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub	Fresh Fruit / Fruit Pots /Organic Fruit Yogurt /Ice Cream tub
Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps
WATER AND FRUIT DRINKS	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake /bottled water

Week Beginning 7th October

WEEK 2	MONDAY BURGER DAY	TUESDAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
MAIN CHOICE 1	1/4lb Burger in a Floured Bun with Italian Diced Potatoes	Beef Spaghetti Bolognese	Roasted Garlic & Lemon Chicken with Rosemary Roast Potatoes, Sage & Onion Stuffing & Gravy	Thai Katsu Curry	BBQ Chicken
MAIN CHOICE 2	Bubble Crumb Salmon Fillet with Italian Diced Potatoes	Vegetable Curry with Mixed Rice	Homemade Cheese & Sweetcorn Quiche with Rosemary Roast Potatoes	Spiced Bangkok Noodles (v)	Fish & Chips or Fish Fingers & Chips
STREET FOOD	Chilli Topped Nachos	Minced Beef Wrap	Falafel Sub Roll	Banh Mi Chicken Baguette	Chicken Tex Mex
JACKET POTATO	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)
PASTA POT	Pasta King (v)	Pasta King (v)	Pasta King (v)	Pasta King (v)	Pasta King (v)
UNLIMITED VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
UNLIMITED SEASONAL SALADS	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
DESSERTS	Peach Melba	Apple Crumble & Custard	Fruity Flapjack	Stawberry Cheesecake	Chocolate & Beetroot Muffin
Selection of Freshly Prepared Sandwiches/ Baguettes/Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps
FRESH FRUIT / YOGURT	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub
WATER AND FRUIT DRINKS	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water