

HEATHNOTES

Encourage - Challenge - Succeed



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☎ 020 8498 5110 ✉ heathcoteschool@heathcote.waltham.sch.uk

🌐 www.heathcoteschool.com Facebook/Twitter @heathcotee4

CONTENTS

- 2 Notices/Reminders
- 4 Heathcote Reading
- 5 Year 7 News
- 6 Year 8 News
- 7 Year 9 News
- 8 Year 10 News
- 9 Year 11 News
- 10 Year 12 News
- 11 Year 13 News
- 12 Other News/Events
- 16 Lunch Menu

**NEXT WEEK IS
TIMETABLE...**

A

Dear Parents and Carers,

I hope you and your family had a restful and enjoyable half-term break. For those celebrating Diwali, we extend our warmest wishes for a joyous and pleasant celebration.

We're pleased to welcome our pupils back, and it has been fantastic to see how brilliantly they have returned, fully equipped and ready to learn. Thank you for your continued support with uniform standards and for helping pupils make such a strong start to this half-term. Their positive approach and hard work in lessons have been wonderful to see.

A reminder about our upcoming Parents' Evenings: Year 13's will take place on Wednesday, 14th November, and Year 11's on Monday, 25th November. Both evenings will run from 3:20 pm to 6:20 pm, with no appointment needed, allowing you to meet teachers at your convenience to discuss your child's progress.

We are also excited about the school-wide trip days for all year groups on the 14th and 15th of November, which will offer valuable opportunities for pupils to learn and explore beyond the classroom. You will have received correspondence regarding these trips, and we kindly ask that you ensure permission is given by this Monday.

Additionally, we invite Year 9 parents and carers to an Options Talk on Thursday, 12th December, from 5:00 pm to 6:00 pm. This session will be an important chance to learn more about the GCSE options process and to support your child in making informed choices about their future studies.

Thank you once again for your support and for ensuring our pupils are ready to thrive each day. We look forward to continuing our partnership with you throughout this term.

Warm regards,
Sonia Close

UPCOMING EVENTS

Wednesday 13th/Thursday 14th November

Year 8 Bletchley Park Visit

Thursday 14th November

Year 13 Parents Evening

Friday 15th November

Year 7 Architectural Tour

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

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



School Notices

Latest PE Extra-curricular Timetable—All Activities After School

Please see the current offer of extracurricular sporting activities this term. Please speak to Mr French or Mr Smith for further information.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Y7 Girls/Boys Football Training Coach Ryan Sports Hall / Meadow</p> <p>Y8 Girls Football Fixtures Mr Prince Local areas</p>	<p>Y7 Boys Football Training Mr Dolan Meadow</p> <p>KS4/5 Badminton Mr Chambers Sports Hall <i>*limited numbers</i></p> <p>Boys and Girls' Fitness Miss Hodges / Mr Prince Fitness Suite</p> <p>Nuffield Health Girls' PT Personal Trainers Dance Studio 4-5pm <i>*online sign-up</i></p>	<p>All years Girls Netball Mrs Lewis and Miss Clancey Sports Hall / Hard Courts</p>	<p>Y7 Girls Football Fixtures Mr Prince Local areas</p>	<p>Y7/8/9/10/11 Basketball Mr Chambers Sports Hall/Hard Courts</p>

** Y7/8/9/10/11 Basketball fixtures to occur this half term after school.

Apprenticeship Vacancy List

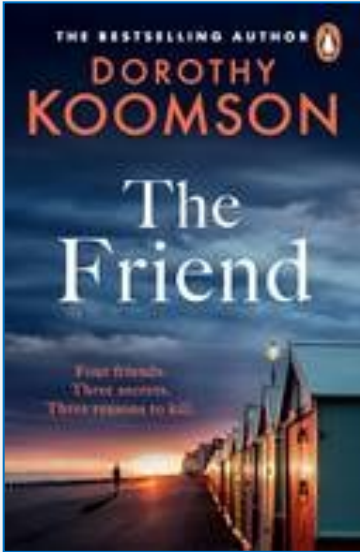
Please see [this link](#) for the latest apprenticeship and traineeship vacancy list.



Reading at Heathcote

Heathcote's Book of the Fortnight

The Friend by Dorothy Koomson



Cece Solarin is ready for a fresh start.

It looks like Brighton, where she has just moved with her three children, can provide that.

And when she meets three other mothers who welcome her into their circle, Cece begins to feel more comfortable in her new world.

But their new neighbourhood has a deadly secret.

Three weeks earlier, Yvonne, a popular parent, was almost murdered in the grounds of the local school - the same school where Cece has enrolled her children.

The police believe one of her new friends tried to murder Yvonne.

One of these women has a secret.

And it is a secret they will kill to keep. . .

Ms Elliot's Accelerated Readers will return in the next issue!



Year 7 News

Form	Praise Points	Attendance
7.1	51	96.8%
7.2	71	87.9%
7.3	74	94.8%
7.4	32	98.3%
7.5	43	100.0%
7.6	119	96.7%

Key Messages

Dear Parents/Carers,

Praise

Ms Apperley would like to praise 7.6 for their effort in drama this week – well done.

Congratulations to pupils who received Great start to the term awards for the following subjects:

English	Maths	Science	History	Geography	Art	Music	Dance	Drama
Florence	Joshua	Ranbir	Caelan	Jason	Anya	Caelan	Alex	Evan
PE	Product Design	Fashion Textiles	Architecture Design	Food Nutrition	Spanish	IT	RE	
Issy	George	Jason	Issy	Teodora	Maya	Amelia	Jeron	

I was asked to select 5 pupils for Year Leader awards and this was really difficult as there have been so many pupils who I would have liked to give this to, well done to **Poppy, Max, George, Caelan** and **Ajsel**.

Please can we also celebrate the outstanding efforts to the below pupils who are now above 100 points:

Erin	130pts	Amelia	113pts	Olivia	104pts	Daniella	102pts
Ajsel	127pts	Jessica	113pts	Hana	103pts	Emmeline	102pts
George	126pts	Maya	108pts	Charlie	103pts	Lamiss	102pts
Dylan	113pts	Emma	105pts	Albie	102pts		

Updates

Update to sanction to school for late:

Any pupil arriving between 8.35 and 9.10 will receive an R1 30 min restoration. Any pupil arriving after 9.10 will receive a R2 60 mins restoration

In PIE our new topic is child on child abuse. This week the lesson covered the topic of spreading rumours. We have shared with the pupils that if they have any concerns, they can raise these via the year 7 worry box on google classroom and they will be collected to write a statement if necessary.

Ms Gasper

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	62	87.9%
8.2	53	97.5%
8.3	17	93.3%
8.4	64	89.6%
8.5	62	83.5%
8.6	167	92.5%
8.7	40	89.2%

Key Messages

Dear Parents/Carers,

Messages

Congratulations to all pupils who received subject awards in our end of half term rewards assembly. A big well done to Louie B, Eylul B, Ray L, Konnie B and Peter D for being rewarded a Great Start Back award from Miss Apperley. These pupils have demonstrated resilience and respect throughout the first half term in Year 8.

A special recognition for Blake W and Jaeden N who handled a challenging situation with calmness and responsibility. They demonstrated maturity by comforting their friend when they injured themselves, calling for an ambulance, and helping the paramedics when they arrived. Their actions reflect well on them, and have been highly praised by the public, ambulance service and school, they should be incredibly proud of how they responded.

Further praise goes to Bessie C, Kieren M & Melisa H for being our pupils of the week last term – they have all shown such resilience and made a real positive change in their behaviours and attitude. Keep it up!

Notices

Pupil punctuality needs to improve to school and to lessons. Any pupils arriving to school between 8:35-9:10am will receive a 'R1' 30 minute restoration. Any pupils arriving after 9:10am will receive an 'R2' 60 minute after school restoration.

Any pupils wishing to raise a query or report a concern, please use the E-worry box on Google Classroom or speak to Miss Larkin at the Whitehall gate in the morning. Pupils will be picked up when staff have the availability to do so, any serious concerns or reports will be prioritised.

Upcoming Dates

Bletchley Park – 13th November **8.1 - 8.4**

14th November **8.4 - 8.7**

Ms Apperley

Year 8 Lead



Year 9 News

Form	Praise Points	Attendance
9.1	63	96.6%
9.2	59	90.6%
9.3	83	93.2%
9.4	46	94.4%
9.5	98	100.0%
9.6	30	90.0%

Key Messages

Dear Parents and Carers,

Welcome back to all of year 9, I hope you all enjoyed the extended half term break. As you will be aware, we will be starting to think about GCSE option choices **towards the end of this half term**. We will be in touch about this in due course, but just to give you plenty of advance notice, **there will be a parent's information evening on Thursday December 12th, from 5-6pm**. I'm sure lots of you will want to attend.

Art Trip – Friday 15th November

A reminder that the above trip is taking place shortly after half term. Please check Arbor to give consent for your child to attend. On this date 9.1, 2 & 3 will be visiting Tate Britain while 9.4, 5 & 6 will visit Tate Modern.

Equipment & Uniform

Hopefully the break has allowed you to check your child's uniform and ensure that they are fully equipped for the coming half term. A reminder of a few items that tend to cause issues:

- **Girls – No white sports socks over tights!** These must be black. Pupils will be asked to remove these and will be sanctioned for persistent offenders
- **No hoop or drop earrings, no nose rings,** 1 pair of earring only please – non-uniform jewellery will be confiscated
- **NO acrylic nails**
- **Boys** – no sports shorts or trainers under trousers
- **Equipment** – ALL pupils are expected to have a **reading book** at all times, this can be from the school library, your local library or brought in from home. The free '£1' books are not suitable as they are generally not age appropriate and pupils do not actually read them!

Half Term 1 Praise

Well done to the following winners from our recent achievement assembly:

'Great Start Back' Year Lead awards:

- Nini-Iman A
- Meadow E-F
- Bree B
- Max A
- Alexander G

Praise, behaviour & attendance award:

- 1st: 9.5
- 2nd: 9.6
- 3rd: 9.3

Looking forward to a positive half term 2!

[Ms Page](#)

[Year 9 Lead](#)



Year 10 News

Form	Praise Points	Attendance
10.1	53	91.3%
10.2	30	89.3%
10.3	45	94.4%
10.4	31	84.5%
10.5	17	88.8%
10.6	43	80.9%

Key Messages

Dear Parents/Carers,

Return to School

I do hope you enjoyed the half term along with the additional days received. In many ways, I felt the extended time was particularly useful for the year 10's given the positive start all have made to their GCSEs. The hope is that they would have found the time to reset given the long term and amount of information received in such a short space of time.

Well done to every year 10 student for the effort put in so far.

Home Learning

Home learning continues to remain an important part of the extended work required outside of the classroom. At times whilst we recognise this can be extensive, it is important that all pupils continue to do the best that they possibly can.

Please note that support will also be offered if your child is finding some difficulties. However please encourage your child to speak with their class teachers to ensure they understand what is required, when the homework is due, to ensure they give themselves the best chance of completing set work in a timely manner.

Challenge Week

Year 10 challenge week will commence week beginning; December 2nd. This will run for two weeks across December. Leading up to this, it is important that your child is aware of what challenge week assessments initials. Therefore please encourage your child to discuss this with their class teacher to ensure they close any gaps in their knowledge.

Assessments will cover taught GCSE topics from the start of September.

Praise and Attendance

Attendance and praise points continue to go from strength to strength across the year group. Several forms remain above 90 + percent and in comparison to last year, figures have improved. There always tends to be a dip prior to half term so it is nice to see that figures have remained positive.

Well done particularly to 10.1 and 10.3 for the amount of positive praises points received. The current form league table remains competitive, and it will be interesting to see who will remain top come christmas.

School Trips

Please ensure you have read the information related to school trips recently sent out. Our science department will be running a science trip on Thursday 14th November.

If payments have yet to be made, please ensure this is done as a matter of importance via our Arbor app.

New Starters

A massive well done to the following students who have recently started life at Heathcote. All students have settled in well. At the same time, thanks to the warm welcome they have received from students across year 10..

Sarah Z - 10.5 / Omer Y - 10.1 / Harry B - 10.5 / Mohit K 10.6.

Mr Smith

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	35	88.4%
11.2	26	90.7%
11.3	26	90.0%
11.4	26	92.3%
11.5	32	93.6%
11.6	19	87.6%

Key Messages

Dear Parents/Carers,

I hope you all enjoyed a restful half-term break.

Punctuality to School and Lessons

Recently, we have noticed a rise in pupils arriving late to school this affects their learning and disrupts the class. We kindly ask for your support in ensuring that your child arrives on time each day and moves promptly between lessons. Improved punctuality will enable all pupils to make the most of their learning opportunities and positively impact overall progress. If there are any issues with traffic or travel disruptions please inform the school and let us know that your child will be running late with an estimated arrival time.

After-School Booster Sessions

To support our pupils in reaching their full academic potential, we will be starting compulsory after-school booster sessions beginning next week. These sessions have been tailored to address the specific needs of each pupil and are now visible on your child's Arbor timetable. Attendance is essential to help pupils achieve their best, so please ensure they arrive promptly and ready to participate.

Careers Trip to Olympia – Friday, 15th November

On Friday, 15th November, all Year 11 students will attend the Careers Trip to Olympia. This is a valuable opportunity for students to explore career options and gain insight into potential future pathways. As this trip is compulsory, please make sure you have signed the consent form on Arbor.

Year 11 Prom – Next Payment Due Date Changed

There has been a change to the deadline for the second instalment for prom. Please note this is now due by Monday, 16th December. This has been requested by the venue and the decorations company, your support in making this payment on time will ensure we can finalise arrangements well before the Christmas holidays. All payments are to be made through Arbor.

Parents' Evening – Thursday, 28th November

A reminder that Year 11 Parents' Evening is on Thursday, 28th November. This evening is a great chance to discuss your child's progress with their teachers, celebrate achievements, and identify areas for improvement.

Thank you for your continued support, and we look forward to a successful term ahead.

Ms Clancey

Year 11 Lead



Year 12 News

Form	Praise Points	Attendance
12.1	15	96.9%
12.2	6	84.4%
12.3	3	93.1%
12.4	1	93.5%
12.5	4	97.8%

Key Messages

Dear Parents & Carers of Year 12,

I would like to congratulate all Year 12 pupils on how they engaged with our University and Apprenticeship Search Event trip at Tottenham Hotspur Stadium.

Pupils made the most of the opportunity and networked with university and apprenticeship staff to explore their options for further education.

Reminder of uniform expectations

A reminder that your child is expected to attend sixth form in smart business wear. Hoodies and leggings should not be worn to sixth form and students will be sanctioned for wearing these items. A polite reminder that skirts should be knee length and that students need to wear their lanyards at all times whilst at school.

Year 12 noticeboard

I would like to direct parents/guardians to remind their children to keep checking the year 12 noticeboard on google classroom as there are currently several opportunities being signposted on there. These include webinars on getting into dentistry and medicine. Additionally, details on how to apply for the access to banking programme for pupils interested in a career in investment banking can also be found on the year 12 noticeboard.

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



Year 13 News

Form	Praise Points	Attendance
13.1	5	94.4%
13.2	0	95.2%
13.3	0	92.5%
13.4	0	87.5%
13.5	0	92.0%

Key Messages

Dear Parents/Carers of Year 13,

We hope you had a great half-term.

Well done to all pupils that prepared and tried their hardest in the recent challenge weeks, I know this is a stressful but necessary process. Staff will be marking & moderating all papers in the coming week and setting new current & predicted grades. We will utilise this data to reflect and plan for the next step in support for pupils, whilst educating & empowering pupils to reflect on their own methods and strategies in order to strive for the top.

UCAS/Next Steps

Just a reminder, this is the final half term pupils will have to focus on their applications to UCAS, which we know is an important process and helps them to focus on their post-18 plans. Similarly, Apprenticeship options are constantly being updated and new opportunities released, I would recommend pupils create a record of all the apprenticeships they could be interested in and the date of final applications, particularly Degree Apprenticeships. Pupils would also benefit from updating their CVs and cover letters, both of which were created by pupils last academic year. The national careers service ([link here](#)), Start Programme ([link here](#)) and Unifrog ([link here](#)) are valuable links if you or your child would like further understanding on careers or additional support.

Achievement Assembly

Well done to all pupils that have received an award in our achievement assembly prior to half term. Staff nominated pupils that had made a fantastic start to year 13 in their chosen subject. I also nominated 5 pupils based on their improvements in attendance, punctuality and efforts in comparison to year 12 and for their amazing attitude to learning.

Key Dates

Y13 Parents Evening: Thursday 14th November

Internal UCAS deadline: Monday 9th December with the intention to submit by Friday 20th December. Universities start making their offers as soon as they receive applications, there's no need to wait for the deadline to submit –The earlier the better.

Ms Lewis

Year 13 Lead



Other News & Events

Heathcote Students Shine at Waltham Forest Cross Country

On Friday 11th October, Heathcote School and Science College made an impressive mark at the Waltham Forest Cross Country event held at Jubilee Park. The competition was fierce, with schools across the borough competing in various age categories. However, Heathcote students delivered outstanding performances, bringing home top positions.

Year 7 Girls Race: Holly B of Year 7 led the charge with an exceptional run, finishing first in her race with a time of 7 minutes and 32 seconds.

Year 7 Boys Race: Henri C from Year 7 was another star of the event, securing first place in the boys' race. Henri crossed the finish line with an impressive time of 6 minutes and 23 seconds, showing great endurance and speed.

Year 8/9 Girls Race: In the combined Year 8 and 9 girls' race, Imogen W showcased her exceptional talent, taking first place with a time of 9 minutes and 39 seconds. It's also important to note that Chloe S (Year 8) finished 4th in the race when competing against girls a year older.

Year 8/9 Boys Race: Kaden N-G represented Heathcote proudly in the Year 8/9 boys' race, finishing in second place. With a time of 11 minutes and 16 seconds.

The entire school community is incredibly proud of these students' achievements. We look forward to even more success in future competitions! Standings follow on the next page.



Other News & Events

Year 7 Girls

First name	Last initial	Race number	Gender	Finish time	Overall position	Finish TOD
Holly	B	68	Female	00:07:32	1	11:12:21
Isabella	J	69	Female	00:07:35	2	11:12:25
Cerys	W	70	Female	00:07:38	3	11:12:27

Year 7 Boys

First name	Last initial	Race number	Gender	Finish time	Overall position	Finish TOD
Henri	C	73	Male	00:06:23	1	11:00:09
Parker	L	71	Male	00:07:04	3	11:00:50
George	D	72	Male	00:07:08	7	11:00:54

Year 8/9 Girls

First name	Last initial	Race number	Gender	Finish time	Overall position	Lap 1 TOD	Finish TOD
Imogen	W	76	Female	00:09:39	1	10:44:15	10:49:30
Chloe	S	74	Female	00:10:22	4	10:44:34	10:50:13
Georgia	D	77	Female	00:11:47	12	10:45:09	10:51:38
Bessie	C	75	Female	00:12:20	20	10:45:12	10:52:11

Year 8/9 Boys

First name	Last initial	Race number	Gender	Finish time	Overall position	Lap 1 TOD	Lap 2 TOD
Kaden	N-G	80	Male	00:11:16	2	10:31:32	10:36:15
Oliver	P	81	Male	00:11:36	5	10:31:47	10:36:36
Georgi	A	78	Male	00:12:17	10	10:32:14	10:37:17
Oscar	W	79	Male	00:12:30	14	10:32:22	10:37:30
Daniel	C	82	Male	00:12:30	16	10:32:23	10:37:30



Other News & Events

NO Pens Day
Show and tell

Speech and Language UK
Changing young lives.

Information for families

Why is your child's school taking part in No Pens Day 2024: Show and tell?

- Teachers estimate that, in the UK today, 1.9 million children struggle with talking and understanding words. Without the right support, they face huge hurdles in learning, making friends and staying in good mental health.
- By bringing in £1 and taking part in No Pens Day 2024, you and your child can help raise money to support children who struggle with talking and understanding words.
- It's a chance for your child to improve their speech, language and communication skills through a day of talking and listening activities – starting with the biggest ever show and tell!

Help your child take part by...

- Helping them choose something that they would like to bring in or talk about for show and tell. This could be:
 - An object from home that they love
 - An item of clothing
 - A photograph of a person who they want to talk about
 - A photograph of a special memory
 - Something imaginary! They don't have to bring anything in – they could just think of something they want to talk about.
- Helping them practise doing show and tell with their chosen item. They could mention:
 - What it is
 - Why they love this item/memory/imaginary thing
 - When they got it/did it
 - Who gave it to them/who they were with
 - What's special about it

- Make sure they bring in £1 to take part in show and tell on the day. All money raised will go to Speech and Language UK – a charity that supports children who struggle with talking and understanding words.

After the day...

- Have a chat with your child about how No Pens Day 2024 went. It's probably best not to ask your child about this as soon as they come out of school- unless they happen to initiate a conversation about it. Children often need to switch off for a bit when they first get home from school. Try to wait till they seem ready to chat. A good time to talk about this might be at the table while you are eating tea, snuggled up together on the sofa while sharing a snack, when you are walking somewhere together and are not in a hurry, or possibly at bedtime when you are saying good night (provided it's not too late!)
- Some of the things you could say to your child include:
 - I'd love to hear about your "show and tell" today. How did it go?
 - What did your friends/teacher ask you about X? ("the thing you took in to school"?)
 - How did you feel when you were talking?
 - What did you tell them about it?
 - What did some of your friends talk about?
 - Did you learn anything new today?
 - How did it go/feel not using a pen/pencil today?

Speech and Language UK is the operating name of I CAN Charity, a registered charity in England and Wales (210031) and Scotland (SC039947), which is a company limited by guarantee registered in England and Wales (00099629). Registered address: 17-21 Wenlock Road, London, N1 7GT.



Other News & Events



OPEN DAY

SATURDAY 23RD NOVEMBER 2024 10AM - 1PM



LEARN






CONNECT



DESIGN

Learn with skill | Feel connected | Design your future

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WWW.SGMC.AC.UK



Lunch Menu

Week Beginning 4th November

WEEK 2	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
MAINS	CREAMY PASTA BAKE ● SWEET AND SOUR VEGETABLES WITH MIXED RICE ●Y JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	SPICY NACHO TOPPED BEEF BURGER IN A FLOURED BUN WITH ITALIAN DICED POTATOES HALLOUMI BURGER WITH ITALIAN DICED POTATOES ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	ROASTED GARLIC AND LEMON CHICKEN WITH ROSEMARY ROAST POTATOES, SAGE AND ONION STUFFING, AND GRAVY HOMEMADE CHEESE AND SWEETCORN QUICHE WITH ROSEMARY ROAST POTATOES ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	LAMB ROGAN JOSH WITH MIXED RICE THAI KATSU CURRY WITH MIXED RICE ●Y JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	MSC FISH FINGERS WITH CHIPPED POTATOES OR BUBBLE CRUMB SALMON WITH CHIPPED POTATOES STUFFED BELL PEPPER ●Y JACKET POTATO WITH VARIOUS FILLINGS ●Y ●
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					
STREET	SPICED BANGKOK NOODLES ●	FISH AND CHIP WRAP	TEX MEX	CHILLI TOPPED NACHOS	PIRI PIRI CHICKEN WINGS
PASTA					
COLD	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
DESSERTS	PEACH MELBA ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	APPLE CRUMBLE ● SERVED WITH CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	ETON MESS ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	LEMON CHEESECAKE ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	CHOCOLATE AND BEETROOT MUFFIN ● SERVED WITH CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER					

Week Beginning 11th November

WEEK 3	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
MAINS	MAC N CHEESE ● THAI STYLE JASMINE RICE ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	BEEF TOWER BURGER WITH JACKET WEDGES FALAFEL STUFFED PITTA WITH MINT YOGURT AND RED CABBAGE ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	HOMEMADE CHICKEN AND SWEETCORN PIE WITH ROASTED POTATOES AND GRAVY ROASTED VEGETABLE LOAF WITH ROASTED POTATOES AND GRAVY ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	BEEF CURRY WITH MIXED RICE TOFU CURRY WITH EGG FRIED RICE ● JACKET POTATO WITH VARIOUS FILLINGS ●Y ●	MSC DEEP FRIED FISH WITH CHIPPED POTATOES OR MSC FISH FINGERS WITH CHIPPED POTATOES OLIVE & TOMATO RISOTTO ●Y JACKET POTATO WITH VARIOUS FILLINGS ●Y ●
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					
STREET	CLASSIC CHEESE AND TOMATO PIZZA WEDGE AND GARLIC BREAD	CHICKEN ZINGER WRAP	SMOKEY BEEF BURRITO	SPRING ROLLS WITH MIXED RICE AND SWEET CHILLI SAUCE ●Y	STICKY CHICKEN WINGS WITH CHIPPED POTATOES
PASTA					
COLD	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
DESSERTS	PINEAPPLE UPSIDE DOWN CAKE ● AND CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	APPLE PIE ● SERVED WITH CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	RICE PUDDING WITH FRUIT COMPOTE ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	FROSTED CARROT CAKE ● SERVED WITH CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	STICKY CHOCOLATE BROWNIE ● SERVED WITH CUSTARD ●Y ● FRESH FRUIT ●Y FRUIT POTS ●Y ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER					