

HEATHNOTES

Encourage - Challenge - Succeed



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10th October 2025

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**NEXT WEEK IS
TIMETABLE...**

A

Dear Parents and Carers,

It has been another busy and positive week at Heathcote, with so much to celebrate across the school community.

Key Dates and Upcoming Events

- **Year 11 and Year 13 Challenge Weeks** begin on **Monday 13th October**. Please ensure your child is fully equipped and prepared for these important assessments. The schedules have already been shared with pupils and parents and are available on **Google Classroom** for reference.
- **Friday 24th October** is an **INSET day** – the school will be closed to pupils.
- **Monday 3rd and Tuesday 4th November** are also **INSET days**, so pupils will return to school on **Wednesday 5th November**.

Celebrating Our Pupils

Congratulations to all the pupils who took part in the **Jack Petchey Speak Out Challenge** this week. Their confidence, eloquence, and creativity were truly impressive. Public speaking is such a valuable life skill, and we are proud of every participant for representing Heathcote so well.

A huge well done also goes to those involved in the **UKMT Maths Challenge**. Pupils demonstrated outstanding problem-solving skills, resilience, and determination—qualities that we value highly here at Heathcote.

Open Evening Success

We were delighted to welcome so many families to our recent **Open Evening**. It was wonderful to see our pupils acting as guides, performers, and speakers, and to hear so many positive comments from visitors about their experiences. The event was a huge success and reflects how popular and respected Heathcote continues to be in our local community.

As always, thank you for your ongoing support in ensuring your children are ready, respectful, and responsible in all they do.

Wishing you a restful weekend.

Sonia Close



UPCOMING EVENTS

Monday 13th October

Challenge Week begins (Year 11 & Year 13)

Tuesday 21st October

Skills Centre Visit, Earls Court (Y12)

Friday 24th October

INSET Day (Pupils Not In School)

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

Trips and Enrichment

6th November	Quintessential London	Yr 12
21st October	The Skills Centre, Earls Court	Yr 12
15th October	UK University and Apprenticeship Fair, Tottenham Stadium	Yr 12

If your child has been invited to any trip/enrichment activity, please note:

- Parent permission must be given via Arbor. We inform parents as early as possible allowing parents sufficient time to give permission.
- If your child's behaviour falls below our threshold, your child will be removed from the trip. You will be informed via email and any money paid, will only be refunded if we have not already paid for bookings or coaches.
- All year 12 students will be attending the University/Apprenticeship Fair on 15th October. Please ensure your child comes to school with a packed lunch wearing suitable footwear for a lot of walking. They must follow their usual sixth form dress code.

Careers and Further Education

Year 10/12 Work Experience (29th June - 3rd July 2026)

All parents of pupils in Year 10/12 have been invited on an online meeting where I will inform you of the Work Experience Process. Here are the meeting details:

Date: Wednesday 22nd October, 4.00pm-5.00pm

Online link: Year 10/12 Work Experience

Google Meet joining info/video call link: <https://meet.google.com/qew-euns-rrd>

Inspire Open Days 2025-2026

[Please click here](#) to view a list of post-16 Options in Newham and the surrounding areas.

Pointblank Music School

There are upcoming Open Days here on Saturday 25th October and Saturday 29th November, for any pupils who might be exploring music-related HE pathways. Find out more at:

<https://www.pointblankmusicschool.com/global/open-days-and-studio-tours/>



School Notices

Birmingham University Hospital Trust Virtual Work Experience

To help students interested in medicine or dentistry gain valuable insights, we offer a FREE Virtual Work Experience programme, focusing on a different specialty each month. Our October sessions are now open, covering General Practice and New Dental Patients.

This programme is proudly brought to you by Birmingham Universities Hospitals Trust in partnership with Medic Mentor and Dental Mentor. It is completely free to join and open to all UK students aged 14 and above who have attended one of our FREE virtual "Get Into" conferences!

The upcoming Get Into Medicine conferences are:

- Saturday 25th October from 9am - 1:30pm
- Sunday 26th October from 9am - 1:30pm

[Students and parents/guardians can register using this link.](#)

The upcoming Get Into Dentistry conferences are:

- Saturday 18th October from 9am - 1:30pm
- Sunday 9th November from 9am - 1:30pm

[Students and parents/guardians can register using this link.](#)

The Get into Medicine or Get Into Dentistry Conference is a complete guide to the medical or dental application journey. Students get essential insights into the medical/dental UCAS application process (such as the NEW emphasis on extracurricular activities), connect with professionals, fellow students, and gain a deeper understanding of a future career in medicine or dentistry. Topics include:

- Application Timelines
- How to Tactically Choose Medical/Dental Schools
- Personal Statements - New format updates
- Medical/Dental School Interviews
- UCAT - Entrance Exams to Medical/Dental School
- Medical Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships

If you have any questions, please contact the SAS team on 01530 417299.



School Notices

Discover Herts University at their Open Day

Be fully immersed into what your future at Herts could really be like. Experience it all up close.

Bookings are open for our autumn open days and we have some great travel discounts to help you get to us, so go ahead and secure your spot!



Upcoming Open Days

Saturday 18 October, 9:30 - 15:00

Saturday 22 November, 9:30 - 15:00

See for yourself what makes Herts a Top 50 University (Guardian University Guide, 2026)

Your course

Learn everything you need to know about your chosen course and where it might take you.

Your campus

Explore the campus and accommodation and picture yourself studying here.

Your community

Meet your future tutors and our friendly support teams. Get a feel for the Herts community.

Support with your Open Day travel costs

We know Open Day visits are important in your application journey, so we want to make it as easy as possible for you to attend, that's why we're offering a range of travel discounts.

[Book your place today using this link](#)

Our free car parking, free travel across the Uno bus network and our car mileage reimbursement scheme are here to help you get to us. Just make sure you book your place and keep an eye on your emails for more details of how to claim.

Ms Bashal



Year 7 News

Form	Praise Points	Attendance
7.1	86	98.8%
7.2	286	98.8%
7.3	121	97.0%
7.4	174	97.9%
7.5	144	95.8%
7.6	244	94.2%

Key Messages

Dear Parents/Carers,

I would like to start by saying a huge thank you to all the Year 7 pupils who helped out at our **Open Evening** last week. This was a very busy event, and our pupils showed excellent standards of maturity and professionalism as they guided prospective pupils and their families around the school. They were a real credit to the school, and their efforts were greatly appreciated by staff and visitors alike.

I still have 7 spaces available on the **Gilwell Park trip**. If your child would like to attend, please ensure the deposit is paid by Friday 10th October. After this date, the trip numbers will be confirmed with the venue, and I will not be able to add any further pupils.

A big well done to **7.1** for their excellent attendance last week and to **7.4** for their outstanding behaviour. It's wonderful to see so many pupils setting a positive example for others.

I would also like to take a moment to recognise the high number of positive points achieved across Year 7 recently. This reflects the pupils' great effort and commitment to completing their classwork to a high standard. I would just like to see a small improvement in routines and lesson transitions to ensure that learning time is maximised throughout the day.

A reminder that **Challenge Week** will take place after the half-term break. Pupils should be using Google Sites to review materials and ensure they are fully prepared for any upcoming assessments.

For those who purchased them, pupil photos will be distributed this week.

Thank you, as always, for your continued support.

Ms Clancey

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	142	94.6%
8.2	76	96.6%
8.3	89	91.8%
8.4	77	94.2%
8.5	161	94.8%
8.6	174	97.5%

Key Messages

Dear Parents/Carers,

I would like to thank all pupils and parents for their continued support and cooperation. Working together to support your children makes a real difference. Please see the table below for the latest Stars of the Week.

Your child's form tutor is your first point of contact for any pastoral or general concerns. They know your child best, are well-equipped to deal with most issues, and can quickly pass on anything that requires further support. As I oversee 180 pupils and have my own teaching groups, it's really important that initial communication goes through tutors — this helps ensure that any urgent matters are directed and resolved more efficiently.

I feel grateful to have a year 8 team is made up of dedicated tutors who I am confident will continue to guide and support pupils both pastorally and academically throughout the year. Each tutor plays a key role in helping students develop positive relationships, build confidence, and make the most of the opportunities available to them at Heathcote.

Our new form tutor structure is as follows:

- 8.1 – Ms Komba-Kono
- 8.2 – Ms O'Neil / Ms Loonat
- 8.3 – Mr Abdulkhaliq / Ms Kir
- 8.4 – Mr Karim (Mon–Tues) / Ms Zaman (Weds–Fri)
- 8.5 – Mr Bailleux
- 8.6 – Ms Sajid

Our SEND link is Ms Waheed

Our Pastoral Support is Ms Clarke

I have adjusted the usual pastoral programme to include a focus on team building activities, helping pupils to strengthen friendships and feel settled in their new forms. Alongside this, we will continue our strong push on reading for pleasure and progress, ensuring that every pupil develops confidence and enjoyment in reading across the curriculum.

Friendly reminders for pupils:

- Talk to friends only **after the whistle at line-up**.
- Please make sure you are following your **new timetable** and you arrive to lesson **promptly**.
- **All homework should be completed**, not just core subjects.

We would like to thank all pupils and parents for their patience and support during this transition. The Year 8 team looks forward to continuing working closely with families to ensure that every child continues to thrive both academically and personally.

Ms Gasper

Year 8 Lead

Stars Of The Week				
8.1	James	Erin	Jasmin	Cameron
8.2	Cerys	Sha'mar	Alea	Adam
8.3	Johan	Selome	Unik	Emily
8.4	Teodora	Ranbir		
8.5	Zander	Daniella	Rio	Jake
8.6	Levi	Chuka	Maya	Nojus



Year 9 News

Form	Praise Points	Attendance
9.1	99	96.3%
9.2	198	96.5%
9.3	141	93.8%
9.4	72	89.3%
9.5	131	91.1%
9.6	156	83.1%
9.7	151	95.1%

Key Messages

Dear Parents/Carers,

A huge congratulations to Chloe (9.1) and Cerys (8.2) for their incredible achievements at the Waltham Forest Cross Country competition this week. Chloe finished 1st overall, and Cerys came a fantastic 2nd! Well done to River (9.1) and Lola (9.7) for taking part and proudly representing the school. We are immensely proud of all of you – an outstanding effort and display of teamwork and determination!

We have noticed a significant improvement in Year 9's uniform since the start of term – thank you for your continued support. However, we would like to remind parents that:

- Some skirts remain shorter than the required length and do not meet school policy.
- Jewellery is still being worn by some pupils; any items seen will continue to be confiscated until the end of the week.
- A few pupils are wearing their trousers too low, which is not appropriate for school.

We appreciate your help in reinforcing our uniform expectations at home to ensure all pupils maintain a smart and respectful appearance.

Unfortunately, we have seen a recent trend known as “fresh trim slaps” – where pupils hit someone on the back of the head after a haircut – This behaviour is unacceptable and will not be tolerated, pupils seen doing this will be placed in regulation.

Our priority is to ensure that every pupil feels safe and respected at school. Thank you for supporting us in reinforcing this message.

A big thank you to all the Year 9 pupils who volunteered their time to support our recent Open Evening. It was fantastic to see so many of them guiding Year 6 families around the school, assisting in departments, performing, and helping to showcase our vibrant curriculum.

A special mention goes to Andreyra who gave stunning piano performance for our visitors – you truly did us proud!

This week, I had the pleasure of observing a few Year 9 Science lessons. I'd like to recognise the following pupils for their enthusiasm, engagement, and willingness to challenge themselves:

Max B, Yoan, Wajaahat, Lucy, Netanella, and Daniel M.

Well done to all – keep up the fantastic effort and curiosity in your learning!

Ms Apperley

Year 9 Lead



Year 10 News

Form	Praise Points	Attendance
10.1	154	92.7%
10.2	75	89.6%
10.3	101	90.6%
10.4	88	97.5%
10.5	126	95.8%
10.6	113	97.5%

Key Messages

Dear Parents and Carers,

After a really positive few weeks, I have noticed a slight dip in standards recently — small things like missing equipment, having no reading book and arriving late to lessons. I would encourage pupils to refocus and get the basics right – packing bags the night before school, laying out uniform and being on time to class. Please do support your child with their personal organisation.

This Thursday Ms Bashal will be delivering an assembly to pupils about work experience. A reminder that our online Parent Information Evening will take place on Wednesday 22nd October — I hope that as many parents and carers as possible are able to attend.

Challenge 'Week' 1 for year 10 runs from 17th–28th October 2025 and this half term we have been focusing on study skills in our assemblies and tutor time. Pupils have been given a revision timetable template to help organise their planning and preparation. Please support your child in getting an early start on revision (many already have!). If you or your child would like more information about GCSE course content they can refer to the Heathcote Pupil Portal, Subject Google Sites for KS4.

Subject Praise:

Well done to the following pupils for their effort and application this fortnight:

Science: James Cr, Nini-Iman, Sophia A, Imisi, Liam S

Sport: Harry H

Product Design: Canaan & Harry B

League Table: Praise, Least Negatives & Attendance

Winning tutor groups this term so far (right).

Week 1	10.6
Week 2	10.3
Week 3	10.3
Week 4	10.1
Week 5	10.5

Ms Page

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	113	78.4%
11.2	98	77.4%
11.3	104	90.9%
11.4	127	94.4%
11.5	115	86.5%
11.6	102	81.3%

Key Messages

Dear Parents/Carers,

Well done to pupils on their efforts thus far in both their lessons and in their preparation for challenge week. We can see how hard they are working and the dedication to their studies, particularly with attending boosters; we hope they enjoyed their pizza treat.

Challenge Week started on Friday 10th October and continues until Thursday 23rd October (last day of half term). Pupils need to arrive promptly, particularly for a morning exam. Pupils are required to attend all exams and be fully prepared for all exams – don't forget those calculators! If your child does not know their timetable please ask them to inform the exams team who can resend it to them. Good luck to pupils during this time.

During challenge week, pupils can still be referred for a sanction. On the day pupils are due to complete their regulation pupils they will not be allowed to go off site period 5 and will complete their restoration time after school.

The Careers 1-to-1 support meetings have been going brilliantly, I can't praise the pupils enough on their enthusiasm and engagement in these sessions, which will give them purpose and improve their aspirations and ambitions. Please ensure you utilise this resource to support careers discussions with your child and to plan and arrange open days to potential post-16 provisions; a plan B and even plan C option is always advisable:

<https://www.walthamforest.gov.uk/sites/default/files/2025-08/2026%20WF%20post%2016%20prospectus.pdf>

Year 11 PRAISE

Well-done to 11.1 & 11.3 who were awarded 'free form time' over the last fortnight for winning the weekly league points (allocated for high attendance, low negative behaviour points and high praise points).

Department shout-outs:

English	Teddy RB
PE GCSE	Tayla.W
PE Core	Amaya.S
DT PD	Deniz.D
Extra Curricular/ Above and beyond	Year 11 Netball Team who came 4 th is their recent Rally: Kayleigh, Elizabeth, Rosie, Jessie, Ellie, Maisie
Ms Lewis (year lead)	Kalina S, Aaron.R, Rija.S, Well done to the 48 pupils with 100% present attendance thus far.

Ms Lewis

Year 11 Lead



Year 12 News

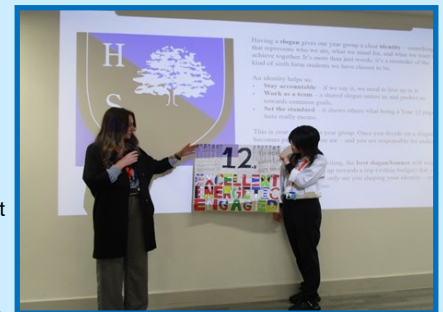
Form	Praise Points	Attendance
12.1	15	91.9%
12.2	27	91.7%
12.3	27	96.9%
12.4	27	100.0%
12.5	36	98.7%

Dear Parents & Carers of Year 12,

It has been another exciting few weeks at Heathcote Sixth Form

Notices

- School Trip – Tottenham Stadium**
 A reminder that the school trip to *Tottenham Stadium* will take place on *15th October*. Pupils are expected to wear professional attire, as you never know—you may be meeting a future employer!
- Year 13 Buddy Mentoring**
 Our Year 13 buddy mentoring system is now underway, giving students the chance to support and learn from one another. This comes at a perfect time as we prepare for *Challenge Week, starting 17th November*. Challenge Week is an important opportunity for pupils to showcase progress, reflect on subject choices, and receive support to ensure they are reaching their full potential.
- Supervised Study Reminders**
 While we have celebrated fantastic successes recently, it is disappointing that supervised study is not always being used productively. We would like to remind pupils that supervised study, along with privileges such as being allowed off-site for lunch, are important parts of the Heathcote Sixth Form experience. These opportunities are based on trust and responsibility, and we expect all students to make the most of them.
- Envision Project**
 We are excited to announce the launch of our *Envision Project*. More details will be shared soon, but only 18 pupils will have the opportunity to join the programme, starting 17th October. The project focuses on making a difference to the school and sixth form community. Sessions will take place during PIE, and pupils will travel to Central London to present their concepts. This is a fantastic opportunity to develop leadership, teamwork, and entrepreneurial skills.



Successes

Inter-Form Competition

At Heathcote, we aim to build a strong sixth form identity and foster teamwork. Pupils are competing in our *inter-form competition*, which includes challenges such as lip sync battles, bake-offs, and banner-making.

This week's banner challenge was fantastic—congratulations to 12.3 for being crowned winners, and 12.1 as runners-up. Well done to all pupils for their excellent participation and creativity!

Black History Month

This month we are proud to celebrate Black History Month. A special congratulations to *Miles, Zakkiyah, Nafisa, and Lunna*, who took the initiative to lead an inspiring assembly (above right). Their confidence and leadership are a credit to our sixth form community.

Sixth Form Senate

We are delighted to confirm our Sixth Form Senate members:

12.1: Ryan Kebir, Tony Barwell

12.2: Zakkiyah Welch, Miles Alexander

12.3: Valentin Corobanea, Farhan Mahmood

12.4: Zahraa Rahman, Lunna Quadros

12.5: Sarah Bindas, Emily Lu

The Senate gives pupils a voice and greater autonomy over their sixth form experience. Members help shape school life, contribute ideas for initiatives and events, and work with staff to improve the sixth form environment—a fantastic chance to develop leadership skills and make a real difference.

Careers Opportunities

We have a number of exciting careers opportunities this week. These are offered on a first-come, first-served basis, so we encourage pupils to act quickly. Examples include:

- Tech Mentor No-Code Hackathon* – Saturday, 11th October, 10:00am–4:00pm
- Get Into Medicine Conferences* – upcoming dates
- Get Into Law Conference* – upcoming dates
- Allied Healthcare Virtual Work Experience* – Sunday, 5th October, 9:00am–5:00pm, focusing on Pain Management and Mental Health

This is an important time for pupils to explore their industry of interest, gain hands-on experience, and take initiative. Apply early and make the most of these opportunities—others are already doing so, and we want all our pupils to benefit!

Thank you for your continued support, and well done to all our pupils for their hard work, creativity, and leadership this term.

Ms Singh/Ms Ismail Joint Year 12 Lead



Year 13 News

Form	Praise Points	Attendance
13.1	1	92.1%
13.2	25	89.2%
13.3	21	94.5%
13.4	59	93.6%
13.5	61	88.4%

Key Messages

Dear Parents/Carers of Year 13,

Reminder of Year 13 Challenge Week

A reminder that the year 13 Challenge Week is commencing from the 13th of October. This will take place over 2 weeks and the pupils will be tested in the courses that they are taking. Pupils have all been given a paper copy of their challenge week timetable and this is also available via the pupil portal. We kindly ask parents and carers to encourage your children to revise thoroughly and be well-prepared. Pupils should utilise the resources they have gathered throughout the year, including notes, textbooks, materials available on google classroom, and any other resources that their subject teachers have recommended to them. Thank you for your ongoing support during this critical time.

Year 13 Pupil Praise

The following students have been highlighted by their subject teachers for demonstrating exceptional effort, progress, or achievement in their lessons over the past two weeks. Their dedication and hard work have stood out—well done to all!

- Rae M – *Geography*
- Damilola A – *Maths*
- Em B – *Product Design*
- Nelly K – *Product Design*
- Maddison M-H - *Health and Social Care*
- Kimiah N – *Health and Social Care*

Contact Details

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

Mr Miltiadou

Year 13 Lead



Other News & Events

Two weeks to go: the Unifrog university fair is back!

The Unifrog virtual university fair on 14 October at 4 - 6.30pm is less than two weeks away!

Over the course of two hours, students can attend live sessions and meet 32 top universities from across the UK including Durham University, University of Aberdeen, and University of Exeter.

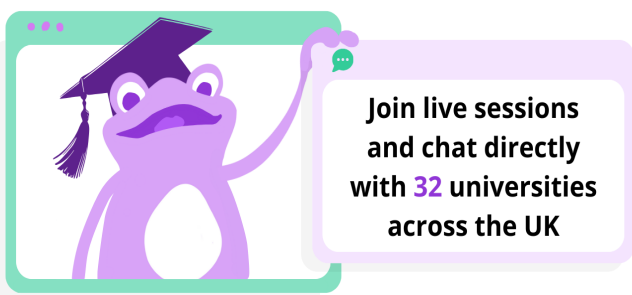
Why should you join the fair?

The fair is free to all students and ideal for Y10-13 / S4-6, no matter what stage they've reached in their university application journey:

- *For students who are unsure about what or where to study* - Live sessions and interactive booths will inspire them to consider a diverse range of subjects and universities from across the UK.
- *For students who know where they want to go* - This fair is a great opportunity to get tips on choosing the right course and acing their personal statement ahead of the upcoming admissions cycle.
- *For students who have questions about student life* - Whether this is about scholarships, extracurricular activities, accommodation, or any other factors that influence students' decisions, 32 universities will be there to chat!

Plus, parents and caregivers are welcome to join too! There's a session for them about supporting university applications, and parents are free to join any other part of the fair.

[Click here to sign up!](#)



unifrog
UNIVERSITY FAIR
Tuesday 14th October 2025

Lunch Menu

Week Beginning 29th September

WEEK 2

	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY CURRY DAY	THURSDAY TRADITIONAL DAY	FRIDAY CHEFS CHOICE
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MAINS

CHICKEN AND SWEETCORN PIE WITH CREAMED POTATOES AND GRAVY	SPICY NACHO TOPPED BEEF BURGER IN A FLOURED BUN WITH ITALIAN DICED POTATOES	LAMB ROGAN JOSH WITH MIXED RICE	PERI PERI CHICKEN LEGS SERVED WITH ROSEMARY ROAST POTATOES	MSC FISH FINGERS WITH CHIPPED POTATOES
STUFFED BELL PEPPER	HALLOUMI BURGER WITH ITALIAN DICED POTATOES	THAI KATSU CURRY WITH MIXED RICE	HOMEMADE CHEESE AND SWEETCORN QUICHE WITH ROSEMARY ROAST POTATOES	BUBBLE CRUMB SALMON WITH CHIPPED POTATOES
JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH BREAD IS MADE DAILY

STREET

MEXICAN STYLE QUORN LOADED BURRITO	FISH AND CHIP WRAP	CHILLI TOPPED NACHOS	TEX MEX	SPICY GREEN JALAPENO PEPPER FLATBREADS
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PASTA

				
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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
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DESSERTS

PEACH MELBA	APPLE CRUMBLE WITH CUSTARD	LEMON CHEESECAKE	ETON MESS	CHOCOLATE AND BEETROOT MUFFIN WITH CUSTARD
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS
ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT
ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB

Week Beginning 6th October

WEEK 3

	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY CURRY DAY	THURSDAY TRADITIONAL DAY	FRIDAY CHEFS CHOICE
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MAINS

CREAMY MAC N CHEESE	SOUTHERN FRIED CHICKEN BURGER AND JACKET WEDGES	BEEF CURRY WITH MIXED RICE	SAUSAGE AND MASH WITH ONION GRAVY	MSC BATTERED FISH AND OVEN BAKED CHIPPED POTATOES
SWEET AND SOUR CHICKEN SERVED WITH MIXED RICE	FALAFEL STUFFED PITTA WITH MINT YOGURT AND RED CABBAGE	VEGETABLE CURRY WITH MIXED RICE	FIVE LAYER LASAGNE	MSC GOLDEN CRUMB FISH FINGERS AND OVEN BAKED CHIPPED POTATOES
JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS	JACKET POTATO WITH VARIOUS FILLINGS

ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD

FRESH BREAD IS MADE DAILY

STREET

CLASSIC CHEESE AND TOMATO PIZZA WEDGE AND GARLIC BREAD	SMOKEY BEEF BURRITO	SAMOSA WITH MIXED RICE AND SWEET CHILLI SAUCE	CHICKEN ZINGER WRAP	QUORN CHILLI DOG WITH TOMATO SALSA
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PASTA

				
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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
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DESSERTS

FRUIT JELLY	APPLE TURNOVER	FROSTED CARROT CAKE AND CUSTARD	RICE PUDDING WITH FRUIT COMPOTE	STICKY CHOCOLATE BROWNIE
FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT
FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS	FRUIT POTS
ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT	ORGANIC FRUIT YOGURT
ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB	ICE CREAM TUB