

# HEATHNOTES

Encourage - Challenge - Succeed



**ISSUE 123**  
**12th December 2025**

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**NEXT WEEK IS  
TIMETABLE...**

# A

## Dear Parents and Carers,



As we approach the end of term, I wanted to share some important information about the festive activities taking place next week.

We are looking forward to our end of term celebrations, including our Christmas lunch on **Tuesday**. Pupils are welcome to wear their **Christmas jumper on this day** to help us mark the occasion in style with music and fun. Please remember that if your child has not paid for the Christmas lunch, they will need to bring a packed lunch. Pupils who are eligible for Free School Meals will receive a Christmas lunch at no cost.

Please note that **no hot food will be served at break time** on the Christmas lunch day.

On **Friday 17th December**, school will finish at **12.30pm**. Pupils who are eligible for Free School Meals will be offered a packed lunch to take away.

There are also a number of trips and events taking place during the final week of term, so please ensure your child is prepared and organised for these days.

After the Christmas break, we will be making a small change to our uniform expectations. From January, pupils wearing skirts will **no longer be permitted to wear knee-high socks or ankle socks**. Instead, they must wear **100 denier black tights**, or they may choose to wear trousers.

A reminder that we have a **late start on Wednesday 5th January**, with pupils expected to arrive at school for **9.55am**.

Finally, we are still collecting items for our Christmas hampers. If you are able to donate toys or non-perishable food items, we would greatly appreciate these being brought in by **Tuesday**.

Thank you for your continued support. We look forward to a positive, enjoyable end to the term.

Warmest regards,

**Sonia Close**

## UPCOMING EVENTS

**Friday 19th December**

End of Term—Pupils Dismissed From 12.30pm

**Monday 5th January**

Pupils Return To School (10am start)

**Thursday 8th January**

Year 8 Parents Evening

## 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

## Heathcote School & Science College Sixth Form Open Evening



# Wednesday 14th January 2026

Book Now Using This QR Code

- Meet our teachers and pupils
- Explore our courses and pathways
- Tour our bespoke Sixth Form building
- Discover how we prepare you for success

5.00pm  
to  
7.30pm



For more information, please visit our website at;

<https://heathcoteschool.com/sixth-form/admissions/>

We look forward to seeing you!

**Closing Date For Applications: Friday 6th March 2026**

Heathcote School & Science College Sixth Form, 96 Normanton Park, Chingford, London, E4 6ES  
Telephone: 020 8498 5110 Email: [heathcote.sixthform@heathcote.waltham.sch.uk](mailto:heathcote.sixthform@heathcote.waltham.sch.uk)

# School Notices

## Heathcote School & Science College Sixth Form



### Top Sixth Form in Waltham Forest for progress and attainment

**ALPS 3 rating  
2025**

**Top 25% of  
Sixth Forms  
nationally**

**Scan the QR  
Code To Apply**

**Vocational Success**  
Majority of BTECs at  
**Distinction /  
Distinction\***,  
opening doors to top  
destinations



**A Level Excellence  
(2025):**

**28% at A–A\***

**55% at A–B\***

**77% at A–C\***

**Closing Date For  
Applications:  
Friday 6th March  
2026**

For more information, please visit our website at;

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We look forward to seeing you!

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# School Notices

## Upcoming trips and events

### Events Plan for final week of term

	Monday 15th Dec	Tues 16th Dec	Wed 17th Dec	Thurs 18th Dec	Fri 19th Dec
Yr 7	Reward assembly Maths reward event p2	Xmas Lunch Xmas Jumper Day	Trips, plan below		Yr 10 Reward assembly  Collect and distribute FSM from 10.00am  Finish at 12.15pm
Yr 8	Maths reward event p2	Rewards assembly Xmas Lunch Xmas Jumper Day	Bletchley Park/DT	Bletchley Park/DT	
Yr 9		Xmas Lunch Xmas Jumper Day	In school event, plan below	In school event, plan below	
Yr10		Xmas Lunch Xmas Jumper Day			
Yr11	Languages Mock Exams - Day 1 Immersion Week	Xmas Lunch Xmas Jumper Day Immersion Week	Languages Mock Exams - Day 2 Queen Mary visit		
Yr12		Xmas Lunch Xmas Jumper Day	Reward assembly (form time)		
Yr13		Reward assembly (form time) Xmas Lunch Xmas Jumper Day			

Date	Event	Year Group
15th December	Maths Rewards Event	Year 7/8
17th December	Bletchley Park	Year 8
17th December	Queen Mary's, Maths	Year 11
17th December	Drama revision	Year 10/11
17th/18th December	Architectural Design Day	Year 8
17th/18th December	Performing Arts Experience	Year 9
18th December	Bletchley Park	Year 8

1. If your child is going to an enrichment activity out of school, please ensure they are dressed in full school uniform with comfortable shoes and an overcoat.
2. Students will need a packed lunch. For FSM, we will provide lunch.
3. All trips will return by the end of the normal school day apart from Bletchley Park returning at 4pm.

**Ms Bashal**



# School Notices

## Christmas Lunch

Please see menu for the Christmas lunch to be held on Tuesday 16th December. The payment for this has now closed.

If you have not paid for a Christmas lunch please remember to send your daughter/son with a packed lunch.



### Mains

Roast Turkey with Chipolata Sausage, Stuffing and Gravy

Roasted Vegetable Loaf (ve)

Spicy Chicken and Savoury Rice (df) (gf)

Hot Turkey and Stuffing Baguette.

### Sides

Crispy Roast Potatoes (ve)

### Unlimited

Fresh Seasonal Organic Carrots (ve)

Brussel Sprouts (ve)

Garden Peas (ve)

Sweetcorn (ve)

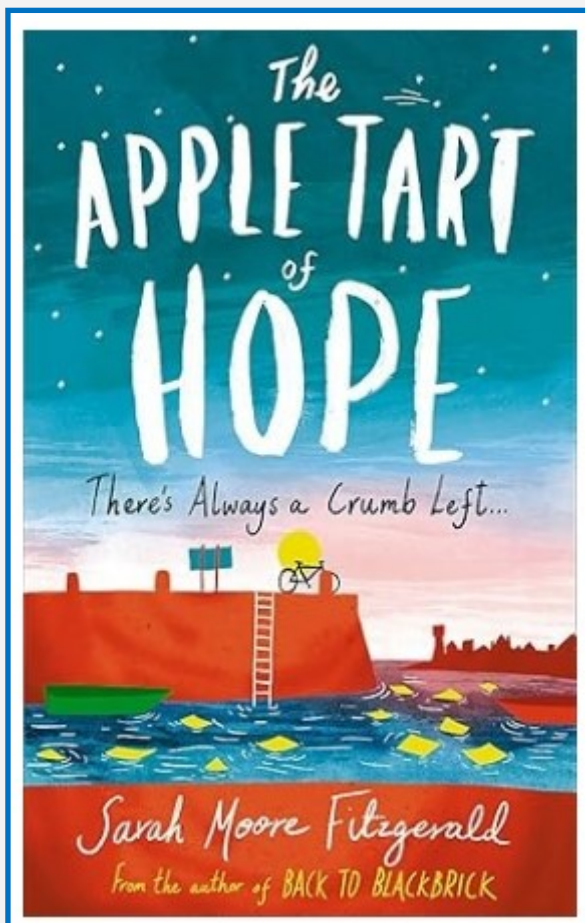
Desserts

Christmas

Dessert Selection

# Reading at Heathcote

## Heathcote's Book Of The Fortnight



### The Apple Tart Of Hope

By Sarah Moore Fitzgerald

**A People Magazine Best Children's Book of the Year**

Fourteen-year-old Oscar Dunleavy is missing, presumed dead. His bike was found at sea, out past the end of the pier, and everyone in town seems to have accepted this as a teenage tragedy. But Oscar's best friend Meg knows he isn't dead. Oscar is an optimistic and kind boy who bakes the world's best apple tarts; he would never kill himself, and Meg is going to prove it.

Through interwoven narratives, the reader learns what really happened to Oscar. Meg must confront the painful truth of Oscar's past six months—and the possibility that he might really be gone. Surrounded by grief and confusion, she starts to put the pieces back together.

This story of love and friendship reminds us to keep hope in our hearts.

For fans of *The Thing About Jellyfish* and kids who need a reminder that really, all you need is love.

"This touching novel is one to savor."—***Booklist, Starred Review***

"A quiet story that may be the tiny push that someone thinking of giving up needs to keep going. . . . Sweetly satisfying."—***Kirkus Reviews, Starred Review***

**Ms Nash**

Librarian



# Year 7 News

Form	Praise Points	Attendance
7.1	114	92.5%
7.2	224	84.6%
7.3	152	87.9%
7.4	123	95.8%
7.5	116	94.0%
7.6	200	94.1%

*Dear Parents/Carers,*

## **Praise**

Well done to Benedict, who won Pupil of the Week last week for achieving a high number of praise points. A big well done also to 7.4 and 7.6 for their improvement with lining up at lunchtime – they have received a treat during form time this week as recognition of their efforts.

## **Behaviour**

While behaviour in lessons is, on the whole, calm and continues to create a positive learning environment, we have noticed some poor conduct during social times such as break and lunchtime. This has included pupils making unkind comments to one another. Please remind your child of the importance of being respectful towards other pupils and staff at all times. Pupils who fail to meet these expectations will be sanctioned in line with our behaviour policy.

## **Reminders**

- ***Christmas Lunch – Tuesday 16th December***

Pupils are invited to wear a Christmas jumper on this day; however, all other uniform expectations still apply.

- ***Year Group Trip – Wednesday 17th December***

This will be pupils' first year group trip. Normal expectations regarding behaviour and uniform remain in place. Any pupil who is unable to conduct themselves appropriately may be at risk of not attending future trips this year. Pupils who are not attending the trip are expected to be in school as normal.

- ***Early Finish – Friday 19th December***

Pupils will be dismissed at 12:30pm from their normal exits.

I would like to take this opportunity to thank you all for your continued support throughout this first term. I wish you and your families a restful and enjoyable break together.

*Ms Clancey*

*Year 7 Lead*



# Year 8 News

Form	Praise Points	Attendance
8.1	67	93.1%
8.2	93	93.7%
8.3	104	96.6%
8.4	114	93.8%
8.5	120	96.3%
8.6	20	89.2%

## *Dear Parents/Carers,*

As we approach the end of term, we would like to share a few important reminders and updates for the festive week ahead. Year 8 have had a brilliant term, and we are incredibly proud of them all.

### **Christmas Rewards Cinema – Thank You!**

Last Thursday, Year 8 enjoyed their Christmas Rewards Cinema event. The students were fantastic throughout the day, and it was wonderful to celebrate their achievements and positive attitude this term. Well done to all Year 8!

### **Christmas Lunch – Tuesday**

A reminder that Christmas Lunch will take place on Tuesday. Students who have pre-ordered will receive their Christmas meal, and those not taking part will still be able to purchase food as normal.

### **Rewards Assembly – Tuesday**

Also on Tuesday, we will be holding our Year 8 Rewards Assembly, celebrating student achievements across attendance, effort, and contribution to school life. We look forward to recognising their success—well done Year 8 for a fantastic term.

### **Bletchley Park Trips – Wednesday & Thursday**

Year 8 will be visiting Bletchley Park mid-week.

Half the year group will attend on Wednesday, and the remaining students will attend on Thursday

Please remind students to bring:

- A packed lunch
- A warm coat
- Suitable footwear for walking
- Any required medication

Departure and return times remain as communicated in the original trip letter.

### **Form Parties – Friday**

To celebrate the end of term, Form Parties will take place on Friday. Tutors will share details with students regarding any contributions, activities, or optional festive accessories.

### **Final Message**

We are incredibly proud of all Year 8 for their commitment, kindness, and enthusiasm throughout the term. Well done to every student for making this term such a positive one. Thank you for your ongoing support, and we wish all our families a restful break and a wonderful festive season.

*Ms Gasper*  
Year 8 Lead



# Year 9 News

Form	Praise Points	Attendance
9.1	160	91.3%
9.2	200	89.5%
9.3	67	92.5%
9.4	18	86.3%
9.5	79	83.1%
9.6	136	87.9%
9.7	110	89.2%

## Dear Parents/Carers,

We are incredibly proud to celebrate the achievements of our Year 9 pupils as they conclude a successful first term. Their positivity, hard work and commitment have set a great example for the whole year group, and we are pleased to share their successes with you. A huge congratulations to all pupils who demonstrate great effort, engagement and classwork in their subjects. They have impressed their teachers and truly embodied our school values.

Throughout the term, pupils who earned 5 or more positive points and fewer than 5 negatives each week were entered into our rewards lottery. This celebrates consistent effort, kindness, and excellent behaviour. Congratulations to our lucky winners drawn live in assembly on the Spin the Wheel: Armaghan, Azeezah, Yasmin B, Celia, Asya, Mehmet, Elif, Safia, Yoan, Naail, Konstantinos, Sky, Jabir, Dexter S & Andrey. On Friday, these pupils enjoyed a special Christmas-themed games afternoon, complete with festive treats and music—a well-deserved reward for their brilliant attitude this term!

The following pupils have been great examples of kindness and respect. They consistently make positive contributions to school life and embody what it means to be role models in Year 9:

- Sophie (9.2)
- Alina (9.3)
- Tia (9.3)
- Tommy (9.3)
- Vishnu (9.6)

A special congratulations to Nathan (9.7) for receiving the Head Teacher's Award. This is an exceptional achievement that reflects Nathan's outstanding attitude, hard work, and commitment to school life.



## Options Process

Year 9 showed excellent engagement during Ms Bashal's options presentation. The process, which was shared with parents and carers last Friday, was introduced to pupils, and they were genuinely intrigued and enthusiastic about the information provided. The full presentation is available on the Year 9 Google Classroom Noticeboard should you wish to revisit it with your child.

A reminder that the **Year 9 Parents' Evening and Options Fair will take place on 29th January from 4:00–6:20pm**. This event is an important part of the options process, as it provides families with the guidance needed to make well-informed decisions. Given the advance notice, we kindly expect that all pupils attend with a parent or family member. Your attendance ensures your child receives the full support and information needed at this key stage of their education.

## Cyber Crime Assembly

Year 9 engaged exceptionally well during Thursday's cyber-crime assembly with the police. Pupils asked thoughtful questions and confidently answered those posed to them, demonstrating a strong interest in safe online behaviour. Key topics included the importance of secure passwords, responsible online use, and the risks associated with cyber-crime. The officers also shared insights into careers within cyber security, which many pupils found inspiring.

We kindly ask for your support in regularly monitoring your child's phone and online activity. We have recently seen an increase in social media misuse and online conflicts, and your involvement plays an important role in helping us prevent such incidents. As a reminder, the school is not able to manage social media issues that occur outside of school due to capacity and devices being a parental responsibility. Where appropriate, these matters should be reported directly to the police.

## Upcoming Events

Creative Arts Industry Days (for pupils who signed up)- *Wednesday 17th December: 9.1, 9.2, 9.3 & half of 9.4,*

*Thursday 18th December: half of 9.4, 9.5, 9.6 & 9.7*

Year 9 Parents' Evening & Options Fair—

*Thursday 29th January 2026*

**Ms Apperley**

**Year 9 Lead**



# Year 10 News

Form	Praise Points	Attendance
10.1	160	87.7%
10.2	92	81.2%
10.3	139	93.9%
10.4	101	92.8%
10.5	197	94.1%
10.6	123	93.7%

*Dear Parents and Carers,*

## Term 1 Reports

Year 10 reports will be distributed at the end of term. These will also contain progress data following Challenge Week 1.

## Intervention and Support

Please continue to encourage your child to attend their intervention sessions. At present these are:

- **Period 1 Pastoral Support Sessions:** daily, from 9-10am in the Humanities building.
- **Science Boosters:** Wednesdays, after school, week A & B depending on your child's teacher
- **Maths Sparx Club:** Wednesday after school in the library. This also means that children can attend Science one week and Sparx the following week if necessary.
- **Homework Club:** weekly on a Tuesday after school in the library.
- **Maths Mentoring:** Monday, week B, after school in the 6th form study area

All of these activities are by invitation only, however the groups are reviewed regularly and pupils swapped in and out, so lots of our year 10s will benefit from the offer over the course of the year.

## End of Term 'Well Done'

As we reach the end of a very long and busy term, I want to take a moment to say a huge well done to all of our Year 10 students. Effort and application in general remains high, and, all of the pupils deserve a well-earned break. We will be celebrating with our Achievement Assembly on the last day of term, so, rather than spoil any surprises, I will share the winners names with you all in January.

## Work Experience

A reminder that we encourage pupils to arrange their own work experience placements if possible. This can be within a family business if appropriate. When your child has found a suitable placement, please complete the form provided and return to myself or Ms Bashal as a soon as possible. Work experience runs from Monday 29th June to Friday 3rd July 2026 inclusive.

## Uniform and Equipment

Please can I encourage pupils to check uniform and equipment over the xmas break, and replace or renew any items as necessary. Can I also make a heartfelt request that pupils do NOT return with fresh multiple earrings, nose rings, acrylic nails or crazy-coloured hair. I look forward to seeing all of the pupils back, looking smart, on Monday 5th January.

Wishing you and your families a lovely Xmas and a very happy new year.

*Ms Page*

*Year 10 Lead*



# Year 11 News

Form	Praise Points	Attendance
11.1	96	83.5%
11.2	83	90.8%
11.3	91	87.0%
11.4	80	86.6%
11.5	70	85.9%
11.6	79	83.7%

## *Dear Parents/Carers,*

What a great first term, well done to Year 11, it has been filled with learning, new experiences and definite character building. Year 11 pupils have also been extremely reflective in this period whilst considering their future and the upcoming challenge of summer exams. We hope the one-to-one meetings, booster sessions and PIE lessons have been a supportive process and help obtain those dream apprenticeships, sixth form or college places.

Well done to pupils for their recent efforts in submitting their applications for their post-16 choices. We highly recommend you attend as many relevant open evenings as possible after the Christmas break. Last week in school we had bespoke assemblies in order to guide pupil's next steps. I will share this on google classroom for pupils to access. I am happy to meet parents & pupils to support the post-16 destination process if required to. An additional well done to pupils who have received University offers and interview invitations, good luck. Please also utilise the post 16 Waltham Forest prospectus for both advice and guidance and details of any remaining open days in the local area: [WF Post 16 Prospectus](#).

Thank you to all parents / carers who were able to attend year 11 parents evening yesterday. We hope this was a productive process resulting in clear targets for your child and a focus for the remaining months leading to both challenge week 2 and the summer exams. Please take the time to look at your child's report (accessible on Arbor) and choose specific targets with them to work towards per subject. Please see the link for the pathways presentation that Ms Elmi (Director of sixth form) gave on the evening too: [Next Steps](#). Although Attendance was good to parents' evening, we would like higher engagement at the final year 11 parents evening on Thursday 12th March 2026.

## Attendance

This is normally the point in the year where we see a slight dip in pupils' attendance. As a school, we will obviously be encouraging them to maintain high standards and meet the expected benchmark of at least 95% attendance by February Half term in order to ensure all of their exam entries. Your support dragging them out of bed on the dark, cold, miserable mornings is by far a bigger challenge but has a huge and positive impact on their outcomes!

As a year group, we have been brought together weekly in assemblies and will celebrate subject, attendance and behaviour achievements after Christmas in a rewards assembly. All winners will be shared in the next bulletin after the well-deserved (for all) festive break.

*Ms Lewis*

*Year 11 Lead*



# Year 12 News

Form	Praise Points	Attendance
12.1	3	93.7%
12.2	11	98.8%
12.3	12	98.8%
12.4	12	87.4%
12.5	28	87.5%

## Dear Parents & Carers of Year 12,

As we approach the end of the term, we wanted to take a moment to reflect on the fantastic start our Year 12 cohort has had and share some exciting plans for the term ahead.

### Celebrating the Year So Far

The Year 12 students have made an impressive transition into Sixth Form life. They have adapted to new subjects, different teachers, and the higher expectations of A-Level study with maturity and determination. We are incredibly proud of the resilience, focus, and commitment they have shown. A huge well done to all of our students for their hard work and positive attitude!

### Looking Ahead – Exciting Initiatives for Term 2

- *New Volunteering Scheme:* From January, students will have the opportunity to engage in a volunteering programme designed to build key skills and support the local community.
- *Open Evening – 14th January:* All students are expected to contribute to our Sixth Form Open Evening as part of their commitment to the school community. This is a wonderful opportunity for students to share their achievements, support the school, and develop their communication skills.
- *Supervised Study Scheme:* Starting in January, selected students will participate in supervised study sessions. Students will receive 48 hours' notice to prepare a 5–10 minute verbal presentation on what they have learned and accomplished. This scheme is designed to provide authentic practice of career and industry-based skills, developing confidence in presenting and articulating knowledge.
- *Career and Work Experience Preparation:* We encourage all students to continue exploring opportunities—signing up for open days, attending taster sessions, and researching potential placements for work experience. Early preparation is key to making informed decisions about future career paths.
- *Period 5 Privilege:* At the end of the term, students who have achieved 95% attendance or higher, fewer than three negative points, and consistently performed well during Challenge Week will be rewarded with a special Period 5 Privilege.

### Final Thoughts

We are thrilled with how well the Year 12 cohort has started their Sixth Form journey and are confident that next term will bring even more growth, success, and memorable experiences. Thank you for your continued support in helping your child thrive during this important stage of their education.

Wishing you all a restful and happy holiday season!

*Ms Singh/Ms Ismail*

*Joint Year 12 Lead*



# Year 13 News

Form	Praise Points	Attendance
13.1	0	89.6%
13.2	2	88.5%
13.3	20	89.2%
13.4	6	89.1%
13.5	12	92.9%

## Key Messages

### *Dear Parents/Carers of Year 13,*

As we approach the end of a very busy and productive term, we would like to take this opportunity to thank you for your continued support. Year 13 have shown great maturity, focus, and resilience over the past few months, and the Christmas break is a well-deserved chance for them to rest, recharge, and prepare for the important months ahead.

### **Upcoming exams in January**

There are upcoming exams in January for various courses and pupils have already been informed of these if they are taking part in them. Additionally, challenge week exams will take place over a 2-week period from the week beginning the 26th of January. These assessments are an essential part of their preparation for the summer exams, helping teachers identify areas for further support. Students should use part of their break to revise steadily, balancing study with rest.

### **Post-18 Pathways**

UCAS applications are well underway and pupils should now have submitted their applications internally to the school. Apprenticeship and employment opportunities should increase in the new year, so pupils following vocational routes should keep an eye on upcoming opportunities.

### **Contact Details**

If you'd like to contact me via e-mail the address is:

[pmiltiadou@heathcote.waltham.sch.uk](mailto:pmiltiadou@heathcote.waltham.sch.uk)

***Mr Miltiadou***

***Year 13 Lead***



# Other News & Events



## WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

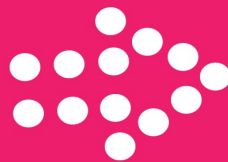
20 DECEMBER 2025 – 2 JANUARY 2026

# WINTER 2025

**ARE YOU AGED BETWEEN 5-16  
AND IN RECEIPT OF BENEFIT  
RELATED FREE SCHOOL MEALS?**

This winter we have the opportunity for you to try a wide range of free activities, have fun, make friends and enjoy a free meal every day across the borough.

To book your place and find out more scan here:



or visit

**WALTHAMFOREST.GOV.UK/HOLIDAYS**

Booking is essential on all activities so book early to avoid disappointment

For queries please contact the Waltham Forest Holiday Activity Programme team on:

**WFHOLIDAYACTIVITYPROGRAMME@  
WALTHAMFOREST.GOV.UK**



# Lunch Menu

## Week Beginning 15th December

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Spicy Meatballs in a Tangy Tomato Sauce with Mixed Rice	Jerk Chicken with Italian Diced Potatoes	Lamb Rogan Josh with Mixed Rice & Naan Bread	Roast Chicken Chicken with Mash Potatoes & Gravy	MSC Fish Fingers or Bubble Crumb Salmon with Chipped Potatoes
Main Meal 2	Mexican Style Quorn Loaded Burrito (v)	Impossible Fillet Burger in a Floured Bun (ve)	Vegetable, Ginger & Garlic Stir Fry with Egg Noodles (v)	Quorn Chilli Dog with Tomato Salsa (ve)	Firecracker Pizza with Garlic Bread (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 POT	Pasta King (ve) (v)	Pasta King (ve) (v)	Pasta King (ve)(v)	Pasta King (ve)(v)	Pasta King (ve) (v)
UNLIMITED VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables & Baked Beans
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	Iced Sponge (v)	Apple Crumble (v) served with Custard	Lemon Cheesecake (v)	Eton Mess (v)	Chocolate Sponge (v) with Chocolate Sauce
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

## Week Beginning 5th January 2026

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Spicy Meatballs in a Tangy Tomato Sauce with Mixed Rice	Jerk Chicken with Italian Diced Potatoes	Lamb Rogan Josh with Mixed Rice & Naan Bread	Roast Chicken Chicken with Mash Potatoes & Gravy	MSC Fish Fingers or Bubble Crumb Salmon with Chipped Potatoes
Main Meal 2	Mexican Style Quorn Loaded Burrito (v)	Impossible Fillet Burger in a Floured Bun (ve)	Vegetable, Ginger & Garlic Stir Fry with Egg Noodles (v)	Quorn Chilli Dog with Tomato Salsa (ve)	Firecracker Pizza with Garlic Bread (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 POT	Pasta King (ve) (v)	Pasta King (ve) (v)	Pasta King (ve)(v)	Pasta King (ve)(v)	Pasta King (ve) (v)
UNLIMITED VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables & Baked Beans
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	Iced Sponge (v)	Apple Crumble (v) served with Custard (ve)(v)	Lemon Cheesecake (v)	Eton Mess (v)	Chocolate Sponge (v) with Chocolate Sauce (ve) (v)
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