

HEATHNOTES

Encourage - Challenge - Succeed



ISSUE 125
23rd January 2026

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**NEXT WEEK IS
TIMETABLE...**

A

Dear Parents and Carers,

As we move through the spring term, here are some important updates and celebrations from Heathcote School.

Celebrating Our Success

- The **Headteacher's Awards** were a joy, with games and pizza, it gave me quality time to celebrate pupil achievements.
- The **Oxbridge Programme** visited, inspiring Years 9, 10 and 11 to aim high.
- Year 7 enjoyed the **Robo Workshop**, building and battling robots, developing teamwork and problem-solving skills.
- Our **Sixth Form Opening Evening** saw an incredible turnout, with pupils from across the borough considering Heathcote, making places highly competitive.



Enjoying pizza and games with my Headteacher Award winners from last term

Challenge Week

Challenge Week for **Year 11 and Year 13** pupils begins next week. Key Stage 3 Challenge Week starts the week of **9 February**. Please ensure pupils arrive **fully equipped**, including a complete **exam pencil case**.

Revision Support

Revision materials and guidance are available via **Google Classroom and the Pupil Portal**.

Year 9 Parents' and Options Evening – 29 January 2025

This will take place on **29 January**, with options talks at **4.00 pm and 5.00 pm**. **No appointments are needed**, and we strongly encourage attendance to support pupils with their GCSE choices.

Trip and Enrichment Day – 13 February 2025

Our next enrichment day is on **13 February**, offering pupils valuable learning experiences beyond the classroom.

Communication with School

We remind parents that **form tutors or class teachers should be contacted first** regarding questions or concerns about lessons, as they usually have the most detailed insight. Year Leads and Senior Leaders remain available if further support is needed.

Heathnotes – Key School Communication

Heathnotes is an important communication tool for the whole school, as well as for individual year groups. We encourage parents to **check the relevant pages for your child** regularly, as they contain key messages, updates, and exciting opportunities, including apprenticeships and enrichment activities.

Thank you for your continued support. Warmest regards,

Sonia Close

UPCOMING EVENTS

Monday 26th January

Challenge Week Begins (Year 11/Year 13)

Thursday 29th January

Year 9 Parents Evening & Option Fair

Tuesday 3rd February

Futures Option Day at Bancrofts School (Y12)

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 & Enrichment

Upcoming trips for January and February

If your child has been invited, please ensure permission is given asap.

Please note:

We cannot add any pupils on the day of the trip and therefore they will not be able to attend without parental permission.

If pupils are excluded due to behaviour, I will contact you and let you know.

Date	Event	Group
Tuesday 27th January	Tower 42 visit	Year 12
Thursday 29th January	UKMT Intermediate Maths Challenge	Year 9/10
Tuesday 3rd February	Futures Option Day, Bancrofts School	Year 12
Tuesday 10th February	Cambridge University visit	Year 12
Friday 13th February	Maths - Paradox (8.4/5/6), Twist (8.1/2/3)	Year 8
Friday 13th February	Geography - Epping Forest	Year 7
Friday 13th February	Imperial War Museum	Year 9
Friday 13th February	ART/MFL Culture Day	Year 10

Year 10/12 Work Experience

I sent parents a reminder that we are still in stage 1 of the work experience process where students find their own placements. The deadline is fast approaching so please reach out to friends and family to see if they can accommodate your child during the week of 29th June. The completed form needs to be returned to me asap. Once stage 1 deadline has passed, I will contact you to update you on the next stage - stage 2.

Self-find Work Experience Deadline is 27th February 2026. Please ensure the form is returned to me before then.

AIM Webinars

AIM are running the webinars attached to support young people and parents, as well as schools, with applications for apprenticeships and for them to learn more about apprenticeships in different sectors.

Below are a selection of online webinars which may prove valuable in helping your child find an opportunity in apprenticeships. The webinars explore the range of apprenticeships in each of the fields listed and allow you to hear directly from leading industry employers about current and upcoming vacancies, top tips to make your application stand out, and real-life experiences



School Notices

from current apprentices—their journeys, challenges and success stories. This could be your chance to gain insider knowledge and connect with experts shaping the future of the industry. For more information speak to me (Ms Bashal).

Engineering, Transport, and Logistics

This is your chance to gain insider knowledge and connect with experts shaping the future of the industry.

Date: 3rd February 2026

Register now: <https://events.teams.microsoft.com/event/9aeb0fb1-1745-49b2-890d-91e59e9107d6@30653dea-fb01-4b4c-8ddf-c183f89febfb>

Finance, Professional, and Business

Looking to launch your career in one of the UK's most dynamic sectors? This is your chance to gain insider knowledge and practical advice to help you stand out.

Date: 9th February 2026

Register now: <https://events.teams.microsoft.com/event/15111694-bee7-4ee6-a82f-c2744bb7ca95@30653dea-fb01-4b4c-8ddf-c183f89febfb>

Life sciences

Are you ready to start a career in one of the most innovative and impactful sectors? This is your chance to gain insider knowledge and practical advice to kickstart your career in life sciences.

Date: 11th February 2026

Register now: <https://events.teams.microsoft.com/event/409ef2ff-5603-4ece-81e0-f4b1142d3168@30653dea-fb01-4b4c-8ddf-c183f89febfb>

Apprenticeship applications

This webinar is packed with practical advice and insider tips to help you navigate the process with confidence.

Date: 12th February 2026

Register now: <https://events.teams.microsoft.com/event/ff91cd34-df96-4d69-a3ca-d52befc079c6@30653dea-fb01-4b4c-8ddf-c183f89febfb>

Public service

Interested in a career that impacts communities and drives positive change? This is your chance to gain insider knowledge and practical advice to start a rewarding career in public service.

Date: 3rd March 2026

Register now: <https://events.teams.microsoft.com/event/9a6b63a0-9e96-4526-b754-d10c806f1b57@30653dea-fb01-4b4c-8ddf-c183f89febfb>



School Notices

Frontier innovation tech

Want to be part of the next wave of technological breakthroughs? This is your chance to gain insider knowledge and practical advice to kickstart your career in one of the most exciting sectors of the future.

Date: 17th March 2026

Register now: <https://events.teams.microsoft.com/event/3b281397-f153-4985-b92a-8a0dda72d63e@30653dea-fb01-4b4c-8ddf-c183f89febf>

Experience economy – hospitality/service

Are you passionate about hospitality and looking for a way to kick-start your career? Don't miss this opportunity to learn, connect, and take the next step toward an exciting career in hospitality!

Date: 31st March 2026

Register now: <https://events.teams.microsoft.com/event/7a868636-acb6-425e-8589-df5417755996@30653dea-fb01-4b4c-8ddf-c183f89febf>

Frontier innovation (Green Sector)

Looking to build a climate-positive career? Join us to explore the range of green-sector apprenticeships, hear from leading industry employers on their current and upcoming vacancies, get application top tips, and listen to apprentices sharing their real experiences.

Date: 13th May 2026

Register now: <https://events.teams.microsoft.com/event/b6551bbc-527d-410b-bc05-94d10ef4f036@30653dea-fb01-4b4c-8ddf-c183f89febf>

Creative

Dreaming of a career in the creative industries? This is your chance to learn how apprenticeships can open doors to exciting opportunities!

Date: 16th June 2026

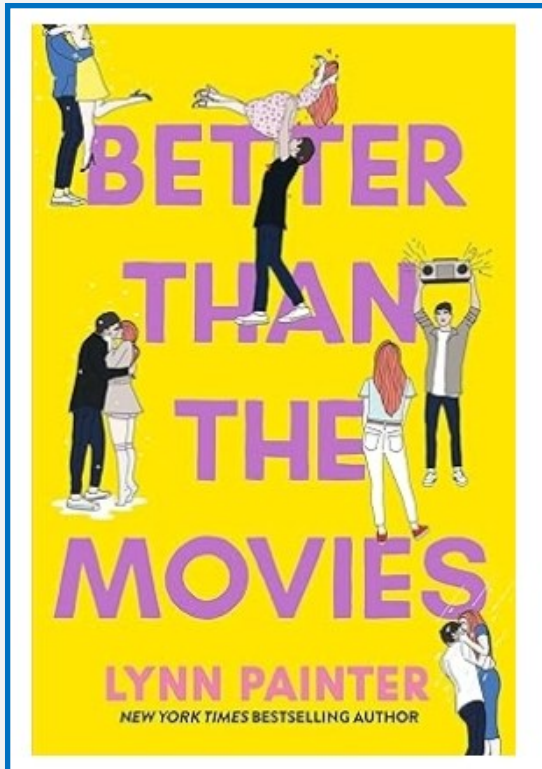
Register: <https://events.teams.microsoft.com/event/2b079546-e53b-4a6f-8868-f15164cda022@30653dea-fb01-4b4c-8ddf-c183f89febf>

Ms Bashal



Reading at Heathcote

Heathcote's Book Of The Fortnight



Better Than The Movies

Lynn Painter

See where it all began with the bestselling romance everyone's talking about – every movie you've ever loved in one epic love story.

Perfect for fans of Emily Henry and Ali Hazelwood, this “sweet and funny” (Kerry Winfrey, author of *Waiting for Tom Hanks*) teen rom-com is hopelessly romantic with enemies to lovers and grumpy x sunshine energy! Liz hates her annoyingly attractive neighbour but he's the only in with her long-term crush ...

Perpetual daydreamer and hopeless romantic Liz Buxbaum gave her heart to Michael a long time ago. But her cool, aloof forever crush never really saw her before he moved away. Now that he's back in town, Liz will do whatever it takes to get on his radar—and maybe snag him as a prom date—even befriend Wes Bennet.

The annoyingly attractive next-door neighbour might seem like a prime candidate for romantic comedy fantasies, but Wes has only been a pain in Liz's butt since they were kids. Pranks involving frogs and decapitated lawn gnomes do not a potential boyfriend make. Yet, somehow, Wes and Michael are hitting it off, which means Wes is Liz's in.

But as Liz and Wes scheme to get Liz noticed by Michael so she can have her magical prom moment, she's shocked to discover that she likes being around Wes. And as they continue to grow closer, she must re-examine everything she thought she knew about love—and rethink her own ideas of what Happily Ever After should look like.

Better Than the Movies features quotes from the best-loved rom-coms of cinema and takes you on a rollercoaster of romance that isn't movie-perfect but jaw-dropping and heart-stopping in unexpected ways.

Ms Nash



Year 7 News

Form	Praise Points	Attendance
7.1	479	95.8%
7.2	161	90.4%
7.3	233	87.9%
7.4	274	100.0%
7.5	246	94.4%
7.6	182	96.7%

Dear Parents/Carers,

I would like to begin by congratulating all Year 7 groups who participated in the Robo Workshops this week. Engagement across the year group was high, and pupil feedback was very positive, with many pupils sharing how much they enjoyed the sessions. It was great to see pupils working so effectively together, demonstrating teamwork, and problem-solving skills.

A huge well done to our **Year 7 boys' basketball team**, who secured a fantastic win against South Chingford, followed by a very close and competitive match against Leytonstone this week. The boys represented the school superbly and should be extremely proud of their efforts.

An equally impressive achievement from our **Year 7 girls' football team**, who have been crowned **Borough League Champions** this year. A fantastic accomplishment and a great start to your sporting career at Heathcote.

Well done also to all pupils who are members of the **100% Attendance Club**. This is a huge achievement and reflects a strong commitment to learning. Please remind pupils to keep hold of their certificate, as this must be shown as proof in order to access priority entry to the lunch queue.

Congratulations to all pupils who were invited to attend the **Headteacher's Lunch Awards** on Friday. You have made a fantastic start to life at Heathcote and continue to demonstrate high regard for our school values.

Unfortunately, we have had to sanction some pupils this week for throwing water at other pupils during lunchtime. This behaviour results in a **non-negotiable referral to Regulation** and is not acceptable, particularly in the current weather conditions. If your child has been sanctioned for this behaviour, please do speak with them about their conduct and the importance of making safe and respectful choices.

In response to ongoing behaviour concerns, tutors will be delivering a tutorial session with all Year 7 pupils next week to reiterate our basic expectations. Our behaviour policy is very clear, and we expect all pupils to respect and follow it consistently.

A reminder that **Friday 13th February is Trip Day for Year 7**. Please ensure that you have read the letter carefully and that pupils are dressed appropriately for the day.

Finally, a reminder that the next instalment for the **Gilwell Park residential** was due on **Friday**. If you have not yet completed this payment, please ensure this is done as soon as possible.

Thank you, as always, for your continued support.

Ms Clancey

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	160	97.5%
8.2	194	94.2%
8.3	194	91.4%
8.4	181	90.4%
8.5	138	95.4%
8.6	136	96.7%

Dear Parents/Carers,

We would like to thank you for your prompt payment for the upcoming Year 8 Maths Trip. Your support helps ensure the trip can run smoothly, and we are very much looking forward to what promises to be an engaging and valuable experience for the pupils.

We would also like to take this opportunity to remind parents and pupils of a few important school expectations:

- Aerosols (including deodorants and sprays) should not be brought into school under any circumstances.
- Make-up should be minimal and in line with the school's uniform and appearance policy.
- Eyelash curlers, hairbrushes, and similar grooming items should not be used during lessons, as they distract from learning.

We appreciate your continued support in reinforcing these expectations at home, which helps us maintain a focused and positive learning environment for all pupils.

Thank you, as always, for your cooperation.

Ms Gasper
Year 8 Lead



Year 9 News

Form	Praise Points	Attendance
9.1	104	95.4%
9.2	165	84.6%
9.3	81	91.7%
9.4	151	92.2%
9.5	90	85.3%
9.6	74	93.1%
9.7	95	95.4%

Dear Parents/Carers,

We look forward to welcoming you to our upcoming Parents' Evening and Key Stage 4 Options Fair on **Thursday 29th January 2026 - 4.20pm – 6.20pm**

This important evening will provide you with the opportunity to:

- Meet with Subject Teachers – Gain insights into your child's progress and discuss their potential in specific subjects.
- Explore Option Choices at the Options Fair – Learn more about the courses available for Key Stage 4 and speak directly with subject leads about course content and specific requirements.
- Seek Advice and Guidance – Our Careers Advisor and other staff members will be available to offer guidance on how option choices can align with future education and career pathways.

In addition, the Headteacher will be delivering two presentations at **4.00pm** and **5.00pm** in the **Music Room H14**. Please attend one session only. These presentations will include a detailed explanation of the options process and the tools we provide to help students make confident and informed decisions. **Please note that places at each session are available on a first-come, first-served basis until full capacity is reached.**

The following staff will also be available during the evening:

- Ms Apperley - Progress in Drama, information about the Drama and Dance GCSE courses and urgent Year Lead queries.
- Ms Larkin - Pastoral support
- Ms Gite - Senior Leadership queries
- Ms Waheed - SEND queries
- Mr Hutchins - Safeguarding queries

We want to support Year 9 with a positive and successful transition into Key Stage 4. We strongly encourage pupils and parents/carers to attend together so that decisions can be discussed fully and confidently.

Consent for the Year 9 Imperial War Museum trip has now closed, and we look forward to pupils taking part in this exciting opportunity to enhance their learning about twentieth-century conflict, including seeing real aircrafts used during the World Wars as well as exploring artefacts and testimonies from those who experienced life during wartime.

Pupils should arrive at school at the normal time in full uniform; we will travel by London Transport (via the TfL schools scheme), and students will need a warm coat as we walk between stations—free packed lunches will be provided for those entitled to free school meals, while others should bring a packed lunch (no glass bottles or energy drinks), and we expect to return to Chingford Station by 3.10pm, with normal school rules - including mobile phone restrictions - applying throughout. Please note that pupils who are suspended, exceed the behaviour threshold or present a safety risk may be deemed ineligible to attend.

Ms Apperley

Year 9 Lead



Year 10 News

Form	Praise Points	Attendance
10.1	192	95.0%
10.2	110	85.8%
10.3	169	95.4%
10.4	126	95.0%
10.5	241	97.5%
10.6	107	95.4%

Dear Parents and Carers,

Boosters & Interventions

All of these sessions are weekly (except Maths Mentoring) by invitation, however lists will be reviewed half termly. Please encourage your child to attend as this will support them with preparing for challenge week.

- Geography & History Boosters: Monday
- Homework club: Tuesday
- Sparx Maths: Wednesday
- Art Coursework Club: Monday
- Business & Enterprise Booster: Friday
- Science boosters will restart after February half term
- Maths Mentoring: Currently Monday week B – day to be reviewed next half term

A reminder regarding work experience

Thank you to those who have already submitted their work experience forms. We continue to encourage pupils to find their own placements, which may include a family business or a parent's place of work where appropriate. Placements are most beneficial when they are tailored to a pupil's interests or potential future career goals.

The deadline for submitting work experience forms is Friday February 27th.

Uniform Expectations

Finally, a thank you for your support with uniform expectations. Year 10 uniform is generally very good, but please do remind your daughters that false eyelashes are not permitted and will be sanctioned.

Upcoming Events

W/c 26th January - Year 10 Drama practical exam

5th February (during PIE lesson) - Apprenticeships Presentation from Capital City College Group

13th February - Art & MFL Activity Day

2nd - 13th March—Year 10 'Challenge Week 2'

Thank you for your continued support in maintaining high standards.

Ms Page

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	98	92.5%
11.2	75	94.0%
11.3	90	92.3%
11.4	76	93.9%
11.5	62	91.8%
11.6	71	83.0%

Dear Parents/Carers,

Well done to all pupils that have now submitted their post-16 applications, we are trying to avoid and last-minute applications and pupils missing the various deadlines that colleges, sixth forms and apprenticeships set.

We hope pupils involved in the Sixth Form coffee morning on Thursday found it an enjoyable and reflective time. It gave the Sixth Form team a good indication as to what pupils are looking forward to when starting in September and what we can do to improve our provision.

Pupils that were not involved in this event were provided with 1-to-1 support in ensuring their applications to their chosen next steps were made and bespoke careers advice was given, an extremely vital support mechanism, our thanks to Ms Bashal, Mr Smith, Ms Bahra and all of the Year 11 form-tutors for supporting this process.

Good luck to all pupils that have exams over the coming weeks for Challenge Week 2. We will reflect on this exam series once all staff marking is complete and ensure we inform parents of any actions or intervention offered for the final push. Please make sure your child is fully equipped for the exams and on time.

An option to purchase Year 11 leavers hoodies will be shared via Arbor next week, with a form to complete once payment is received. The deadline to purchase a hoodie (including personalisation) is on **Friday 28th February at 3pm**. All Hoodies should arrive in time for our leavers celebrations (more information to follow).

Ms Lewis

Year 11 Lead



Year 12 News

Form	Praise Points	Attendance
12.1	16	94.3%
12.2	32	93.5%
12.3	23	98.8%
12.4	27	100.0%
12.5	34	88.7%

Dear Parents & Carers of Year 12,

As we come to the end of another busy and purposeful week, we would like to take the opportunity to celebrate the achievements of our pupils and share some important updates with you.

Rising Opportunities & Student Leadership

We would like to congratulate all pupils involved in the Rising Opportunities programme. It has been wonderful to see the programme launch so successfully, with pupils clearly identifying their objectives and engaging enthusiastically.

We are particularly proud of pupils who have chosen to focus on supporting mental health in young people within school. As part of this work, pupils will be leading assemblies for lower year groups and running a pupil-led podcast. We are very excited to see the positive impact this will have across the school community.

External Opportunities & Aspirations

Well done to pupils who have been selected for the Real Assets Programme taking place on Thursday 22nd January. This is a fantastic opportunity and we wish them every success.

A select number of pupils have also been invited to attend an Oxford University Day, led by a speaker from the university. This event aims to encourage pupils to consider higher education and to see top universities as aspirational and achievable destinations.

We would also like to congratulate Jessica L, Emirhan K, and Valentin C for proactively seeking out and securing opportunities.

Special congratulations go to Ata, Tenzin, and Isra for finding opportunities within the NHS — a fantastic achievement and a testament to their ambition and initiative.

Exams

Finally, we would like to commend all pupils who have sat exams over the last two weeks. We recognise that this has been a challenging period, and pupils have approached it with resilience and determination. We are extremely proud of their efforts.

Uniform Reminder

A reminder to parents regarding uniform expectations. Pupils are expected to attend school in full school uniform each day. Please note that UGGs and similar footwear are not permitted. Thank you for your continued support in helping us maintain high standards.

Thank you, as always, for your continued support. We look forward to celebrating further successes in the weeks ahead.

Ms Singh/Ms Ismail

Joint Year 12 Lead



Year 13 News

Form	Praise Points	Attendance
13.1	0	88.1%
13.2	12	88.4%
13.3	11	83.9%
13.4	21	91.5%
13.5	29	87.9%

Key Messages

Dear Parents/Carers of Year 13,

Challenge Week Mock Examinations

The year 13s will have their final Mock Exams from **Monday 26th January 2026 to Friday 6th February 2026**. These will provide pupils with a realistic indication of their current performance, whilst also enabling teachers to refine and deliver any targeted intervention in the crucial period leading up to the summer examinations.

To ensure the smooth running of these mock examinations, please note the following key expectations regarding exam conduct:

- Pupils must arrive **by 8:30am** for morning examinations to allow for a calm and prompt start.
- Full exam regulations apply, including a strict prohibition on mobile phones, smartwatches, and notes in the exam room.
- Pupils must bring their own equipment in a clear pencil case, including black pens and a calculator where required.
- Talking is not permitted once pupils have entered the examination.
- Attendance at all exams is compulsory. If a pupil has a university or apprenticeship interview that conflicts with a scheduled exam, the Sixth Form and Exams Office must be notified immediately so that alternative arrangements can be considered.

Some exams will take place during form time and continue into lunch. Pupils sitting these exams, including those that finish at 14:05 or later, will be dismissed early from Period 5 to allow time for lunch afterwards. We encourage pupils to bring a packed lunch or eat during break if preferred.

A copy of the exam timetable has been given to each pupil and this is also uploaded onto the year 13 Google Classroom. Thank you for your continued support in encouraging your child to revise effectively and to approach these examinations with focus, resilience, and determination.

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

Children's Services Directorate



Waltham Forest Town Hall, Fellowship Square, Forest Road, London E17 4JF

Email: wfholidayactivityprogramme@walthamforest.gov.uk
Direct Line: 0208 496 6076
Date: Monday 19th January 2026

Dear Parent,

Re: Book your child for their free HAF February Half Term holiday club

I am pleased to be writing to invite you to book your child onto the free Waltham Forest's Holiday Activity and Food Programme for February Half Term.

These free holiday opportunities are funded through the government's Holiday Activities and Food (HAF) programme, which enables us to provide a holiday programme across the borough for primary and secondary school aged children who are eligible for benefits-related free school meals.

From Monday 19th January you will be able to visit the website below where you will be able to book your child onto a range of free sessions during the February half term from Monday 16th - Friday 20th February 2026. The sessions will include a variety of fun inclusive activities, including sports, music, arts and other exciting opportunities to learn and develop skills, alongside a nutritious meal each day.

Parents/ Carers can use our booking system to view the provisions available to accommodate and support their child's individual needs.

- To find out more and the places available to book, please visit www.walthamforest.gov.uk/holidays
- If you have any queries regarding the holiday activity programme, please email wfholidayactivityprogramme@walthamforest.gov.uk or call 0208 496 6076.

In addition to this free programme, families who are eligible for Universal Credit may be able to claim back up to 85% of their childcare costs. Please visit <https://www.gov.uk/help-with-childcare-costs/universal-credit> to find out more.

Yours faithfully,

Mary Jarrett
Corporate Director for Education

walthamforest.gov.uk



Other News & Events



WALTHAM FOREST
HOLIDAY ACTIVITY AND FOOD PROGRAMME

HALF TERM 2026

16-20 FEBRUARY

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

Funded by the Department for Education, this February half term 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**



Funded by

Department
for Education


Waltham Forest

Lunch Menu

Week Beginning 26th January

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 &	MSC Fish Fingers or Bubble Crumb Salmon with Chipped
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

Week Beginning 2nd February

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chilli Con Carne with Mixed Rice	Vegetable Biryani (ve)	Beef Curry with Mixed Rice & Naan Bread	Sausage and Mash with Onion Gravy	MSC Golden Crumb Fish Fingers or Battered Fish with Oven Baked Chipped Potatoes
Main Meal	Classic Cheese & Tomato Pizza Wedge & Garlic Bread (v)	Southern Fried Chicken Burger and Jacket Wedges	Samosa with Mixed Rice & Sweet Chilli Sauce (ve)	Cheese & Sweetcorn Quiche with Mash (ve)	Cheese & Tomato 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 (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)
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	Peach Melba (v)	Eves Apple (v) & Custard (ve) (v)	Frosted Carrot Cake (v) & Custard (ve)(v)	Rice Pudding with Fruit Compote (v)	Sticky Chocolate Brownie (v)
Selection of Fresh 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