



Lostwithiel School
Bodmin Hill
Lostwithiel
Cornwall
PL22 0AJ

www.lostwithiel.cornwall.sch.uk
Telephone: 01208 872339

**PRIDE,
PASSION,
PARTNERSHIP,
PERSEVERANCE,
PARTICIPATION.**

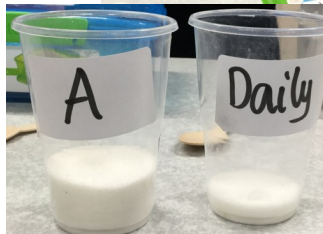
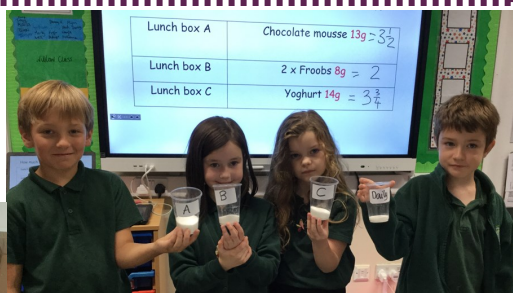
Head's Hello!

This week, Ms Simmonds has asked me to write about our health and wellbeing week. All the classes have had fun learning about all the different ways to improve our physical health and mental wellbeing. We have had a focus on sugar in our diet and the children have been investigating 'hidden' sugar content in lunch boxes. It made us all think about our food choices and how we could find healthier alternatives.

Parents and children have been very busy baking sugar free treats and some of Team 12 and Beth, a PTA member, helped taste and judge. It was a very difficult (and delicious) task! Classes have been talking about the 5 ways to wellbeing and have been enjoying our outdoor spaces as much as possible, as being outside is so beneficial to our mental health. We have been raising our heart rates in PE and sports clubs through the week as well!

Have a healthy and relaxing weekend!

Mrs Kriskovic.



Lostwithiel School wellbeing week



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THIS WEEK'S STAR LEARNERS—WELL DONE TO YOU ALL !

- APPLE** *Lerryn and Autumn for fantastic confidence with set 1 sounds and Fred talk.*
- CHERRY** *Joseph for amazing pride and passion in Maths.
Bethany for super passion in RWI.*
- OAK** *Billy for blowing our socks off with his perseverance, passion and participation.
Kerris for pride in his handwriting which is spectacular.*
- BEECH** *Henry for passion
Molly for presentation*
- WILLOW** *Marley for outstanding handwriting and presentation.
Freja for amazing perseverance in reading and progress*
- MAPLE** *Ruby-Mae for showing passion and participation during PE.
Phoebe for always taking such pride in her presentation.*
- CONKERS** *Harvey for participation in all activities with enthusiasm at Fowey.
Elowen for pride and passion when sharing knowledge in Maths.*

Dates for your diary

Friday 14th October - Tempest individual and sibling photos
Thursday 10th November at 2pm (School Hall) - Parent rep meeting

Tempest Individual and sibling photos

Tempest will be in school on Friday 14th October. We are pleased to be able to offer photos with siblings, both for siblings in school and with siblings not yet in school.

If your child and their siblings attend Lostwithiel School or are attending the session on Friday at Tiny Trees, we will arrange their photos to be taken throughout the day. However, if you would like your child to have their photo taken with siblings not yet attending school or not in session at Tiny Trees on Friday, we will be able to do this from 8.45am. **You will need to contact the school office to book a place.**

LOSTWITHIEL SCHOOL INSET DAYS

Lostwithiel School will be taking their staff training (inset) days in the week, following the Autumn half term holiday (Monday 24th to Friday 28th October) .

Therefore school will be closed to pupils from **MONDAY 31st October 2022 to Friday 4th November 2022**

Pupils return to school for the Autumn term on **Monday 7th November 2022**

This will also include children attending Tiny Trees Nursery

Please take note of term dates for this academic year which are available on page 6 of the newsletter and can also be found on our website.



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Today we have judged our logo competition and cannot wait to reveal the winner, we had a fantastic amount of entries and so pleased that you keep supporting the PTA!

As you may have seen on our facebook page we are starting the scheme the 'PTA PAYS IT FORWARD'. We hope to help relieve the financial burden on those who are struggling this year and make sure all children have the chance to attend our PTA events. Thank you to those that have already bought an extra ticket for the disco!

We're excited for Our Back to School Fancy Dress Disco!

Please be assured, PTA members and staff will be present throughout the evening and we also always need volunteers!

What's On!

PTA Upcoming Events

FRI 14TH OCT

Back to School Disco

TUES 18TH OCT

**Tiny Trees & Apple
Class Cake Sale**

7TH OCT

Logo Comp Deadline

FRI 21ST OCT

**Break the Rules
Day**

OCT

PIGGY WARS COMMENCE!

HALF TERM

**Online Pumpkin Carving
Competition**



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Lostwithiel School
PTA

PENNY WARS

Oct 22 - June 23

All classes Apple - Conkers inc. Tiny Trees

RULES

Each class has their own pig for collecting money.
The children can add money to their pigs at anytime as their pig
will live in the classroom, encourage your child to earn the
pennies by helping at home!

The Piggys will also appear at whole school events.

Which class will win?



All proceeds will benefit Lostwithiel School

For more info

See the Lostwithiel School Association fb page.

This years LSA Committee are as follows:

Chair - Kelly Kaya

Secretary - Charlotte Smith

Treasurer - Nicky Goudie

Committee - Morgan Farrar, Laura Deverill, Charlene Gatehouse, Sarah Davies, Beth Rawlinson.

We always welcome new parents throughout the year!

Apple -

Cherry - Sarah and Morgan

Oak - Charlotte and Beth

Beech - Laura and Charlene

Willow - Kelly and Nicky

Maple - Natalie

Conkers -

Class reps are keen to communication in the school and LSA, spreading the word through class chat groups or word of mouth.

Currently we have no class rep for **Apple and Conkers** class, if this is something you think you would like to do please get in touch with the LSA.

[Lostwithiel School Association]

BREAK the RULES DAY

Rules to be broken include:

1. Wear school uniform
2. Bring a healthy lunch or snack
3. Have neat hair
4. No temporary tattoos
5. No nail varnish
6. No make-up
7. Wear school shoes only
8. Fill your water bottle with water only

Here's how it works:

On Break the Rules day please bring a donation for our tombola or Secret Santa! (We always need gifts for dads) Gift bins will be on the gates in the morning!

When?
Friday
21st October

Parentkind
Member Association

LOSTWITHIEL SCHOOL

PTA PAYS IT FORWARD

THIS YEAR WE ARE TRYING TO SUPPORT THOSE WHO NEED IT

Buy an extra ticket

Please see Lostwithiel School Association Facebook page for more information

IF YOU CAN AFFORD AN EXTRA TICKET PLEASE LET US KNOW, THE TICKETS WILL THEN BE DISCRETELY GIVEN TO A FAMILY WHO NEED IT.

Made with PosterMyWall.com



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PTA PRESENTS:

BACK TO SCHOOL SCHOOL DISCO

FANCY DRESS (OPTIONAL)
SWEET STALL & POCKET MONEY STALL

KS1 - 4.30PM - 5.30PM

KS2 5.45PM - 6.45PM

FRIDAY 14TH OCTOBER - ENTRY £2 PER CHILD INC. CRISPS & ULTD SQUASH



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FLIGHT OF THE BUMBLEBEE

COLLECT THEM ALL!

Eat with us
and collect,
play and swap
our bumblebee
playing cards!



 Chartwells

 Bumblebee
Conservation
Trust



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Together for Families

The
deadline for
applications is
**15 January
2023**

Starting school September 2023

Applying for a place in a reception class for children born between 1 September 2018 and 31 August 2019

Attending a nursery or pre-school

You will need to apply even if your child attends a school's nursery or pre-school class. Please note that if a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

Need help with your application?

Contact the Family Information Service on 0800 587 8191



www.cornwall.gov.uk

Applying for a reception class place for September 2023

Special Educational Needs

If an Education, Health and Care (EHC) Plan has been issued for your child you do not need to complete an application form. Please contact the Statutory SEN Service for more information: Tel: 01872 324242 Email: statutorysen@cornwall.gov.uk

1 Decide on your preferred schools

You are strongly advised to name **three** preferences on the application form. **Naming a second or third preference does not give you any less chance of getting a place at your preferred school.** When making your decision you should...

...think about **how you will get your child to school.** Go to www.cornwall.gov.uk/schooltransport for more information on whether your child would be entitled to transport to school.

...look at the **admission arrangements** on our website that will be used to allocate places for each school.

...consider naming your **nearest or designated school** as one of your preferences. You can find your nearest or designated school on our website.

...look at the detailed **admissions information** on our website, also available on request.

2 Submit your application by 15 January 2023

Apply online at www.cornwall.gov.uk/admissions

3 Wait to find out which school you have been allocated

If you applied on time you will be notified of your allocation on **National Offer Day: 17 April 2023.** **Apply on time!** Late applications will only be dealt with after National Offer Day and there may not be any places left at your preferred schools.



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Together
for Families

The
deadline for
applications is
**31 October
2022**

Transfer to secondary school

September 2023

Applying for a place in year seven at a secondary school

Information and guidance

Website and application form: www.cornwall.gov.uk/admissions

Email: schooladmissions@cornwall.gov.uk

Post: School Admissions Team, County Hall, Truro, TR1 3AY

Telephone: 0300 1234 101

Need help with your application?

Contact the Family Information Service on 0800 587 8191

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www.cornwall.gov.uk

Applying for a secondary school place for September 2023

Special Educational Needs

If an Education, Health and Care (EHC) Plan has been issued for your child you do not need to complete an application form. Please contact the Statutory SEN Service for more information: Tel: 01872 324242 Email: statutorysen@cornwall.gov.uk

1 Decide on your preferred schools

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...look at the **admission arrangements** on our website that will be used to allocate places for each school.

...consider naming your **nearest or designated school** as one of your preferences. You can find your nearest or designated school on our website.

...look at the detailed **admissions information** on our website, also available on request.

2 Submit your application by 31 October 2022

Apply online at www.cornwall.gov.uk/admissions

3 Wait to find out which school you have been allocated

If you applied on time you will be notified of your allocation on **National Offer Day: 1 March 2023. Apply on time!** Late applications will only be dealt with after National Offer Day and there may not be any places left at your preferred schools.



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LEGO **Club**

**Community Centre
Main Hall**

**Mondays 3.30 -
4.30**

£1 per child



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**children's hospice
SOUTH WEST**

Raise festive
cheer in your
Christmas
gear!

Santas on the Run

eden project

Walk, jog or run 2k at the Eden Project
on Sunday 4 December 2022

Sign up today www.chsw.org.uk/santas

Making the most of short and precious lives across the South West
Registered Charity No. 1003314



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WILDLIFE WARRIORS

Discover, protect and enjoy Nature!

SATURDAY 8TH OCTOBER

@ 10AM

**ST WINNOW
CHURCH**



SESSION 1: OUR FEATHERED FRIENDS
Build a bird shelter/feeder & Make bird snacks!

WILDLIFE WARRIORS

Discover, protect and enjoy Nature!

WINTER PROGRAMME

- | | |
|------------|---|
| Sat 8 Oct | LAUNCH DAY!!
OUR FEATHERED FRIENDS: Bird shelters/feeders & snacks |
| Sat 12 Nov | CREATIVE & CLEAN: River art & beach tidy |
| Sat 10 Dec | CHRISTMAS COUNTDOWN: Natural Christmas decorations |
| Sat 14 Jan | OUTDOOR LIVING: Den building |
| Sat 11 Feb | HOMES FOR NATURE: Bug hotel |
| Sat 11 Mar | CELEBRATION OF EASTER AND SPRING |

**BEYOND THE DOOR IN
ST WINNOW CHURCHYARD**

@ 10AM





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Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



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2022/2023

Dear Parent/Carer

Here at Lostwithiel School we recognise that there are occasions when it is appropriate to authorise an absence, such as when a pupil is genuinely too ill to attend school, has a medical appointment that cannot be taken outside of school hours or a request for leave has been agreed in exceptional circumstances.

However, the Government does not support parents taking children out of school unless the school agrees this is appropriate under 'exceptional circumstances'. Any request for leave should be made in writing to the Headteacher using the school's request form.

If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £60 if paid within 21 days or £120 if paid after this but within 28 days. Failure to pay the Penalty Notice may result in legal action. Absence not authorised by the school may result in a prosecution in the Magistrates' Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Cornwall Council may also apply for the costs incurred in taking the matter to Court.

'Parent' as set out in Section 576 of the Education Act 1996, defines parent to include: natural parents, whether they are married or not; any person or body who has parental responsibility for a child (as defined by the Children Act 1989) and; any person who, although not a natural parent, has care of a child. Having care of a child means a person with whom a child lives and who looks after a child, irrespective of what their relationship is with said child.

You are welcome to contact the school to discuss any concerns you may have regarding this or if you feel you would like advice or support in helping your child attend more regularly. Lostwithiel School is committed to maximising the education of all its pupils and aims to work with parents to ensure this can be achieved.



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The decision to submit a request for the issue of a Penalty Notice will be considered when a child's attendance is deemed to be 'not regular'. The definition of 'not regular' in this instance is when it is below the threshold set by Cornwall Education Learning Trust (CELT). For all CELT schools, this attendance threshold is set at 96%, in line with national attendance data. In the Autumn Term, a child's attendance for the previous academic year will be considered before deciding on a course of action. From January onwards, the decision will be based on attendance data from the current academic year.

Yours sincerely

Headteacher



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LOSTWITHIEL SCHOOL TERM DATES 2022/2023

SEPTEMBER 2022						
Mon		5	12	19	26	
Tues		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24		
Sun	4	11	18	25		

OCTOBER 2022						
Mon		3	10	17	24	31
Tues		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

NOVEMBER 2022						
Mon			7	14	21	28
Tues		1	8	15	22	29
Wed		2	9	16	23	30
Thurs		3	10	17	24	
Fri		4	11	18	25	
Sat		5	12	19	26	
Sun		6	13	20	27	

DECEMBER 2022						
Mon		5	12	19	26	
Tues		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

JANUARY 2023						
Mon		2	9	16	23	30
Tues		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

FEBRUARY 2023						
Mon			6	13	20	27
Tues			7	14	21	28
Wed		1	8	15	22	
Thurs		2	9	16	23	
Fri		3	10	17	24	
Sat		4	11	18	25	
Sun		5	12	19	26	

MARCH 2023						
Mon		6	13	20	27	
Tues		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

APRIL 2023						
Mon			3	10	17	24
Tues			4	11	18	25
Wed			5	12	19	26
Thurs			6	13	20	27
Fri			7	14	21	28
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

MAY 2023						
Mon		1	8	15	22	29
Tues		2	9	16	23	30
Wed		3	10	17	24	31
Thurs		4	11	18	25	
Fri		5	12	19	26	
Sat		6	13	20	27	
Sun		7	14	21	28	

JUNE 2023						
Mon		5	12	19	26	
Tues		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24		
Sun	4	11	18	25		

JULY 2023						
Mon		3	10	17	24	31
Tues		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

AUGUST 2023						
Mon			7	14	21	28
Tues		1	8	15	22	29
Wed		2	9	16	23	30
Thurs		3	10	17	24	31
Fri		4	11	18	25	
Sat		5	12	19	26	
Sun		6	13	20	27	

BANK HOLIDAYS

Christmas Day (in lieu)	Tuesday 27th December 2022
Boxing Day	Monday 26th December 2022
New Year's Day (in lieu)	Monday 2nd January 2023
Good Friday	Friday 7th April 2023
Easter Monday	Monday 10th April 2023
May Bank Holiday	Monday 1st May 2023
Spring Bank Holiday	Monday 29th May 2023
Summer Bank Holiday	Monday 28th August 2023

SCHOOL HOLIDAYS AND HALF TERM HOLIDAYS

Autumn Half Term	Monday 24th to Friday 28th October 2022
Winter Holidays	Wednesday 21st to Friday 30th December 2022
Spring Half Term	Monday 13th to Friday 17th February 2023
Spring Holidays	Monday 3rd April to Friday 14th April 2023
Summer Half Term	Monday 29th May to Friday 2nd June 2023

LOSTWITHIEL SCHOOL INSET DAYS

5 days - Monday 31st October to Friday 4th November 2022



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WEEK 3					
W/C: 02/05 23/05 13/06 04/07 25/07 05/09 26/09 17/10					
	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDD!	
MONDAY	Macaroni Cheese 🌱 Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Vegetarian Sausage with Mashed Potato and Gravy 🌱 Veggie sausage and mash with rich gravy	Jacket Potatoes 🌱 A choice of hot and cold fillings	Peas and Carrots	Oaty Biscuit with Fresh Cut Fruit Slices 🌱
TUESDAY	Allegra's Chilli Con Chicken and Sweet Potato Bake 🌱 Baked wedges of sweet potato, topped with tomato chicken & tortilla crunchies	Allegra's Cheesy Peasy Risotto Bake 🌱 A delicious baked cheesy, pea risotto	Jacket Potatoes 🌱 A choice of hot and cold fillings	Broccoli and Green Beans	Carrot Cake with Citrus Frosting
WEDNESDAY	Tender Roast Gammon with Roast Potatoes & Gravy 🌱 Tender roast gammon with fluffy roasties and tasty gravy	Quorn Roast with Roast Potatoes and Gravy 🌱 Delicious Quorn roast with fluffy roasties and tasty gravy	Jacket Potatoes 🌱 A choice of hot and cold fillings	Carrots and Cabbage	Mango Frozen Yoghurt
THURSDAY	Beef Meatballs in Tomato Sauce with Pasta 🌱 Delicious beef meatballs in a tasty tomato sauce with pasta	Veggie Lasagne served with a Bread Wedge 🌱 Delicious sheets of pasta layered with veggies and tomato sauce	Jacket Potatoes 🌱 A choice of hot and cold fillings	Broccoli and Sweetcorn	Chocolate Sponge Cake
FRIDAY	Southern Fried Chicken Tasters with Chips 🌱 Lightly seasoned crispy chicken strips and scrummy chips	Veggie Soft Taco and Chips 🌱 A soft taco shell filled with a yummy veggie tomato chilli	Jacket Potatoes 🌱 A choice of hot and cold fillings	Baked Beans and Peas	Cheese & Biscuits

THREE WEEK MENU

SPRING/SUMMER 2022

Chartwells
So much more than just a school food

£2.32

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1					
W/C: 18/04 09/05 20/06 11/07 12/09 03/10					
	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDD!	
MONDAY	Veggie Burrito 🌱 A soft wrap filled with lightly spiced veggies and rice	Macaroni Cheese 🌱 Traditional Mac 'N' Cheese, delicious macaroni in a creamy cheese sauce	Jacket Potatoes 🌱 A choice of hot and cold fillings	Green Beans and Sweetcorn	Strawberry Frozen Yoghurt
TUESDAY	Allegra's BBQ Chicken Burger, Corn and Pineapple Relish with Potato Wedges 🌱 BBQ chicken breast burger with zingy corn relish	The Incredible Burger served with Potato Wedges 🌱 Meatless burger in a soft bun with ketchup	Jacket Potatoes 🌱 with Assorted Fillings	Sweetcorn and Broccoli	Brownie
WEDNESDAY	Roast Chicken with Roast Potatoes & Gravy 🌱 Succulent roast chicken with fluffy roasties and tasty gravy	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy 🌱 A chunky sweet potato and chickpea roast	Jacket Potatoes 🌱 A choice of hot and cold fillings	Carrots and Cabbage	Shortbread Biscuit with Fresh Cut Fruit Slices 🌱
THURSDAY	Beef Bolognese 🌱 A classic Italian beef bolognese in a yummy tomato sauce	Quorn Hot Dog with Potato Wedges 🌱 A delicious Quorn hot dog	Jacket Potatoes 🌱 A choice of hot and cold fillings	Broccoli and Sweetcorn	Banana & Apricot Flapjack with Fruit Slices 🌱
FRIDAY	Golden Fish Fingers and Chips 🌱 Crispy fish fingers with scrummy chips	Quorn Nuggets and Chips 🌱 Crispy Quorn nuggets with their fave sauce - ketchup	Jacket Potatoes 🌱 A choice of hot and cold fillings	Baked Beans and Peas	Lemon Slice

WEEK 2

W/C: 25/04 16/05 06/06 27/06 18/07 19/09 10/10

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	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUDD!	
MONDAY	Veggie Bolognese 🌱 Yummy veggie Bolognese with pasta	Cheese and Tomato Pizza 🌱 Cheesy tomato topped pizza slice	Jacket Potatoes 🌱 A choice of hot and cold fillings	Cucumber Sticks and Carrot Sticks	Flapjack with Fruit Slices 🌱
TUESDAY	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodle	Allegra's Fruity Cous Cous With Mint Yoghurt and Pita Crisps	Jacket Potatoes 🌱 A choice of hot and cold fillings	Cauliflower and Peas	Orange Shortbread with Fruit Slices 🌱
WEDNESDAY	Roast Turkey with Roast Potatoes & Gravy Roast turkey with fluffy roasties and tasty gravy	Creamy Vegetable Pie with Roast Potatoes and Gravy 🌱 Creamy vegetable pie with a cheesy shortcrust topper	Jacket Potatoes 🌱 A choice of hot and cold fillings	Cabbage and Carrots	Crunchy Chocolate Biscuit
THURSDAY	Beef Lasagne with a Garlic & Herb Bread Wedge 🌱 A classic Italian layered pasta dish with beef mince	Mild Chickpea and Potato Curry with Rice 🌱 Tasty chickpeas and potato curry served with rice	Jacket Potatoes 🌱 A choice of hot and cold fillings	Mixed Salad	Fruity Chocolate Brownie
FRIDAY	Battered Fish Fillet with Chips	Tomato Veggie Burger with Chips 🌱 A delicious veggie burger in a soft bun with chips	Jacket Potatoes 🌱 A choice of hot and cold fillings	Peas and Baked Beans	Strawberry Frozen Yoghurt

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍌 Fruity! 🍷 Nutritionist's Choice