



# Newsletter

Friday 3 October 2025

Sithney CP School, Crowntown, Helston, Cornwall, TR13 0AE Phone: 01326 572910

Email Secretary: [sithneysecretary@croftymat.org](mailto:sithneysecretary@croftymat.org)

Email Head: [sithneyhead@croftymat.org](mailto:sithneyhead@croftymat.org)

## Student Stories

We love to hear of student achievements outside of school. If you have a success story you would like included in the newsletter, please email the school office.

## Pre-School Closure—Monday 8 December 2025

Apologies but due to staffing, there will be no pre-school on Monday 8 December.

## Wraparound Care

Please can we remind all parents and carers that sessions booked but not taken, unless cancelled 48hrs in advance, will still be charged for the full slot booked. This applies for both breakfast and after-school club. Thank you.

Can we also remind all parents and carers that After School Club ends at 5pm. Late pickup from After-School club will incur a flat rate of £9 per half hour to cover the resulting costs of increased staff salaries. Recurrent lateness may result in a discretionary cancellation of provision for a period of time.

**\*\*If you have not already done so, please return your data collection sheets to the school office, and ensure you have completed your child's photo consents on the Arbor App\*\***

## Cross Country

Just a reminder there is Cross Country at Mullion at 4pm on Tuesday 7 October. This race is for Reception, KS1 & KS2 students

### Attendance—Week Ending Friday 3 October 2025

|              |        |
|--------------|--------|
| Busy Zone    | 97.19% |
| Wonder Zone  | 96.41% |
| Smart Zone   | 97.56% |
| Study Zone   | 94.74% |
| Whole School | 96.46% |

(\*\*School Attendance Target: 97%)



### Badges

### Reading Roll of Honour

Ethan, Elsie, Tuva, Elijah, Bryer, Carey, Elowen, Oliver, Arthur G, Penny, Evie, Ruben, Jago, Oscar, Bertie, Grace, Clay, Thomas, Sephy, Wynter, Alex, Harvey & Jamison



### Word of the Week

**Wonder Zone:** Billowing: This means when something is puffing up or moving like a big wave in the air.

**KS2:** Facinorous

Adjective: extremely wicked

*'Their facinorous stepmother banished them to the forest'*



## Diary Dates 2024 / 2025

Wednesday 22 October—Flu Immunisations—Reception to Yr6 students

Monday 27 October—Friday 31 October 2025—Half Term

Monday 8 December—Pre-School Closed

Monday 15 December—School Christmas Production

Wednesday 17 December—School Christmas Lunch

Weds 3 to Friday 5 June 2026—Year 5&6 Residential

Weds 10 June 2026—8.40am to 12.30pm—Y6 Mullion School Y6 transition morning

Weds 1 July 2026—Mullion School Year 6 Transition day

Tuesday 7 & Weds 8 July—Helston College Transition Day—Y6

Dates for  
the Diary:

**Coastal Crew (selected students only) - Friday 3 October, Thursday 5 February & Friday 10 July**

**Eco Council (selected students only) - Friday 7 November, Wednesday 14 January,  
Wednesday 25 February, Friday 24 April & Friday 5 June**

## Cross Country

|                       |                    |                         |                           |
|-----------------------|--------------------|-------------------------|---------------------------|
| Tuesday 7th October   | Race 2             | Reception/KS1 and KS2   | Mullion— 4pm              |
| Tuesday 4th November  | Race 3             | KS2                     | Helston North Site— 4pm   |
| Tuesday 24th February | Race 4             | KS2/Peninsula qualifier | Helston South Site 4pm    |
| March                 | Peninsula Final    | KS2                     | TBC 4-5pm                 |
| March                 | School Games Final | KS2                     | Newquay                   |
| Tuesday 28th April    | Race 5             | Reception/KS1 and KS2   | Helston North Site<br>4pm |
| Tuesday 12th May      | Race 6             | Reception/KS1 and KS2   | Helston South Site - 4pm  |
| Tuesday 9th June      | Fun Run            | Reception/KS1 and KS2   | Mullion 4pm               |



## WELL DONE



| TEAM       | 04.07.25 | 11.07.25 | 18.07.25 | 12.09.25 | 19.09.25 | 26.09.25 | 03.10.25 |
|------------|----------|----------|----------|----------|----------|----------|----------|
| Killigrew  | ★        |          | ★        | ★        |          |          | ★        |
| Trevithick |          | ★        |          |          |          |          |          |
| Bassett    |          |          |          |          | ★        | ★        |          |



# NUMBOTS

Bella & Grace



## MATHS WHIZZ

| Study Zone Learning Time | Smart Zone Learning Time | Wonder Zone Learning Time |
|--------------------------|--------------------------|---------------------------|
| Ned—78 mins              | Essie—136 mins           | Oliver—71 mins            |
| Alex—70 mins             | Grace—65 mins            | Arthur—69 mins            |
| Jemima—65 mins           | Charlie—62 mins          | Tuva—66 mins              |

| Study Zone Gems | Smart Zone Gems | Wonder Zone Gems |
|-----------------|-----------------|------------------|
| Alex—10 gems    | Essie—16 gems   | Oliver—7 gems    |
| Ned—8 gems      | Evie—10 gems    | Teddie—6 gems    |
| Owen—7 gems     | Oscar—7 gems    | Arthur—5 gems    |

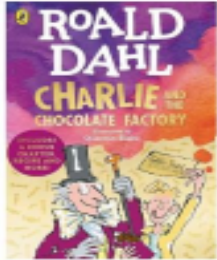
## HALL OF FAME

Arthur G, Carey, Elsie, Oliver, Tuva, Arthur T, Bertie, Billie-Jean, Charlie, Essie, Henry, Jago, Noah, Oscar, Penny, Rocco, Ruben, Samuel, Alex, Carter, Clay, Dollie, Evalyn, Isobella, Jemima, Ned, Owen, Sephy & Sebby.

## **Class Novels**

Over this half term, Wonder Zone, Smart Zone and Study Zone will be reading the following class Novels.

### **Wonder Zone – Charlie and the Chocolate Factory.**



*'Charlie Bucket's life is about to change forever, thanks to one miraculous moment!*

*Willy Wonka, chocolate maker extraordinaire, has hidden five golden tickets in five ordinary bars of chocolate, and any child who finds one will get the chance to visit his incredible factory. And Charlie has found one . . . With a chocolate river, delectable confectionery and mysterious Oompa Loompas, Mr Wonka's factory is the most wondrous place Charlie has ever seen.'*

Wonder Zone have been enjoying this delightful and funny book by Roald Dahl. They have also been learning how to use their 'TV's in their heads' in this chapter book. Roald Dahl, a former spy and fighter pilot, is a classic children's author and is famous for other brilliant stories such as The Twits, Fantastic Mr Fox and James and the Giant Peach.

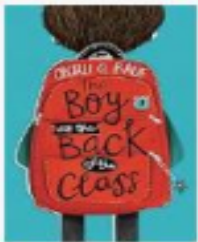
### **Smart Zone – A Mummy Ate My Homework**



*'Being whisked back to 1300 BC certainly wasn't on Henry's to-do list. Can he make his way through a new school, odd sports, unexpected friends and deadly pets, Egyptian style? And will he ever find his way back to the present day?'*

Based on the Ancient Egyptians and this term's history topic, Smart Zone will be reading A Mummy Ate My Homework by Thiago De Moraes in their reading sessions and also as their reading for pleasure book. This riotously funny story has amusing illustrations throughout and hieroglyphics for the children to crack codes. Thiago De Moraes has also written other books such as the Myth Atlas and History Atlas.

### **Study Zone – The Boy at the Back of the Class.**



*'Told with heart and humour, The Boy at the Back of the Class is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense.'*

Based on the current refugee crisis and the importance of acceptance and friendship, this book will also support Study Zone's History topic of The Ancient Islamic Civilisation and will be read during reading sessions and as their reading for pleasure book. This was the first book to be written by Onjali Q Rauf and was the winner of the Waterstone Book Prize in 2019. She has gone on to write The Star Outside my Window, The Night Bus Hero and The

Great Food Bank Heist.





GIRLS AND WOMEN

# RUGBY FEST



WITH THE APPEARANCE OF RED ROSES  
AMBER REED AND SUSIE APPLEBY  
WHATS ON?

10.30 AM

U14S GIRLS FIXTURE -  
HELSTON/STIVES VS CAMBORNE/PENRYN

12-13.15

RUGBY FESTIVAL!  
ALL AGES (GIRLS AND WOMEN WELCOME!)  
(NON-CONTACT)

13.15 - 13.30PM

RED ROSES Q&A AND PHOTOS

2-3 PM

GIRLS U12S FESTIVAL  
(WITH CONTACT)

15.00

VIXENS HOME MATCH  
HELSTON VS EXETER SARACENS

REGISTER  
ON THE  
LINK IN THE  
COMMENTS  
OR SCAN  
QR CODE!



FREE ENTRY

FIRST  
MATCH  
10.30 AM

5TH  
OCTOBER

FESTIVALS  
12.00

SECOND  
MATCH  
3PM



The background of the poster features a photograph of two young boys singing into microphones. The boy in the foreground is wearing a dark blue shirt, and the boy behind him is wearing a white shirt. The image is partially obscured by large, stylized brushstrokes in blue, yellow, and white. Musical notes and a treble clef are scattered throughout the design.

## Get your music on!

Voice, Piano, Ukulele  
or Recorder  
Lessons

Lessons now available in  
**Voice, Piano/Keyboard, Ukulele** and  
**Recorder** with our amazing  
Vocal Lead, **Cheryl Brendish.**

*Fun, inspiring lessons for all  
ages & levels!*

- Individual lessons from just  
£12 for 15 minutes
- Group lessons from £6

# Sing, Play, Shine!

Don't delay—sign up today at  
[www.cmst.co.uk/SignUp](http://www.cmst.co.uk/SignUp)



# HARVEST APPEAL



## HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS HARVEST

### DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



### SHOPPING LIST TOP TEN ITEMS

Long life fruit juice  
Long life milk  
Tinned cold meats  
Tins of custard  
Tins of rice pudding  
Tinned fruit  
Small jars of coffee  
Sponge puddings

## THANK YOU



Helston and the Lizard foodbank is a project supporting local people run by the charity

**mustard seed**

www.mustardseedcharity.org.uk

Charity Number 1127110

14-16 Wendron Street, Helston, Cornwall TR13 8PS

[www.helstonthelizard.foodbank.org.uk](http://www.helstonthelizard.foodbank.org.uk)





**SCAN HERE TO BOOK >>>  
OR VISIT OUR FACEBOOK PAGE**



# **OCTOBER FOOTBALL CAMPS**

ESTD 2009

**SUPASPORT**

SOUTHWEST

**Fun football and multi  
skill games for children  
aged 5-11.**

**Wendron School  
Helston  
TR13 0PX  
09:30 - 15:00**

**TUESDAY, WEDNESDAY & THURSDAY  
28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> OF OCTOBER**

**PLEASE BRING LUNCH, DRINK AND SUITABLE CLOTHING.  
FOR MORE INFORMATION EMAIL MARTYN:  
MARTYN.SUPASPORTSW@OUTLOOK.COM**

# FOOD FRIENDS

Drawing Competition for 4-12 Year-Olds



Sporty **banana**,

a gardening **lime**,

Detective **Cheese** solving crime,

**cupcake** hero,



pirate **pasta**,



imagination running faster,

dancing **doughnut**,



magic **milkshake**...

what **food friend** will you create?



Fun, free  
activity for  
your club



Amazing  
prizes to be  
won for clubs  
and children

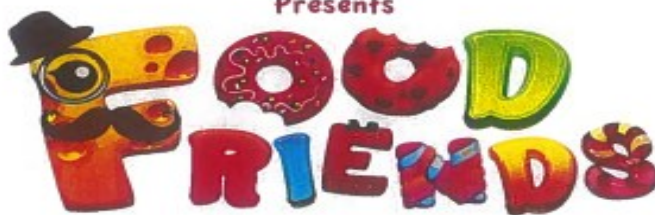


Drawings  
could be  
published in  
a cool book



Young Artists

Presents



**Food Friends** is a fun and creative activity inviting your children to turn food into a character. From drawing food best friends or villainous vegetables to their favourite treat, the **Food Friends** national drawing competition lets imaginations run wild!

Read out the poem overleaf to help inspire your children with ideas. What is their favourite food, or one they dislike? What would it do or wear if it came to life? Have fun discussing ideas to create your club's food friends.

Drawings will feature in a special **Food Friends** book series showcasing children's artwork alongside cool fact pages. Plus, our favourite drawing from each book will be chosen to feature as the front cover!

## How To Enter

- 1 Ask your children to draw their Food Friend-inspired picture on an entry form.
- 2 If you need any more forms, you can request as many as you need from [www.youngartists.co.uk](http://www.youngartists.co.uk) or by calling us on 01733 898109 and we'll send them to you free of charge. (Forms can be photocopied too!)
- 3 Send your drawings to us with your club's completed entry form using the FREEPOST sticker enclosed:

**FREEPOST RSLY-AUJA-RAHY**  
Young Artists ASC  
Remus House  
Peterborough  
PE2 9BF

Or email scans to  
[info@youngartists.co.uk](mailto:info@youngartists.co.uk)

Or upload entries at  
[www.youngartists.co.uk/new-uploader](http://www.youngartists.co.uk/new-uploader)

(Please don't send photos! See our website for phone scanning instructions.)



## Prizes For Clubs

- ★ The club that sends in the best set of drawings will win an amazing **£1,000!**

**PLUS** Clubs will receive a complimentary copy of the book their children's work features in!

**£1,000**  
for best set  
of drawings!

## Prizes For Children

- ★ The best Food Friends drawing in each book will become the book's title and front cover. The artist will receive a goody bag full of creative supplies!

**PLUS** A sticker strip for every entrant. Children whose work we'd like to publish also receive a certificate.

(Club & individual winners will be chosen from entries received Sept-Nov 2025.)



# Closing Date: 31st October 2025



# OCTOBER HALF TERM ACTIVITY CAMPS

## SCHEDULE 2025

**Tuesday 21<sup>st</sup>** Bushcraft

(Survival skills & Combat)

**Wednesday 22<sup>nd</sup>** - Bushcraft

(Wild cooking & foraging)

**Thursday 23<sup>rd</sup>** - Bushcraft

(Explorer, navigation & tracking)

**Monday 27<sup>th</sup>** - Multi Sport Activity Camp

**Tuesday 28<sup>th</sup>** - Multi Sport Activity Camp,

**Wednesday 29<sup>th</sup>** - Multi Sport Activity Camp

**Thursday 30<sup>th</sup>** - Multi Sport Activity Camp

**Friday 31<sup>st</sup>** - Halloween Special Activity Camp

**BOOKINGS GO LIVE MONDAY 22<sup>ND</sup> SEPTEMBER!**

SIR BEN  
AINSLIE  
**SPORTS  
CENTRE**

[www.sirbenainsliesportscentre.com](http://www.sirbenainsliesportscentre.com)





# HELSTON RFC U8'S



## NEW PLAYING KIT SPONSORSHIP REQUEST

HELSTON RFC U8s CURRENT PLAYING KIT HAS REACHED END OF LIFE AND WITH INCREASING NUMBERS JOINING UP TO THE SQUAD THIS SEASON, WE ARE ON THE LOOKOUT FOR SOME GENEROUS BENEFACTORS WHO MIGHT BE WILLING TO SUPPORT OUR YOUNG WARRIORS WITH SOME NEW PLAYING KIT.

RUGBY PLAYING ATTIRE DOES NOT COME CHEAP, EVEN FOR 7 AND 8-YEAR-OLDS, AND AS SUCH, WE ARE SEEKING THE FOLLOWING SPONSORS:

- 2NO. FRONT OF SHIRT SPONSORS
- 2NO. BACK OF SHIRT SPONSORS
- 2NO. SLEEVE SPONSORS

IF YOU WOULD BE INTERESTED IN SUPPORTING US WITH THE ABOVE, PLEASE FEEL FREE TO GET IN CONTACT FOR MORE DETAILS:

**Steven Jones - Team Manager**

07866 836309



**Kevin Orchard - Coach**

07488 279136



**Barry Hennesy - Admin**

07946 898192



[www.helstonrfc.com](http://www.helstonrfc.com)



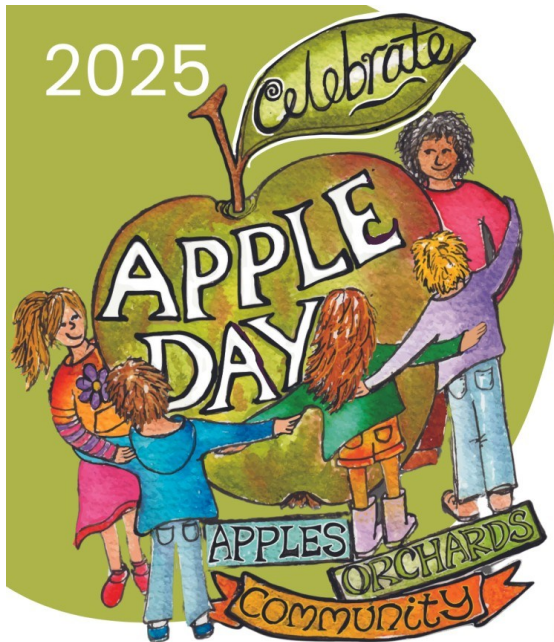
01326 569195



King George V Playing Field,  
Clodgy Ln, Helston TR13 8PJ



2025



Saturday  
11th October  
11am until 6pm



Refreshments & Bar

Children's Games & Activities

Live Music all day, Procession  
Orchard Blessing, Ceilidh

Join Us!  
TR14 0DD

Rural Crafts & Demonstrations

Exhibition, Tasting, ID, Trees, Orchard Tours  
& Advice, Juice & Juice Pressing, Games,  
Traditions, Crafts, Cakes, Cider & more

The Apple!

Please car-share if you can  
or come by bus (T1 T2)...or  
on your bike....or your feet!



TICKETS

It's cheaper to book in advance  
Adults £5 (£6 on the day) Children  
6-16 £3 (£4 on the day) Carers and  
children 5 & under FREE



[www.kehellandtrust.org.uk](http://www.kehellandtrust.org.uk)





Cornwall Partnership  
NHS Foundation Trust

**The Mental Health Support Team warmly  
invite you to attend...**

# **Wild Wellbeing**

**During October half term we are offering FREE nature based  
creative sessions linked to the 5 ways to wellbeing.**

**This is for parents and children aged 5-12 in Cornwall.  
Please book EACH child on to a session.**

**Morning and afternoon sessions available at:**

**The Core at St Ives Community  
Orchard - Thursday 30 October**

**Hayle Family Hub - Friday 31 October**

**We are also offering a Parentwell session at  
Penrose Estate - Monday 27 October**

**Each session will last approx. 2 hours**

**To request a place, please complete the online  
form or scan the QR code provided:**

**<https://forms.office.com/e/vc2Dtk8C5B>**



**Follow us on Facebook for updates and  
upcoming events:**

**Cornwall Mental Health Support Team (MHST)**



# Supporting a Child with ADHD



Challenge the stereotypes and get practical help

**Tuesday 11<sup>th</sup> November 7 - 8:30pm**

90 minute session. Recording available for 48hrs

**£24.**

Available to book now  
[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)





## It's a Family Affair with Will Keating & Friends

Join **Will Keating** for ***It's a Family Affair*** on Sun 02 Nov for a heartwarming afternoon of music, laughter, and stories for all generations. Celebrate the power of song and family togetherness in a show packed with joy, energy, and unforgettable moments. Bring everyone along for an uplifting experience you won't want to miss!

# Will Keating

## It's a Family Affair



# Hall for Cornwall

Sunday 2<sup>nd</sup> November @ 3pm

Adults £11 - Children £6



# Support Disability Cricket in Cornwall

Help Us Reach Our Goal

# £10,000

**DONATE TODAY**

<https://www.crowdfunder.co.uk/p/ccb-super9s>  
[www.cornwallcricket.co.uk](http://www.cornwallcricket.co.uk)





**RED RIVER  
SCOUT GROUP  
CROWLAS**



**WANT TO TRY  
SOMETHING NEW?**

**LEARN LIFE SKILLS  
MEET NEW FRIENDS  
HAVE EXCITING ADVENTURES  
BE CHALLENGED**

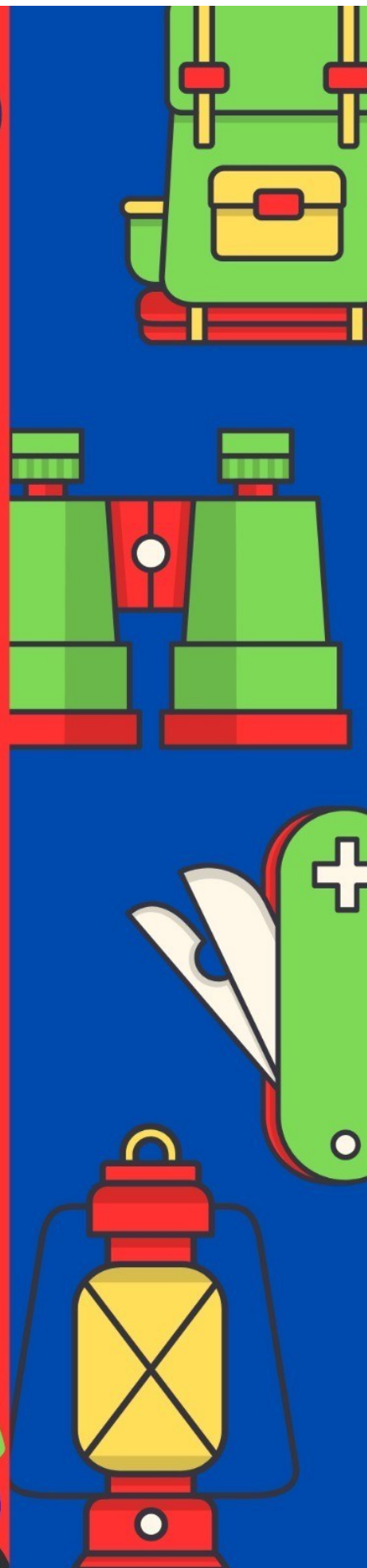
**JOIN US AT CROWLAS  
METHODIST CHAPEL:  
BEAVERS (5 ¾ - 8YRS) THURSDAYS  
5.30-6.30  
CUBS (8 - 10 1/2YRS) THURSDAY 6.50-  
8.15  
SCOUTS (10 ½ - 14YRS) MONDAYS 7-  
9PM**

**AVAILABILITY IN ALL SECTIONS  
FIRST 3 SESSIONS FREE!  
AFFORDABLE TERMLY FEES**

**CONTACT KAREN**

**07989132280**

**KAREN.STEPHENS1@HOTMAIL.COM**





Sponsored by:

**polymer**  
medics



children's hospice  
**SOUTH WEST**



# Santas on the Run

Experience the magic of a festive  
fun run at the **Eden Project** on  
**Sunday 7 December**

**eden**  
project

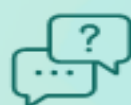
Sign up today [www.chsw.org.uk/santas](http://www.chsw.org.uk/santas)

Registered  
Charity No.  
1003314



Most pharmacies can help you  
with **seven common conditions**  
without needing a GP appointment

- **Sinusitis**  
(adults and children aged 12 years and over)
- **Sore throat**  
(adults and children aged 5 years and over)
- **Earache**  
(children and young adults aged 1 year to 17 years)
- **Infected insect bite**  
(adults and children aged 1 year and over)
- **Impetigo**  
(adults and children aged 1 year and over)
- **Shingles**  
(adults aged 18 years and over)
- **Urinary tract infection**  
(women, aged 16 to 64 years)



Ask your pharmacy for more  
information about this  
free\* NHS service

**Visit your  
Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied



# WEEK 3

W/C: 17/11/2025, 08/12/2025, 19/01/2026, 09/02/2026, 02/03/2026, 23/03/2026

|   |          | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|----------|--|--|--|--|--|
| HOT DISHES  | OPTION 1 | Cheese and Tomato Pizza with Potato Wedges                 | Beef Meatballs in Tomato Sauce with Wholewheat Pasta       | Roast Gammon with Mashed Potatoes and Gravy                | Chicken and Sweetcorn Pasta Bake                           | Battered Pollock with Chips                                |
|   | OPTION 2 | Veggie Meat Feast Pizza with Potato Wedges                 | Veggie Meatballs in Tomato Sauce with Wholegrain Pasta     | Quorn Roast with Mashed Potato and Gravy                   | Macaroni Cheese  | Veggie Fingers with Chips                                  |
|   | OPTION 3 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta |
| HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD |          |  |  |  |  |  |
| DELI DISHES   | OPTION 4 | Cheese and Tomato Wrap                                     | Tuna Wrap  | Ham Wrap   | Cheese and Tomato Wrap                                     | Ham Wrap   |
|   | OPTION 5 | Egg Mayonnaise Sandwich                                    | Ham Sandwich   | Cheese Sandwich  | Tuna Mayonnaise Sandwich                                   | Cheese Sandwich  |
| DELI DISHES ARE SERVED WITH MIXED SALAD                           |          |  |  |  |  |  |
| DESSERT   |          | Chocolate Marble Cake                                      | Orange Glazed Sticky Sponge Cake with Custard              | Lemon Cookie   | Crunchy Chocolate Mousse                                   | Fruits of the Forest Jelly                                 |



## BAKED POTATOES SERVED DAILY

With a choice of toppings



## AVAILABLE DAILY

Fresh fruit, salad, yoghurt and water

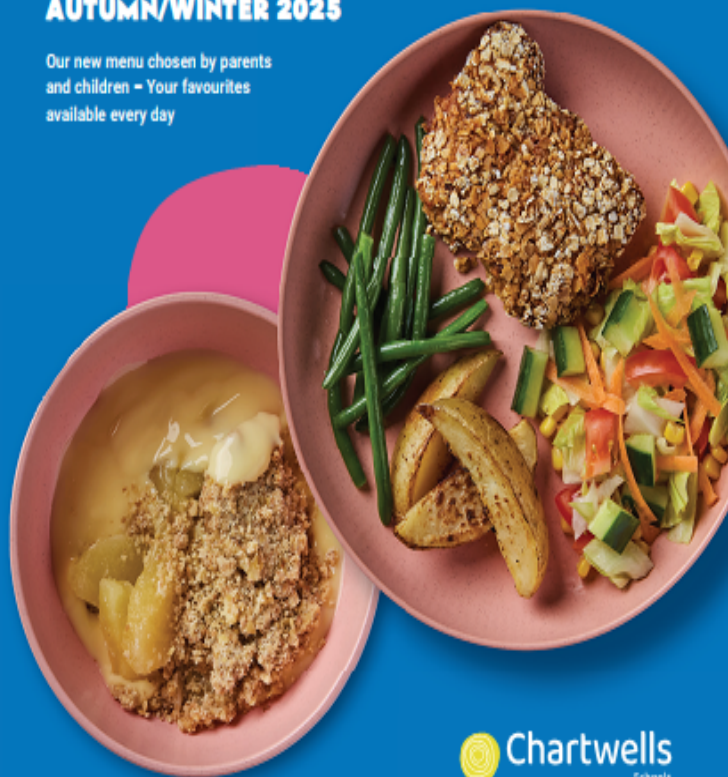
Vegetarian Vegan Oily Fish Wholegrain Fruitful Nutritionalist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# THREE WEEK MENU

## AUTUMN/WINTER 2025

Our new menu chosen by parents and children - Your favourites available every day



**Chartwells**  
Schools

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Menu\_101\_00000



# WEEK 1

W/C: 03/11/2025, 24/11/2025, 15/12/2025, 05/01/2026, 26/01/2026, 09/02/2026, 30/03/2026

|                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|--|--|--|--|--|
| <b>HOT DISHES</b> |  |  |  |  |  |
| <b>OPTION 1</b>   | Cheese and Tomato Pizza with Potato Wedges 🌱                 | Beef Bolognese with Wholewheat Pasta 🌱🌱                      | Roast Chicken with Roast Potatoes and Gravy                  | Chicken and Vegetable Pie with Mashed Potatoes and Gravy     | Southern Fried Chicken with Chips                            |
| <b>OPTION 2</b>   | BBQ Vegetable Wrap with Potato Wedges 🌱🌱                     | Vegetarian Bolognese with Wholewheat Pasta 🌱🌱🌱               | Roast Quorn with Roast Potatoes and Gravy                    | Cheesy Vegetable Hotpot                                      | Quorn Dippers with Chips 🌱                                   |
| <b>OPTION 3</b>   | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 |

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

|                    | MONDAY                     | TUESDAY      | WEDNESDAY         | THURSDAY                  | FRIDAY            |
|--------------------|----------------------------|--------------|-------------------|---------------------------|-------------------|
| <b>DELI DISHES</b> |                            |              |                   |                           |                   |
| <b>OPTION 4</b>    | Cheese and Tomato Wrap 🌱   | Tuna Wrap    | Ham Wrap          | Cheese and Tomato Wrap 🌱  | Ham Wrap          |
| <b>OPTION 5</b>    | Egg Mayo/Maisie Sandwich 🌱 | Ham Sandwich | Cheese Sandwich 🌱 | Tuna Mayo/Maisie Sandwich | Cheese Sandwich 🌱 |

DELI DISHES ARE SERVED WITH MIXED SALAD

|                | MONDAY                | TUESDAY                       | WEDNESDAY     | THURSDAY                     | FRIDAY          |
|----------------|-----------------------|-------------------------------|---------------|------------------------------|-----------------|
| <b>DESSERT</b> | Crunchy Apple Slice 🌱 | Strawberry Shortcake Mousse 🌱 | Oat Cookies 🌱 | Apple Crumble with Custard 🌱 | Berry Blondie 🌱 |



**BAKED POTATOES SERVED DAILY**  
From a locally sourced potato



**AVAILABLE DAILY**  
From a locally sourced potato

🌱 Vegetarian 🌱🌱 Vegan 🌱🌱🌱 Dairy Free 🌱🌱🌱🌱 Wholegrain 🌱🌱🌱🌱 Fruity! 🌱🌱🌱🌱🌱 Nutritional Choice

Vegetarian, Vegan, Dairy Free, Wholegrain, Fruity!, Nutritional Choice

# WEEK 2

W/C: 10/11/2025, 01/12/2025, 12/01/2026, 02/02/2026, 23/02/2026, 16/03/2026

|                   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|-------------------|--|--|--|--|--|
| <b>HOT DISHES</b> |  |  |  |  |  |
| <b>OPTION 1</b>   | Macaroni Cheese 🌱  | Pork Sausages with Mashed Potatoes and Gravy                 | Roast Chicken with Roast Potatoes and Gravy                  | BBQ Chicken with Rainbow Rice                                | Battered Pollock with Chips                                  |
| <b>OPTION 2</b>   | Veggie Burrito with Wholegrain Rice 🌱🌱🌱                      | Vegetarian Sausage with Mashed Potatoes and Gravy            | Veggie Shepherd's Pie with Gravy 🌱🌱                          | Cheese and Tomato Pizza with Garlic Bread or Pasta Salad     | Veggie Fingers with Chips 🌱                                  |
| <b>OPTION 3</b>   | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 | Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta 🌱 |

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

|                    | MONDAY                     | TUESDAY      | WEDNESDAY         | THURSDAY                  | FRIDAY            |
|--------------------|----------------------------|--------------|-------------------|---------------------------|-------------------|
| <b>DELI DISHES</b> |                            |              |                   |                           |                   |
| <b>OPTION 4</b>    | Cheese and Tomato Wrap 🌱   | Tuna Wrap    | Ham Wrap          | Cheese and Tomato Wrap 🌱  | Ham Wrap          |
| <b>OPTION 5</b>    | Egg Mayo/Maisie Sandwich 🌱 | Ham Sandwich | Cheese Sandwich 🌱 | Tuna Mayo/Maisie Sandwich | Cheese Sandwich 🌱 |

DELI DISHES ARE SERVED WITH MIXED SALAD

|                | MONDAY                     | TUESDAY    | WEDNESDAY           | THURSDAY                                     | FRIDAY             |
|----------------|----------------------------|------------|---------------------|--|--------------------|
| <b>DESSERT</b> | Chocolate Caramel Crunch 🌱 | Flapjack 🌱 | Chocolate Brownie 🌱 | Apple and Golden Syrup Sponge with Custard 🌱 | Chocolate Cookie 🌱 |



**BAKED POTATOES SERVED DAILY**  
From a locally sourced potato



**AVAILABLE DAILY**  
From a locally sourced potato

🌱 Vegetarian 🌱🌱 Vegan 🌱🌱🌱 Dairy Free 🌱🌱🌱🌱 Wholegrain 🌱🌱🌱🌱 Fruity! 🌱🌱🌱🌱🌱 Nutritional Choice

Vegetarian, Vegan, Dairy Free, Wholegrain, Fruity!, Nutritional Choice