



Pitsford School



THE PITSFORD POST

Friday 17th January 2020

Welcome

Happy new year to you all but, in the weird physics of schools, although it is only 16th January as I write, it feels vaguely like we have been back for a month and a half already! This is a busy term - busy as a bee which has just taken on a second job to help pay for the renovations in his or her hive. Buzz buzz. We have two Open Days coming up (Junior School on Friday 31st January and Whole School on Saturday 21st March) and we would love them to help us recruit more members to our family. We are starting Saturday Morning Masterclasses this term for the wider community with Chemistry and Mathematics being the first to drop (as the young folk say) and I look forward to welcoming visitors into our lovely school on those occasions. Our musical is this term and it is that rarest of things, a musical that I like: 'Little Shop of Horrors' is fantastic and will be a wow - make sure you get a ticket and come as I am sure it will dislocate you from your socks with its quality, musicality and comedy (thanks for asking, the other musicals that I like are 'Hamilton' and 'Rocky Horror'). Our annual Founders' Day service is this term too (Wednesday 5th February) and this time the whole school will meet together in the parish church (normally it is just the seniors in the Chapel) and I think it will be wonderful for us all to be in the same room at the same time. We also have our year 11s and year 13s crashing into the end of their taught courses and readying themselves for the public exams in the summer and they will be working very hard between now and the summer (and if they are not then stop their pocket money!). We will also have collected in all of our options for next year's GCSE and A level classes. The middle term is always key in what Elton John and Tim Rice liked to call 'the circle of school life'. Now, I know what you are thinking: 'it is 2020, you are a Head Teacher, where are all the cringey, toe-curling semi-sermons on your '2020 Vision for the School?' Have no fear, parents of Pitsford, I ascribe firmly to John Cleese's three rules of comedy (rule 1: no puns; rule 2: no puns; rule 3: no puns) and I will leave that sort of hokiness to the Heads of the schools you were much to clever to send your children to. My vision never changes: Pitsford School will remain happy, hard-working and fun, cool, stylish and debonair. Well done on your choice and speak again in fourteen brief days.

Dr Walker

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- Junior School Open Morning -



Pitsford School

3 to 18 years old

Juniors Open Morning

Come and see what we have
to offer and how we prepare
your child for learning

31 Jan 2020,
9.30am to 12.30pm

We would love to meet you.
Just call the Registrar on 01604 880306
or email registrar@pitsfordschool.com

- Set in 30 acres of beautiful grounds
- Small class sizes where every child is known
- Students interact more with their teachers and peers, allowing for a more individual approach to learning
- Facilities include a multi-million pound School building and new state-of-the-art Sports Centre
- Every pupil will thrive at our wonderful School and life beyond



www.pitsfordschool.com

Leonard's Day as a Swansea City Mascot

On 29th December I went to the Liberty Stadium to be a mascot for Swansea City.

On arrival at the ground we stood outside the team bus and had a photograph with all the players. We then went into the Morfa Lounge for a drink. I had blackcurrant squash.

After that it was time to show off our footballing skills as we had a training session with the coaches. It was then back to the lounge for a tasty lunch of chips and chicken nuggets.

It was then time for the moment I had been waiting for - the opportunity to walk out onto the pitch with the players. I lined up next to Andre Ayew. He held me by the shoulder as I, with nervous excitement, jogged out onto the pitch.

At half time we had a penalty shoot out against the club mascot. I easily scored.

It was an amazing day unfortunately though, not the most exciting of matches, as Swansea only managed a 0,0 draw with Barnsley. By Leonard.



Raffi's Runaway Success

Raffi O from Year 6 has started 2020 with a triumph! On Saturday 4th January, he won the U11 Boys Cross Country title in the Northants Athletics Association County Championship, despite being the only competitor not affiliated to a club. Well done, Raffi!



- Ballet Exam Results -

Well done to all of our Junior School pupils who took their ballet exams at the end of last term, what wonderful results!

Mia S	Pre- Primary Ballet	PASS
Constance T- R	Pre- Primary Ballet	PASS
Beau W	Pre- Primary Ballet	PASS
Lottie W	Pre- Primary Ballet	PASS
Hemming V	Pre- Primary Ballet	PASS
Erin A	Grade 1	MERIT
Hannah M	Grade 1	MERIT
Henry M	Grade 2	MERIT
Georgie B	Grade 3	DISTINCTION



- Bedfordia X Country event at Lincroft Academy -

The team travelled to the event with much excitement for their first run of the new year. It was stormy conditions to say the least with a large head wind. The Year 5 & 6 boys were up first and the boys didn't disappoint. They all shot off the start line with 150 other boys. Raffi soon found himself out front, however he didn't let up on the pace, and he pushed himself further to give him an impressive lead. The other boys battled to keep up with him. He kept the lead all the way round and finished in 1st place. Well done Raffi! The other Year 5 & 6's also ran very well; coming in 18th, 66th, 101st, 102nd & 104th. Next up was the Year 7 girls race: Martha shot out right from the start, she maintained a very high pace all the way around and finished an incredible 12th. Well done, Martha! Now it was time for the year 8 races, up first was the Girls race. Madeline and Charlotte both followed our previous Pitsford runners and started very fast. Madeline pushed herself to maintain distance with the leading pack, and finished 8th. Charlotte battled in the wind and finished 43rd. Well done girls; great running and effort shown. The final race of the day was the Year 8 boys. Lewis, Harry and Neer all embraced the stormy conditions to battle their way round the muddy course. Lewis finished an incredible 2nd place, with an awesome performance. Harry and Neer finished side by side towards the middle order of the boys race. Overall, a highly enjoyable day and credit to all that took part in the hurricane like conditions.

Mr Cole



- Etwinning projects -

We have just finished our first Etwinning activity with our partner schools in Spain and France. Year 7's have worked on the "Culture in a box" project. They have received Christmas cards and treats from their French and Spanish penpals. Year 8's and Year 9's have also received Christmas cards from their penpals. We will be communicating online with them soon to say thank you! We will keep you informed about our other activities. Don't forget to visit our international work blog to be informed about all our language and culture projects:

<https://pitsfordinternational.school.blog/>

Hasta la vista :)



- J2 Care Home Visit -

J2 visited the residents of Wardington Court on Wednesday afternoon. They shared a story, sang songs and enjoyed a tasty snack together. We thoroughly enjoyed meeting our new friends and hope to see them again soon!



- Happy New Year from all at Restore and thank you for the support during the year-

Dear Pitsford School,

Happy New Year from the staff and volunteers at Re:store. We hope that you had a wonderful Christmas spent with friends and family.

We would like to begin by thanking each and every individual, group and organisation who supported us in the run up to Christmas and during the entirety of 2019. We were absolutely overwhelmed by the support and goodwill received.

This Christmas, donations came in many forms, from Reverse Advent calendars, to monetary donations instead of sending Christmas Cards. Please be assured that we are so grateful for your efforts, which will go towards helping the most vulnerable individuals and families in Northampton. Below are just some examples of what your support has meant, and will mean, for these people.

Thanks to the generosity of our supporters, our Growbaby project, which throughout the year distributes clothing and children's items to families in poverty, was able to give out brand new gifts for over 170 children of families referred to the project in December.

Parents were able to choose gifts from a very wide selection and helping to wrap them gave the families dignity and ownership. One mum was just so happy she hugged everyone and kept saying thank you and started crying. Lots of parents said they were just so overwhelmed and were so happy to be able to give their kids some lovely presents. Other parents proudly showed volunteers what they had picked from the gift table, telling them why their child was going to love it.

Whilst it is rewarding in and of itself to be able to bless the parents and their children in this way, we are able to do more than this through our support worker, project co-ordinator, and the presence of Citizens Advice, supporting families through their circumstances, helping them to move forward with their lives and to build a better future for themselves.

None of this is possible without your generous support. Thank you.

'I was really worrying about Christmas but I feel like I'm sorted now I have some gifts and food - it's a big help'
'I just can't believe this, I wasn't expecting all these lovely things, I feel so relieved'
'You have no idea how much you have just helped me'

We were amazed by the number of donations received in the run up to Christmas. In what is starting to become an annual tradition for many, we received 'Reverse Advent' calendars with items for the food bank, whilst others collected items from our usual shopping list, often including bonus seasonal items such as selection boxes and Christmas biscuits, which were very well received by our guests! These donations have helped replenish our stocks of items, many of which were running low. We pride ourselves on being able to give our guests a degree of choice when they come in for a food parcel, and this is only possible through your support.

In the month of December alone, across our distribution points, we gave out 208 food parcels, with 87 of those to families.

Each individual or family coming into the foodbank has their own story to tell, but some key themes we've noticed amongst those referred to us are those with low/no employment, benefits issues, debt issues, mental health issues and those struggling with social isolation.

Let us share the story of one recent guest, A. Shortly before the birth of her child, A's partner had major surgery, leaving him unable to work for a period. This meant that their financial situation was precarious whilst they waited for their benefits situation to be assessed. A came to Re:store and was grateful to receive a much needed food parcel. She was also invited along to a Growbaby session to receive items for her child, and now attends Nest, our weekly group for parents with younger children.

Thank you for your support.

- What we eat affects how we feel -

On Wednesday one of our parents, Vanessa Kimble, came in to speak to senior pupils about the relationship between the gut micro biome and wellbeing. We learned about the benefits of sour dough bread, and the science behind this. Vanessa talked about how we can maximise positive messages to the brain through sensible and informed food choices. The way bread is fermented is important, as is the amount of fibre we eat. We also heard about the importance of including a range of colour within our plate of food - checking our salad bar yesterday, we were pleased to note that all the 'rainbow' colours were there!

Baking a sourdough loaf is an art and there is a whole heap of interest in this subject at the moment and a passionate community of bakers out there, including some interesting and diverse celebrities.

Vanessa is completing a PHD in this subject and also hosts an online club: The Sourdough Club, which she has offered up to our pupils for free. This includes an online course on how to make the bread. Not all the bread in the supermarkets that claims to be sourdough is actually real.



We are delighted to offer students at Pitsford School Sourdough Club Membership which gives access to our online sourdough course and community of sourdough bakers.

Please ask students to email The Sourdough Club info@thesourdoughclub.com with the code PITSFORDSOURDOUGH.

The websites are www.sourdough.co.uk & the Sourdough Club website is www.thesourdoughclub.com

- Senior School Netball -

Focus this term is on netball, football, cross country and rugby 7's for all age groups. We will post results as they come in on Twitter (please follow us @ Pitsford_PE)

Senior netball teams took to the netball court against Wellingborough School after the Christmas break and mock exam week. Many players found the game a bit of a shock to the system!! Well played all a good start to the next half of the season.



Photo to the right: U18's : 24-11

POM: Molly O



Photos to the left:

U16 team: 4-15.

POM: Tianna C

Pilates at Pitsford School

All very welcome to attend this brand new Body Control Pilates class with BCP teacher Lola Adekanmbi.

“Whether you’re looking to tone, strengthen and stretch your body, or relax and focus the mind – one Pilates class per week can make a huge difference. The class is there for you, so do come and try it out.”

Wednesdays: 8.30-9.30am Junior School Hall
£8.50 per class, as per t&c's

e-mail: natalie@pilatesbynatalie.co.uk

web : pilatesbynatalie.co.uk



BODY CONTROL
PILATES®

- Pitsford Juniors ISA U10 High 5s Netball Tournament 16 Jan 2020 -

A team of 8 netballers from J5 went to the ISA U10 High 5s Netball tournament in Worcestershire on Thursday 16th January. Results were mixed, with an initial narrow loss, then a following win, and lastly another loss.

However, the team put in an excellent performance, showing genuine enthusiasm and spirit, and thoroughly enjoyed the whole experience.

Thanks to RGS Dodderhill (@Dodderhill) for hosting the event.



JUNIOR SCHOOL MENUS

MENU - WEEK ONE

Week commencing Monday 6th Jan 2020

Monday

Minced Beef Pasta Bolognese Bake served garlic bread & crudités
Butchers Sausage, jacket wedges & peas
(V) Quorn Mince Pasta Bolognese Bake
Homemade Flapjack
Selection of fresh fruit pots or Yoghurts

Tuesday

Mild Creamy Chicken Korma served with boiled rice & Naan Bread
Gammon Steak, croquette potatoes & green beans
(V) Mild Sweet Potato & Vegetable Korma
Zesty Orange Cake with custard
Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Loin of Pork or Roast Chicken
oven roast potatoes, sage & onion stuffing,
Yorkshire pudding, roast gravy carrots & fresh cabbage
(V) Vegetable Stuffed Jacket Skins
Selection of fresh fruit pots or Yoghurts

Thursday

Turkey Dinosaurs
Ham & Cheddar Cheese Twists
served with mashed potatoes, sweetcorn & spaghetti hoops
(V) Cheddar Cheese, Potato & Onion Pasty
Apple & Cinnamon Crumble with custard
Selection of fresh fruit pots or Yoghurts

Friday

Battered Cod
Butcher's Beefburger
served with chips & mixed salad
(V) Vegetable Burger In A Bun

MENU - WEEK TWO

Week commencing Monday 13th Jan 2020

Monday

Savoury Chicken & Vegetable Vol Au Vent
Pork Chop With Gravy
served with sauté potatoes & green beans
(V) Mushroom Vol Au Vent
Homemade Cranberry & White Chocolate Chip Muffin
Selection of fresh fruit pots or Yoghurts

Tuesday

Tuna & Sweetcorn Pasta Bake with mixed salad
Minced Beef Casserole With Dumpling
served with new potatoes & sweetcorn
(V) Vegetable Quiche
Banana Cake with custard
Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Chicken Breast
Baked Gammon With Honey Gravy & Yorkshire Pudding
oven roast potatoes, sage & onion stuffing,
baton carrots & cauliflower florets
(V) Vegetable & Cheese Plait
Selection of fresh fruit pots or Yoghurts

Thursday

Beef Cottage Pie
Braised Sausages In Onion Gravy
served with mashed potatoes, carrot & swede & peas
(V) Cheese & Tomato Slice
Chocolate Sponge with chocolate custard
Selection of fresh fruit pots or Yoghurts

Friday

Jumbo Baked Cod Fingers
Chicken Naan Pocket
served with chips & baked beans

JUNIOR SCHOOL MENUS

MENU - WEEK THREE

Week commencing Monday 20th Jan 2020

Monday

Mild Mexican Minced Beef Taco

Bacon & Egg Flan

served with herby diced potatoes & garden peas

(V) Vegetarian Mince Taco

Homemade Shortbread

Selection of fresh fruit pots or Yoghurts

Tuesday

Chicken & Ham Short Crust Pie

Butchers Sausage

served with mashed potatoes & wholegrain spaghetti

(V) Vegetarian Sausages

Hot Rice Pudding With Sliced Peaches

Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Pork Loin

Topside Of Beef With Yorkshire Pudding

oven baked roast potatoes, sage & onion stuffing,

roast gravy and broccoli spears & sweetcorn

(V) Cauliflower, Courgette & Squash Au Gratin

Selection of fresh fruit pots or Yoghurts

Thursday

Mild Butter Chicken Curry With Brown Rice

Pasta Arrabiata

(V) Halloumi Burger served In A Salad Pitta

Lemon Curd Sponge with Custard

Selection of fresh fruit pots or Yogurts

Friday

Chinese New Year

Sweet & Sour Chicken Balls

Egg Fried Rice, Mini Spring Roll, Prawn Crackers

(V) Chinese Vegetable Noodles

Lychee & Peach Fruit Pots With Ice Cream

Selection of Yoghurts

MENU - WEEK FOUR

Week commencing Monday 27th Jan 2020

Monday

Meatball Marinara

served with herby diced potatoes & garden peas

(V) Tomato, Mushroom & Basil Pasta With Crusty Bread

Lemon Mousse

Selection of fresh fruit pots or Yoghurts

Tuesday

Chicken & Sweetcorn Tagliatelle With garlic Bread

Homemade Ham & Pineapple Pizza

served with sauté potatoes & mixed salad

(V) Cheese & Tomato Pizza

Warm Carrot Cake With Cream

Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Pork Loin

Roast Turkey With Yorkshire Pudding

roast potatoes, sage & onion stuffing,

roast gravy and carrots & kale

(V) Roasted Vegetable Stack

Selection of fresh fruit pots or Yoghurts

Thursday

Chicken Fillet Wrap With Mixed Salad

Mild Beef & Tomato Chilli & Tortilla Chips

served with boiled rice & sweetcorn

(V) Quorn & Bean Burrito

Eve's Pudding with custard

Selection of fresh fruit pots or Yogurts

Friday

Baked Battered Haddock Fillet

Chicken & Bacon BBQ Stack

served with chips & wholegrain spaghetti hoops

(V) Cheese Omelette

Iced Topped Doughnuts

JUNIOR SCHOOL MENUS

MENU - WEEK FIVE

Week commencing Monday 3rd Feb 2020

Monday

Lamb Hot Pot

Chicken Balti Curry

served with savoury cous cous & green beans

(V) Quorn Sausage & Vegetable Hot Pot

Chocolate Krispies

Selection of fresh fruit pots or Yoghurts

Tuesday

Bacon, Tomato & Basil Farfalle Pasta

Toad In The Hole With Mashed Potato

served with broccoli spears

(V) Macaroni Cheese Bake

Lemon Drizzle Cake with custard

Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Chicken Breast

Roast Pork Loin With Yorkshire Pudding

oven roast potatoes, roast gravy, carrot batons & leeks

(V) Hunters Quorn Fillet

Selection of fresh fruit pots or Yoghurts

Thursday

Minced Beef & Onion Pie

Chicken Fajita With Mixed Salad

served with new potatoes & sweet corn

(V) Vegetarian Fajita With Feta Cheese

Apple & Red Cherry Crumble with custard

Selection of fresh fruit pots or Yoghurts

Friday

Baked Battered Cod

Sausage Twist

served with chips & baked beans

(V) Vegetable Sausages

Mandarin Cheesecake & Muffins

MENU - WEEK SIX

Week commencing Monday 10th Feb 2020

Monday

Breaded Chicken Goujons

Fishcake Stars

sauté potatoes & spaghetti hoops

(V) Cheese & Tomato Turnover

Homemade Apple & Oat Flapjack

Selection of fresh fruit pots or Yoghurts

Tuesday

Traditional Minced Beef Lasagne

with garlic bread & salad crudités

Bacon, Sausage, hash brown & baked beans

(V) Vegetarian Breakfast

Ginger Sponge with custard

Selection of fresh fruit pots or Yoghurts

Wednesday

Roast Pork Loin

Roast Chicken Breast With Yorkshire Pudding

oven roast potatoes, roast gravy, carrots & cabbage

(V) Stuffed Pepper With Cous Cous

Selection of fresh fruit pots or Yoghurts

Thursday

Authentic Punjaban Chicken Curry

Naan bread, boiled rice & garden peas

(V) Jacket Potato With Assorted Fillings With Salad

Strawberry Sponge with Custard

Selection of fresh fruit pots or Yoghurts

Friday

Baked Battered Cod

Beef burger With Cheese In A Bun

served with chips & mixed salad

(V) Vegetable Burger In A Bun

Lemon Meringue Pie

SENIOR SCHOOL MENU week 1

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Minced Beef Pasta Bolognese Bake Garlic Bread Mixed salad	Chicken Korma Boiled Rice Naan Bread Mango Chutney Green Beans	Roast Pork Loin With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Fresh Cabbage	Cheese & Ham Twist Mashed Potatoes Wholegrain Spaghetti Hoops	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Butchers Sausages & Fried Egg Jacket Wedges Garden Peas	Baked Gammon & Pineapple Croquette Potatoes Green Beans	Roast Chicken Breast With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Carrot Batons	BBQ Chicken Drummers Mashed Potatoes Sweetcorn	1/4lb Beefburger In A Brioche Roll With Battered Onion Ring Chips Mixed Salad
Vegetarian Choice	Quorn Mince Pasta Bolognese Bake Garlic Bread	Sweet Potato & Vegetable Korma Boiled Rice	Vegetable Stuffed Jacket Skins Roast Potatoes Fresh Cabbage	Cheese, Onion & Potato Pasty Mashed Potatoes Sweetcorn	Vegetable Burger In A Roll Chips Mixed Salad
Healthy Choices	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Protein Pots Baked Beans	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts
Sweet Treats	Homemade Flapjack & Cookies	Zesty Orange Cake With Custard	Fresh Fruit Pots & Yoghurts	Apple & Cinnamon Crumble With Custard	Fancy Cake Friday

SENIOR SCHOOL MENU week 2

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken & Mushroom Vol Au Vent Sauté Potatoes Green Beans	Savoury Minced Beef Casserole With Dumplings New Potatoes Sweetcorn	Baked Gammon With Honey Gravy & Yorkshire Pudding Roast Potatoes Carrot Batons	Braised Sausages In Onion Gravy Creamed Potatoes Carrot & Swede	Baked Battered Haddock With Lemon Chips Mushy Peas
Main Choice	Baked Pork Chop In Mustard Gravy Jacket Potato Green Beans	Tuna & Sweetcorn Pasta Bake Mixed Salad	Roast Chicken Breast & Yorkshire Pudding With Stuffing & Gravy Roast Potatoes Cauliflower Florets	Beef Cottage Pie Carrot & Swede Mash Peas	Sweet Chilli Seasoned Chicken Leg Chips Mixed Salad
Vegetarian Choice	Mushroom Vol Au vent Sauté Potatoes Green Beans	Vegetable Quiche New Potatoes Sweetcorn	Vegetable & Cheddar Cheese Plait Roast Potatoes Baton Carrots	Cheddar Cheese & Tomato Slice Creamed Potatoes Peas	Cheese, Potato & Spring onion Patty Chips Mixed Salad
Healthy Choices	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pot Yoghurts	Jacket Potato & Pasta Pit Protein Pots Baked Beans	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts
Sweet Treats	Cranberry & White Chocolate Flapjack & Cookies	Banana Cake With Custard	Fresh Fruit Pots & Yoghurts	Chocolate Sponge With Chocolate Custard	Individual Luxury Ice Cream

SENIOR SCHOOL MENU week 3

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Mexican Minced Beef Tacos Diced Herby Potatoes Garden Peas	Chicken, Ham & Leek Short Crust Pie Mashed Potatoes Carrot Batons	Roast Beef With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Broccoli Spears	Punjaban Authentic Butter Chicken Brown Rice Naan Bread Mango Chutney	Chinese New Year Pork Chop Suey Beef In Black Bean Sauce Chicken Sweet & Sour
Main Choice	Bacon & Egg Flan Diced Herby Potatoes Mixed Salad	Cumberland Sausage Ring Mashed Potatoes Wholegrain Spaghetti Hoops	Roast Pork Loin With Yorkshire Pudding Stuffing & Gravy Roast Potatoes Sweetcorn	Minced Beef & Onion Chip Shop Pies Chips Garden Peas	 Cabbage With Beansprouts & Bacon
Vegetarian Choice	Vegetarian Mince Tacos Diced Herby Potatoes Garden Peas	Vegetable Sausages Mashed Potatoes Carrot Batons	Cauliflower, Courgette & Squash Au Gratin Roast Potatoes Fresh Vegetables	Halloumi Burger served in Pitta bread with salad	Prawn & Lentil Curry Turmeric Rice With Spring Onion & Mushroom
Healthy Choices	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Protein Pots Baked Beans	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Prawn Crackers Chinese Vegetable Noodles Vegetable Spring Roll
Sweet Treats	Choc Chip Shortbread & Cookies	Hot Rice Pudding With Peaches	Fresh Fruit Pots & Yoghurts	Lemon Curd Sponge With Custard	Lychee & Peach Fruit Pots With Ice Cream

SENIOR SCHOOL MENU week 4

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken & Mushroom Stroganoff Boiled Rice Garden Peas	Homemade Ham & Pineapple Pizza Sauté Potatoes Wholegrain Spaghetti Hoops	Roast Turkey With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Carrot Batons	Minced Beef Burritos Fresh Mixed Salad Sweetcorn Salsa	Baked Battered Haddock With Lemon Chips Mushy Peas
Main Choice	Baked Cod, Spinach & Cheddar Fishcake Herby Diced Potatoes Garden Peas	Chicken & Sweetcorn Tagliatelle Garlic Bread Fresh Mixed Salad	Roast Pork Loin With Yorkshire Pudding Stuffing & Gravy Roast Potatoes Fresh Kale	Lemon & Herb Chicken Leg Hash Browns Green Beans	BBQ Chicken, Bacon & Cheese Stack Chips Fresh Mixed Salad
Vegetarian Choice	Tomato, Mushroom & Basil Pasta Crusty Bread Mixed Salad	Margarita Pizza Sauté Potatoes Fresh Mixed Salad	Roasted Vegetable Stack Roast Potatoes Fresh Mixed Salad	Vegetarian Burrito Fresh mixed Salad Sweetcorn Salsa	Cheese & Red Onion Omelette Chips Baked Beans
Healthy Choices	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit Protein Pots Baked Beans	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pot Yoghurts	Jacket Potato & Pasta Pit Salad/Wrap Kart Fresh Fruit Pot Yoghurts
Sweet Treats	Chocolate Brownie & Lemon Mousse	Warm Carrot Cake With Cream	Fresh Fruit Pots & Yoghurts	Eve's Pudding With Custard	Iced Topped Doughnuts

SENIOR SCHOOL MENU week 5

Menu	Monday	Wednesday	Thursday	Friday	
Main Choice	Lancashire Lamb Hot Pot Red Cabbage Green Beans	Smoky Bacon, Sausage, Tomato & Basil Farfalle Pasta Broccoli Spears	Roast Pork Loin With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Peas & Carrots	Minced Beef & Onion Short Crust Pie New Potatoes Sweetcorn	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Chicken Balti Chow Savoury Cous Cous Mango Chutney Fresh Mixed Salad	Toad In The Hole Mashed Potatoes Broccoli Spears	Hunters Chicken Roast Potatoes Fresh Leeks Baton Carrots	Chicken Fajita Fresh Mixed Salad	Jumbo Sausage Roll Chips Garden Peas
Vegetarian Choice	Quorn Sausage & Vegetable Hot Pot Red Cabbage Green Beans	Macaroni Cheese Bake Fresh Mixed Salad	Hunters Quorn Fillet Roast Potatoes Peas & Carrots	Vegetarian Fajita With Feta Cheese Fresh Mixed Salad	Spicy Bean Burger In A Roll Chips Fresh Mixed Salad
Healthy Choices	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pasta Pit	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit
	Salad/Wrap Kart	Salad/Wrap Kart	Protein Pots	Salad/Wrap Kart	Salad/Wrap Kart
	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts	Baked Beans	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts
Sweet Treats	Chocolate Krispies & Cookies	Lemon Drizzle Cake With Custard	Fresh Fruit Pots & Yoghurts	Apple & Red Cherry Crumble With Custard	Mandarin Cheesecake Muffins

SENIOR SCHOOL MENU week 6

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken Fillet In Breadcrumbs Sauté Potatoes Spaghetti Hoops	All Day Breakfast: Bacon, Sausage ,Fried Egg, Hash Brown, Mushrooms & Beans	Roast Pork Loin Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Baton Carrots	Authentic Punjaban Chicken Curry Boiled Rice Naan Bread Mango Chutney	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Lincolnshire Fishcake With Lemon Wedge Sauté Potatoes Mixed Salad	Minced Beef Lasagne Garlic Bread Salad Crudités	Roast Turkey With Yorkshire Pudding Stuffing & Gravy Roast Potatoes Fresh Cabbage	Chunky Steak Slice New Potatoes Garden Peas	1/4lb Beefburger In A Brioche Roll With Onion Rings Chips
Vegetarian Choice	Cheese & Tomato Turnover Jacket Potato Fresh Mixed salad	Vegetable Lasagne Garlic Bread Mixed Salad	Stuffed Peppers With Cous Cous Roast Potatoes Mixed Salad	Cheddar Cheese & Spring Onion Stuffed Jackets Mixed Salad	Vegan Vegetable Burger In A Bun Chips Mixed Salad
Healthy Choices	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit	Jacket Potato & Pasta Pit
	Salad/Wrap Bar	Salad/Wrap Bar	Protein Pots	Salad/Wrap Bar	Salad/Wrap Bar
	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts	Baked Beans	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts
Sweet Treats	Apple & Oat Flapjack & Cookies	Ginger Sponge With Custard	Fresh Fruit Pots & Yoghurts	Strawberry Sponge With Custard	Lemon Meringue Pie