



# Pitsford School



THE PITSFORD POST

20th September 2019

# Welcome

Welcome to the new year! The summer is fast receding into something more distant than memory, resembling myth and legend. It has been a jam-packed term already and we are working our way up into an epic crescendo for the end of the month when Open Day will hit us like an atom bomb. The campus is glorious. As many of you have written to tell me, the trees are looking very sharp following their brisk short, back and sides, and their beauty is simply augmented by the rich greens, yellows and chocolately browns which are pouring out around us as autumn stretches her hands across the school. As I write to you (on Wednesday at lunch time) I am looking out over the front lawn and soaking in how the sun dapples the grass and everything in a gorgeous golden glow. The children have come back in great form, full of beans, vim and vigour and I am delighted to say the newest members of our family, from Kits to Year 13 are already part of the fixtures and fittings of this wonderful school. Tomorrow (Thursday) our year 7s will camp out with their tutors and Mrs Kirk (I will keep a fatherly eye on events from the comfort of my house) - that will be a wonderful adventure for them and help them properly inhabit their new location. This weekend I will be joining many of you at our thirtieth anniversary ball where I will cut a rug, see off a superb meal and lay down my burden for one lovely night. And then, seven short sleeps later, Open Day. Pre-emptively, I want to thank your children through you as they are the school and the part that they play is so essential to making Pitsford School what it is: the buildings are just a shell, the heart is the students. And with that, I will go out and enjoy the sun. Speak to you soon.

*Dr Walker*



## Would you like to come and join the team at Pitsford School?

We are looking for a part-time mini bus driver to join our busy school! If you would like to find out more information about the role please contact Mrs Sherlock, the Bursar, on [SSherlock@pitsfordschool.com](mailto:SSherlock@pitsfordschool.com) or ring 01604 880306

Job Title:	Mini Bus Driver
Salary:	£8.21 per hour
Hours:	5.50 hours (2.50 hours per week, 3 hours flexible)

Pitsford School

Pitsford Hall

Moulton Lane

Northampton NN6 9AX

Telephone: 01604 880306

Email: [office@pitsfordschool.com](mailto:office@pitsfordschool.com)

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



**Pitsford School**

3 to 18 years old



# Open Day

Come and see the amazing things we have to offer for you and your child

**28 Sept 2019,  
10.30am to 1pm**

We would love to meet you.  
Just call the Registrar on 01604 880306  
or email [registrar@pitsfordschool.com](mailto:registrar@pitsfordschool.com)

- Strong academic reputation
- Excellent pastoral care
- Wide range of sport and extra-curricular activities
- Small class sizes ensuring personal tuition
- Set in 30 beautiful acres of parkland
- Multi-million pound, state-of-the-art Sports Centre and extensive playing fields
- Every pupil will thrive at our School and life beyond!



# Summer Exam Results Success



The boys and girls of Pitsford School who sat GCSE this year have excelled. While GCSE is getting harder and harder in the aftermath of the examination and marking reforms, Pitsford's Class of 2019 have achieved the best overall results in the school since 2011. That they did this with an above-average number of students is even more impressive, as is the fact that the average performance per student this year is the best since before 2010!

12% of grades achieved at Pitsford in 2019 was the much-coveted and rare '9' and a fantastic forty per cent of grades were 9-7, which is the new version of A\*-A! Everyone was a star, but the astonishing performance of some of our community warrants being singled out:

Robert C achieved seven 9 grades and three 8 grades, Peter S seven 9 grades and three 7s; which an extraordinary performance.

Toby M achieved five 9 grades, two 8 grades, two seven grades, David S secured three 9 grades, four 8 grades and three 7 grades, Sophia R secured four 9 grades, three 8 grades and three 7 grades, Christopher L secured three 9 grades, three 8 grades and three 7 grades, as well as an A in additional Mathematics.

Even more pleasing, across the board we saw improved results on prediction and evidence of real value-added, which demonstrates how well our boys and girls applied themselves to the task.

Exceptional performance by them all and these results set up the next two years of A level for our students as one which we can expect to be successful and exciting. We cannot wait to get started in September. Well done to everyone in the Class of 2019 and to their devoted teachers who invested so much care and effort to support them!

After all of the hard work invested by our students (and teachers!) we have a great deal to celebrate in our A-level examination results in 2019. Despite the nationwide concerns over how the new Mathematics A level would work, and whether grades would be impossible to secure, our students performed to a very good degree, with our Further Mathematician Maxwell N a standout with an excellent A\* grade secured, which will underpin a successful university career reading Engineering. Elsewhere in our results, we have much to praise, including Amy A securing an outstanding and rare A\* grade in Fine Art which will serve her well in her ambitions in Business. One of the hardest qualifications to secure nationwide is A\* in any modern foreign language, which makes Lily H's A\* in French so impressive (not to mention three more top A level grades!). Our only prospective medic this year, Eldho S also made the grade, gaining entry to read Medicine at the University of East Anglia, including another excellent A\* in Mathematics. In terms of university entry, our students have secured places at many of the top universities in the country (this year including Durham, Edinburgh, Birmingham and Cardiff), often through judiciously adjusting upwards their expectations based on grades secured. We are also proud of Head Girl Rose who achieved a much-coveted and intensely competitive place on the Government's new Civil Service Apprenticeship scheme administered through the School of Economics in the University of Kent. Well done to all of our fantastic students.



# Welcome to our new Kits and Squirrels 2019 class



We would like to say a great big hello and a very warm Pitsford welcome to the girls and boys in our newly launched Kits class and ongoing Squirrels class. The children have had a great time exploring their new surroundings over the past few weeks and here are some photos of them having fun with their new friends..



Meanwhile the EYFS, J1's and J2's were *very* busy conjuring up some delicious things for their parents and grandparents to enjoy at the Family Afternoon Tea last week.. What a lovely afternoon it was!





## Summer Reading Challenge

Well done to KS1 pupils Bella, Beau, Megan, Orlando and Hugo for completing the Summer Reading Challenge during the holidays and were each presented with a certificate in assembly last week.

## J5/J6 Computer Club Challenge!

Computing club went on a thrilling photo scavenging hunt around the school where they had to find and make different objects to complete their challenge.



## Budding Artists at Work...



# J1 and J2 visit the Black Country Living Museum

J1 and J2 travelled back in time at the Black Country Living Museum. We explored lots of old buildings including shops and houses. We watched a silent film in an old picture house and played old fashioned games in the street. We also got to see what a classroom would be like and we all agreed we much preferred learning in our classrooms now.

**BLACK COUNTRY  
LIVING  
MUSEUM**





## Oliver's Golf

Year 7 pupil, Oliver P, was 'crowned' runner up in the Northamptonshire Golf League 9 hole finals on Saturday 15th September. This was achieved through participation in no fewer than 8 qualifying competitions over the summer for which he gained two 1st place positions and three 2nd place positions. It's a great result for Oliver's first year in competitive golf through his involvement in the County's elite player programme.

## Summer Sailing Club

If we're still sailing then it's still summer! Pitsford Pupils enjoy the benefits of Pitsford Water being right on our doorstep.



## MUSIC EXAM RESULTS—congratulations to the following pupils!

Georgina B	Piano	Grade 1	Merit
Luca M	Piano	Grade 2	Pass
Connal S	Piano	Grade 3	Pass
Madeleine S	Piano	Grade 3	Pass

# CONGRATULATIONS TO OUR NEW 2019 1st XV RUGBY CAPTAINS

## TYLER AND DYLAN!



I am very pleased to announce that Tyler S has been awarded the 1st XV Rugby Captaincy for the 2019/20 season. Tyler joined Pitsford in the Junior School and since then it has been a pleasure to watch him develop throughout the school; from the Year 4 Tag Rugby tournaments through to the 1st XV. Tyler was instrumental in the U15 National Cup 2 years ago and I am certain that through his passion for rugby he will lead by example; both on and off the field. Tyler has been part of the Leicester Tigers Academy for the last few years which has included playing in the Wellington School Academy tournament— an event where England selectors identify upcoming talent.

This year he has made the almost unthinkable switch from Leicester Tigers to Northampton Saints but he has an opportunity to develop with the Saints and it is pleasing to see him pushing himself with reports coming from the Saints that Tyler's attitude has already impressed them. It is also extremely unusual that a Lower Sixth pupil is elected into such a prestigious position here at Pitsford and this is testament to his character and ability on the field.

Tyler said, "Richie McCaw once said "I don't believe in magic. I believe in hard work" - and I agree with him. Hard work pays off and we as a team will thrive in perseverance and determination to succeed. It is a huge achievement to me that I am a Lower Sixth student and have been elected to be captain and I do not intend

to let the team or school down. I am excited to play this season with my team and with my Vice-Captain, Dylan."

Dylan H will be ably supporting Tyler this season after being appointed as Vice-Captain. Dylan has been at Pitsford since Year 5 and has already demonstrated a maturity in his approach this year and helped to 'rally the troops'. His efforts have not gone unnoticed and the vice-captaincy reward for his commitment to school sport.

Dylan said, "the only discipline that lasts is self-discipline. This season we are going to focus on playing to the best of our abilities and training hard. We are looking to have a good season this year and play for the pride of our school. I am proud to be the Vice-Captain of the rugby team alongside Tyler. I believe this season will be a good season with all the hard work the players are putting in."

Success can be measured in all sorts of ways, I am very hopeful that under their leadership our proud, small but mighty squad can help produce performances, camaraderie, learn some valuable lessons in team work and make some life long memories over the coming months come rain or shine. Here's to a good season, good luck boys!

By Mr Kefford



## 1st XV v Bedford School 4XV (away) Tuesday 17th September

Pitsford got their season underway at Bedford School on Tuesday taking on their 4th XV. The team travelled over with an air of optimism for their coming season under the new leadership of Tyler as Captain and Dylan as Vice-Captain. Training had already shown that the team will have potential this year with some strong players in the Lower Sixth and some pacey players pushing the team from Year 11.

Unfortunately the start wasn't one the team wanted and the rustiness showed as Bedford's earlier start to the season was clear to see. Pitsford's tackling was well below expectation. The team soon found themselves down by three tries. Some encouragement and gentle reminders of basic human anatomy (like where legs are) gave the boys a sharp reminder of what to do.

Pitsford soon got to grips with the advice and Jacob O, Tyler and Christopher L showed the side 'how it's done' with the rest of the team following their lead. The side immediately rallied with some stern defence and with Tyler switched to the back line and Henry B into the scrum half slot Pitsford started to play!

Tyler cut through the Bedford line and opened the season scoring, a turning point in the half. Oliver W ably added the extras with a difficult kick from the left. Alex R was next away breaking the line, adding pressure and further disrupting the previous run of play which until now was all Bedford's.

Next Bedford capitalised on a Pitsford error and the side found themselves on the wrong side of the score. Pitsford weren't to be deterred by this and more charging runs from Jacob, Tyler and Alex together with excellent support play from Henry B. Josh N showed some excellent footwork skills to slide over the line and dot down. Oliver again, adding the extras.

Next up Henry B was rewarded for his support play, knowing to follow Tyler, he took the pass still with a lot to do, and raced home for another score to leave Bedford 36-21 up at half time with the team looking to make a move on the game.

Unfortunately it wasn't to be. Bedford tactically re-organised well in the second half, halting the Pitsford progress shutting down the pressure applied in particular by Tyler and plan B for the team is yet to be put in place. Bedford gave a sterling example of how to play the game. Tyler did manage to grab one more score before the close of play with, giving Olly W a chance at least to convert his fourth and leave with a 100% kicking record.

Plenty of positives to pick out and lots to build upon, especially to get back in touch at half time. This match should be a great encouragement for the boys, helping them to get to work in training as the next similar encounter could result in a much better result for Pitsford.

Final Score 75-28

Man of the Match: Tyler S

Report by Mt Kefford

## Year 7 v Rushmoor School (Home) 18th September 2019

The U12 rugby team had quite the introduction to Pitsford rugby in what was, for many, the boys first ever game of rugby! Their opposition was a very experienced Rushmoor School from Bedfordshire.

The boys embraced the sunshine and united together to give their very best. There were some notable performances, led by man of the match, lolo R. Rushmore were deservedly the winners on the day with some big and quick players getting the better of our players on the pitch.

Pitsford have lots of lessons to learn and hard work ahead. I am confident as well as excited for training. Let's look forward to their next match. One step at a time.

A huge thanks to the support which managed to make the boys first outing, I know how difficult making these games can be but it was hugely encouraging to see so many parents present.

Man of the Match: lolo R

## Year 8 v Bishop Stopford School (Away)

The Year 8 rugby team opened their season with an away game at Bishop Stopford School. A rejuvenated team put in a sterling performance with an outstanding level of effort and they showed a marked improvement on last year. The game immediately sparked into excitement with Joshua C breaking away and finding himself reaching for the line to score within the first 10 seconds. Unfortunately this was adjudged to be a double movement and therefore didn't count. Bishop Stopford raced away with their fastest player well out of Pitsford grasp; a couple of scores followed this for Bishop who showed some superior speed and agility. Lesser teams may have succumbed to the pressure but Captain Ben O led the charge from the front and sparked the Pitsford revival with a full team effort now striving to make every tackle possible. Ben soon found himself crashing over the try line for the first of Pitsford's three tries.

The half time talk rejoiced in the efforts of the team and the next period start was sparked with Monty C stepping through the line and racing 60 meters up field but unfortunately the support couldn't catch him to finish the break. More Pitsford pressure was added as Amael C, Lennon S and Angus M T all started to make in-roads into the Bishop defence, Ben O was on hand to capitalise on the pressure applied and dive over for his second try of the game.

Pitsford seemed to be growing in confidence as the game continued despite some good play from Bishop keeping their score ticking up. This could be seen in the tackles being made by the team, notably when Harry C made a try saving tackle to thwart one of the Bishop attacks; you could almost taste the rising team spirit in the air.

Another Pitsford break from Joshua C saw him re-cycle the ball well and as the ball went flying through Pitsford hands, Lennon was on the end to finish the best phase of play from the team, and deservedly score our 3rd try.

There were some excellent performances and every player gave their all for the Royal Blue but it was the unseen work of Lewis R that earned him the man of the match award. Lewis' brave pressure throughout hounded the Bishop attack, his tackle count went through the roof, and his fitness levels ensured this was endless. Fantastic work Lewis.

The final score was 45-15 loss, but a very encouraging and enjoyable opening account from the team.

Man of the Match: Lewis R

By Mr Kefford



## U14's v Bishop Stopford (Home)

The U14 rugby team started their season against Bishop Stopford school. We were slow starting with Bishop capitalising on some early mistakes. The boys rallied round though and soon got up to match speed, showing much promise with the ball in hand! However, Bishop physically continued to dominate possession and territory.

The boys never gave in and, in fact, ended the game the stronger side. There were notable performances from Toby, Ned and our try scorer and man of the match, Luca. There is lots to look forward to this season boys. Let's try and start the next game as well as finished this one.

By Mr Cole

## U15's v Welland Park (Away)

### RFU National Vase Round 1

The Under 15s travelled the short distance up the road to Market Harborough RFC in the glorious September sunshine to take on Welland Park. The Pitsford side were straight into the swing on things, showing excellent continuity in play going through multiple phases. The superior possession couldn't be capitalised on though as the team failed to go forward with the ball.

Soon it was Pitsford's turn to defend and they applied a fierce approach to it with huge tackles coming in from the boys in Royal Blue: Charlie J, Sebastian R and Joel H in particular taking no prisoners. Play went back and forth with both defences really on top.

Finally the deadlock was broken with Welland slipping through and scoring under the posts; 7-0 Welland. Back to the battle of attrition until Welland found some space around the Pitsford line for a 12-0 lead.

Finally, Pitsford got the break and with an attacking scrum in the opponents 22 launched a pre-planned move in which Charlie powered over. 12-5 the half time score.

An injury to influential full back, Jake P, meant Pitsford had to reshuffle and this really broke the previous momentum of the game. Despite some valiant efforts Welland showed a better ability to move the ball wide to their attacking runners and added 4 more scores to take the final score to 38-5.

This still gave plenty of chance for some individuals to shine with John S producing a solid performance, Monte M working hard at the breakdown, new comer George H making some good attacking runs and the most welcome return of Praveen V whose attacking play saw resounding support from his peers to ensure he claimed the man of the match award.

The result wasn't completely disappointing as this will relegate Pitsford into the Bowl competition rather than continuing in the plate competition. We are still expected to produce some tough match ups and the team has plenty of room for improvement but has made a good start to the season.

Final Score 38-5

Man of the Match: Praveen V

Inspire Photography and West Haddon Photo Clubs  
present a talk by BBC wildlife photographer and filmmaker

Dr. Michael Leach

## It's a Funny Way to Make a living

3rd October, 7pm for 7:30 start

at Pitsford School,  
Pitsford, Northampton NN6 9AX

Tickets (non-members) £6.00

For tickets please email: [nphotocollaborative@gmail.com](mailto:nphotocollaborative@gmail.com)



Dr Michael Leach is a full-time wildlife author and photographer. He has travelled to all 7 continents and worked with many of the world's most charismatic animals - polar bears in the Arctic, gorillas in central Africa, lemurs in Madagascar, sperm whales in the mid-Atlantic, monkeys in the Amazon, penguins in the Antarctic and elephants in Kenya.

As a professional naturalist, Michael will sometimes admit that parts of his job are incomparably wonderful. After all, he is paid to visit remote and exotic destinations to study some of the most fascinating wildlife on earth. But envious onlookers forget the giant bugs, cold, lack of sleep, foul smells, underhand skullduggery, horrible food, exhaustion and frequent embarrassment that make up the everyday existence of anyone who works with wildlife in the field.

But when pushed, even slightly, he has been known to add that he would never want to do anything else.

This is his perfect job.

# Junior School Autumn Menus

## MENU - ONE

Week commencing Wednesday 4<sup>th</sup> Sept 2019

Monday

Tuesday

Wednesday

Roast chicken breast or roast pork loin, roast potatoes, lemon & herb stuffing,  
Yorkshire pudding, roast gravy, fresh cabbage & carrots  
(V) Stuffed courgette with rice & vegetables  
Selection of fresh fruit pots or yoghurts

Thursday

Chicken fillet goujons with BBQ dip  
Quiche lorraine served with hash browns & coleslaw  
(V) Sweet red pepper & cheese quiche  
Pear & honey sponge with custard  
Selection of fresh fruit pots or yoghurts

Friday

Baked battered cod  
Pork meatball marinara served with chips & garden peas  
(V) Cheese & spinach slice  
Chocolate éclair  
Selection of fresh fruit pots or yoghurts

## MENU - WEEK TWO

Week commencing Monday 9th Sept 2019

### Monday

Minced beef bolognese served with spaghetti & garlic bread  
Butchers sausage, jacket wedges & wholegrain spaghetti hoops  
(V) Quorn mince bolognese  
Homemade shortbread  
Selection of fresh fruit pots or yoghurts

### Tuesday

Mild creamy chicken korma served with boiled rice & green beans  
Tuna & sweetcorn quiche, herby diced potatoes & green beans  
(V) Sweet potato, chickpea & spinach korma  
Lemon drizzle cake with custard  
Selection of fresh fruit pots or yoghurts

### Wednesday

Baked gammon or roast beef with Yorkshire pudding with roast potatoes, sage & onion stuffing,  
carrot batons & kale  
(V) Vegetable & cheese plait  
Selection of fresh fruit pots or yoghurts

### Thursday

Turkey dinosaurs  
Pasta napolitano, fresh mixed salad  
served with mashed potatoes & sweetcorn  
(V) Cheddar cheese omelette with fresh mixed salad  
Apple oaty crumble with custard  
Selection of fresh fruit pots or yoghurts

### Friday

Battered cod fillet **or** hot dog roll served with chips & baked beans  
(V) Vegetarian hot dog roll  
Ginger bread man  
Selection of fresh fruit pots or yoghurts

## MENU - WEEK THREE

Week commencing Monday 16<sup>th</sup> Sept 2019

### Monday

Pork & apple Burger, jacket potato & green beans  
Creamy chicken carbonara served with penne pasta & salad crudities  
(V) Pasta italiana  
Homemade cranberry & white chocolate chip flapjack  
Selection of fresh fruit pots or yoghurts

### Tuesday

Chicken & sweetcorn pasta bake, garlic bread & fresh salad  
Savoury minced beef casserole served with new potatoes & sweetcorn  
(V) Vegetable & bean stew with dumplings  
Banana cake with custard  
Selection of fresh fruit pots or yoghurts

### Wednesday

Roast loin of pork or roast chicken & Yorkshire pudding with roast potatoes, sage & onion stuffing,  
carrot batons & broccoli spears  
(V) Creamy vegetable pie  
Selection of fresh fruit pots or yoghurts

### Thursday

Traditional beef lasagne, garlic bread & mixed salad  
Bacon & cheese slice served with jacket potato & baked beans  
(V) Cheese & tomato slice  
Vanilla sponge with chocolate sauce  
Selection of fresh fruit pots or yoghurts

### Friday

Jumbo baked cod finger or spicy bean burger in a bun served with chips & wholegrain spaghetti hoops  
(V) Cheese & spring onion patty  
Fancy cake Friday  
Selection of fresh fruit pots or yoghurts

## MENU - WEEK FOUR

Week commencing Monday 23rd Sept 2019

### Monday

Mild beef & tomato chilli & tortilla chips  
Chicken sweet & sour served with noodles & sweetcorn  
(V) Quorn & bean chilli  
Chocolate brownie  
Selection of fresh fruit pots or yoghurts

### Tuesday

Turkey, ham & leek pie, mashed potatoes & green beans  
Butchers sausages, mashed potatoes & wholegrain spaghetti  
(V) Vegetarian sausages  
Hot rice pudding with sliced peaches  
Selection of fresh fruit pots or yoghurts

### Wednesday

Roast topside of beef with Yorkshire pudding or roast pork loin with roast potatoes, sage & onion stuffing, gravy, fresh baton carrots & cauliflower  
(V) Cauliflower, courgette & squash au gratin  
Selection of fresh fruit pots or yoghurts

### Thursday

Mild chicken tikka with turmeric rice & naan bread  
Swedish meatballs in creamy sauce, rice & sweetcorn  
(V) Vegetable stir fry with noodles  
Jam sponge with custard  
Selection of fresh fruit pots or yoghurts

### Friday

Baked battered cod, chips & baked beans  
Baked jacket potato with choice of fillings:  
Tuna, cheese, chicken & bacon & baked beans  
All served with salad crudities  
(V) As above  
Individual ice creams  
Selection of fresh fruit pots or yoghurts

## MENU - WEEK FIVE

Week commencing Monday 30<sup>th</sup> Sept 2019

### Monday

Chicken, tomato & basil penne pasta served with broccoli spears

(V) Macaroni cheese bake

Strawberry mousse

Selection of fresh fruit pots or yoghurts

### Tuesday

Homemade ham & mozzarella pizza served with herby diced potatoes & mixed salad

Chicken & mushroom tagliatelle

(V) Cheese & tomato pizza

Red cherry sponge with custard

Selection of fresh fruit pots or yoghurts

### Wednesday

Roast turkey or roast pork with Yorkshire pudding, roast potatoes, sage & onion stuffing,  
gravy, fresh carrot batons & leeks

(V) Falafel stuffed tomato

Selection of fresh fruit pots or yoghurts

### Thursday

Traditional beef cottage pie

Chicken & vegetable hot pot

Sweetcorn & green beans

(V) Vegetarian cottage pie

Apple pie with custard

Selection of fresh fruit pots or yoghurts

### Friday

Baked battered cod

BBQ chicken & bacon roll served with chips & wholegrain spaghetti hoops

(V) Vegetarian fajitas with feta cheese

Fancy doughnut

Selection of fresh fruit pots or yoghurts

## MENU - WEEK SIX

Week commencing Monday 7<sup>th</sup> Oct 2019

### Monday

Mild Mexican beef taco

Sausages in onion gravy served with sauté potatoes, sweetcorn & peas mix

(V) Quorn sausages in onion gravy

Mandarin cheesecake

Selection of fresh fruit pots or yoghurts

### Tuesday

Chicken myers served with new potatoes & sweetcorn

Pasta carbonara, garlic bread & mixed salad

(V) Sweet potato & vegetable balti

Toffee pudding with custard

Selection of fresh fruit pots or yoghurts

### Wednesday

Roast loin of pork with Yorkshire pudding

Chicken with ratatouille

Roast potatoes, sage & onion stuffing, roast gravy, fresh carrot batons & cabbage

(V) Vegetable parcel

Selection of fresh fruit pots or yoghurts

### Thursday

Moroccan chicken

Pork meatballs in tomato sauce served with boiled rice & broccoli spears

(V) Vegetable meatballs in tomato sauce

Apple & cherry crumble with custard

Selection of fresh fruit pots or yoghurts

### Friday

100% beef burger in a bun

Baked fish bites served with chips & mixed salad crudités

(V) Cheese & onion turnover

Fancy cake Friday

Selection of fresh fruit pots or yoghurts

## MENU - SEVEN

Week commencing Monday 14<sup>th</sup> Oct 2019

### Monday

Chicken goujons

Bacon chop served with hash browns & sweetcorn

(V) Cheesy omelette, hash brown & mixed salad

Carnival cookie

Selection of fresh fruit pots or yogurts

### Tuesday

Minced beef & onion puff pastry pie

Pork tagine served with new potatoes & green beans

(V) Vegetarian mince puff pastry pie

Apple & blueberry cake with custard

Selection of fresh fruit pots or yogurts

### Wednesday

Roast pork loin or sliced roast chicken with Yorkshire pudding, roast potatoes, sage & onion stuffing, gravy, fresh carrots & cauliflower cheese

(V) Spinach, cauliflower, squash & mushroom potato bake

Selection of fresh fruit pots or yogurts

### Thursday

Rainbow chicken fajita

Sauté potatoes & vegetable crudities

Cheesy stuffed jacket potato

(V) Quorn fillet fajita

Chocolate bread & butter pudding with custard

Selection of fresh fruit pots or yogurts

### Friday

Battered cod fish finger or sausage roll served with chips & garden peas

(V) Vegetable burger

Fancy cake Friday

Selection of fresh fruit pots or yoghurts

# Senior School Autumn Menus

WEEK ONE: week commencing Wednesday 4<sup>th</sup> September 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice			Roast Pork Loin With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Fresh Carrot Batons	Quiche Lorraine Hash Browns Mixed Fresh Salad	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice			Roast Chicken Breast Lemon & Herb Stuffing Yorkshire Pudding Roast Potatoes Fresh Cabbage	BBQ Chicken Drummers Hash Browns Garden Peas	Pork Meatball Marinara Sub Chips Baked Beans
Vegetarian Choice			Stuffed Courgette With Rice, Tomato & Vegetables Roast Potatoes Fresh Cabbage	Sweet Red Pepper & Cheese Quiche Hash Browns Garden Peas	Cheese & Spinach Slice Chips Mixed Salad
Healthy Choices			Jacket Potato & Pasta Pit  Salad/Wrap Kart  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			Fresh Fruit Pots & Yoghurts	Pear & Honey Sponge With Custard	Chocolate Cream Eclairs

WEEK TWO: week commencing Monday 9<sup>th</sup> September 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Minced Beef Bolognaise Spaghetti Garlic Bread	Chicken Jalfrezi Boiled Rice Naan Bread Mango Chutney	Baked Gammon With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Fresh Kale	Lamb, Aubergine & Sweet Potato Moussaka Garlic Potatoes Sweetcorn	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Butchers Sausages & Fried Egg Jacket Wedges Garden Peas	Tuna & Sweetcorn Quiche Diced Herby Potatoes Green Beans	Roast Beef Topside With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Fresh Baton Carrots	Chicken Leg In A Sweet Chilli Glaze Mashed Potatoes Sweetcorn	Jumbo Sausage Roll Chips Baked Beans
Vegetarian Choice	Quorn Mince Bolognaise Spaghetti Garlic Bread	Sweet Potato, Chickpea & Spinach Korma Boiled Rice	Roasted Vegetable & Cheese Plait Roast Potatoes Fresh Kale	Cheddar Cheese Omelette Garlic Potatoes Sweetcorn	Vegetarian Sausage 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  Salad/Wrap Kart  Baked Beans Protein Pots	Jacket Potato & Pasta Pit  Salad/Wrap Kart  Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit  Salad/Wrap Kart  Fresh Fruit Pots Yoghurts
Sweet Treats	Banana & Apple Muffins & Shortbread	Lemon Drizzle Cake With Custard	Fresh Fruit Pots & Yoghurts	Apple Oaty Crumble With Custard	Ginger Bread Biscuit

WEEK THREE: week commencing Monday 16th September 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken & Mushroom Vol Au vent Sauté Potatoes Green Beans	Minced Beef Casserole With Dumplings New Potatoes Sweetcorn	Roast Pork Loin With Apple Sauce & Gravy Yorkshire Pudding Roast Potatoes Fresh Carrot Batons	Traditional Beef Lasagne Garlic Bread Mixed Salad	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Baked Pork Loin Chop With Apple & Cheese Jacket Potato Green Beans	Chicken & Sweetcorn Pasta Bake Garlic Bread Mixed Salad	Roast Chicken Breast & Yorkshire Pudding With Stuffing & Gravy Roast Potatoes Broccoli Spears	Bacon & Cheddar Cheese Twist Jacket Potato Baked Beans	Tikka Chicken Kebab Chips Mixed Salad
Vegetarian Choice	Mushroom Vol Au vent Sauté Potatoes Green Beans	Vegetable & Bean Stew With Dumplings New Potatoes Sweetcorn	Creamy Vegetable Pie Roast Potatoes Fresh Carrot Batons	Vegetarian Lasagne Garlic Bread Mixed Salad	Spicy Bean Burger In A Bun 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  Salad/Wrap Kart  Baked Beans Protein Pots	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	Banana Cake With Custard	Fresh Fruit Pots & Yoghurts	Vanilla Sponge With Chocolate Sauce	Fresh Cream Scones Fancy Cake Friday

WEEK FOUR: week commencing Monday 23rd September 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Mexican Minced Beef Burrito Sauté Potatoes Fresh Mixed Salad	Turkey, Ham & Leek Short Crust Pie Mashed Potatoes Green Beans	Roast Beef With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Cauliflower Florets	Chicken Tikka Turmeric Rice Naan Bread Mango Chutney	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Southern Coated Chicken Fillets Sauté Potatoes Corn On Cob	Butchers Sausages With Onions Sweet Potato Fries Wholegrain Spaghetti Hoops	Roast Pork Loin With Yorkshire Pudding Stuffing & Gravy Roast Potatoes Fresh Carrot Batons	Swedish Meatballs In A Creamy Sauce Turmeric Rice Sweetcorn	1/4lb Beefburger With Cheese In a Bun Chips Sweetcorn Relish
Vegetarian Choice	Spinach & Falafel Burrito Sauté Potatoes Fresh Mixed Salad	Vegetarian Sausages With Onions Sweet Potato Fries Green Beans	Cauliflower, Courgette & Squash Au Gratin Roast Potatoes Fresh Carrot Batons	Vegetable Stir Fry Egg Noodles Fresh Mixed Salad	Mediterranean Vegetable Stuffed Jackets 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  Salad/ Wrap Kart  Baked Beans Protein Pots	Jacket Potato & Pasta Pit  Salad/Wrap Kart  Fresh Fruit Pots Yoghurts	Jacket Potato & Pasta Pit  Salad/Wrap Kart  Fresh Fruit Pots Yoghurts
Sweet Treats	Chocolate Brownie	Hot Rice Pudding With Sliced Peaches	Fresh Fruit Pots & Yoghurts	Jam & Coconut Sponge With Custard	Individual Luxury Ice Cream Pots

WEEK FIVE: week commencing Monday 30th September 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Chicken & Chorizo Penne Pasta Sauté Potatoes Fresh Mixed Salad	Homemade Ham & Mozzarella Pizza Herby Diced Potatoes Fresh Mixed Salad	Roast Turkey With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Fresh Leeks	Minced Beef Cottage Pie Green Beans Sweetcorn	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Baked Gammon With Pineapple Ring Sauté Potatoes Broccoli Spears	Chicken & Mushroom Tagliatelle Garlic Bread Garden Peas	Roast Pork Loin With Yorkshire Pudding Stuffing & Gravy Roast Potatoes Fresh Carrot Batons	Tandoori Chicken Leg Boiled Rice Fresh Mixed Salad	BBQ Chicken, Bacon & Cheese Stack Chips Fresh Mixed Salad
Vegetarian Choice	Macaroni Cheese Bake Sauté Potatoes Fresh Mixed Salad	Margarita Pizza Herby Diced Potatoes Fresh Mixed Salad	Falafel Stuffed Tomato Roast Potatoes Fresh Vegetables	Vegetarian Cottage Pie Green Beans Sweetcorn	Vegetarian Fajitas With Feta Cheese Chips Fresh 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 Kart	Salad/Wrap Kart	Salad/ Wrap Kart	Salad/Wrap Kart	Salad/Wrap Kart
	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts	Baked Beans Protein Pots	Fresh Fruit Pot Yoghurts	Fresh Fruit Pot Yoghurts
Sweet Treats	Chocolate Chip Flapjack Strawberry Mousse	Red Cherry Sponge With Custard	Fresh Fruit Pots & Yoghurts	Apple Pie With Custard	Fancy Doughnuts

WEEK SIX: week commencing Monday 7th October 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Minced Beef Tacos Sauté Potatoes Fresh Mixed Salad	Chicken Balti Basmati Rice Green Beans	Roast Pork Loin With Yorkshire Pudding, Stuffing & Gravy Roast Potatoes Fresh Leeks	Moroccan Chicken Boiled Rice Broccoli Spears	Baked Battered Cod With Lemon Chips Mushy Peas
Main Choice	Chicken Kiev Sauté Potatoes Sweetcorn & Peas	Pasta Carbonara Penne Pasta Garlic Bread Fresh Mixed Salad	Chicken Tray Bake With Ratatouille Roast Potatoes Fresh Carrot Batons	Minced Lamb Kebab With Mint Yoghurt Dressing Boiled Rice Fresh Mixed Salad	Savoury Sausagemeat Plait Chips Garden Peas
Vegetarian Choice	Vegetarian Mince Tacos Sauté Potatoes Sweetcorn & Peas	Sweet Potato & Vegetable Balti Basmati Rice Green Beans	Ratatouille Stuffed Mushroom Roast Potatoes Fresh Cabbage	Halloumi & Vegetable Skewer Boiled Rice Fresh Mixed Salad	Cheese, Onion & Potato Plait Chips Fresh 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 Kart	Salad/Wrap Kart	Salad/Wrap Kart	Salad/Wrap Kart	Salad/Wrap Kart
	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts	Baked Beans Protein Pots	Fresh Fruit Pots Yoghurts	Fresh Fruit Pots Yoghurts
Sweet Treats	Brownie Cookie & Mandarin Cheesecake	Toffee Pudding With Custard	Fresh Fruit Pots & Yoghurts	Apple & Cherry Crumble With Custard	Fancy Cake Friday

WEEK SEVEN: week commencing Monday 14th October 2019

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Hunters Chicken Hash Browns Sweetcorn	Pork Tagine New Potatoes Sliced Green Beans Beetroot	Roast Pork Loin With Stuffing & Gravy Yorkshire Pudding Roast Potatoes Fresh Carrot Batons	Rainbow Chicken Fajita Sauté Potatoes Fresh Mixed salad	Battered Cod With Lemon Chips Mushy Peas
Main Choice	Bacon Chop With Fried Egg Hash Browns Baked Beans	Minced Beef & Onion Puff Pastry Pie New Potatoes Sliced Green Beans	Roast Chicken Breast Yorkshire Pudding Stuffing & Gravy Roast Potatoes Cauliflower Cheese	Jumbo Sausage With Onion Rings Sauté Potatoes Baked Beans	Garlic Seasoned Chicken Leg Chips Mixed Salad
Vegetarian Choice	Spanish Omelette Hash Browns Mixed Salad	Vegetarian Mince Puff Pastry Pie New Potatoes Sliced Green Beans	Spinach, Cauliflower, Squash & Mushroom Potato Bake Fresh Vegetables	Quorn Fillet Fajita Sauté Potatoes Fresh Mixed Salad	Vegetable Burger In a Bun Chips Fresh 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	White Choc Chip Flapjack	Apple & Blueberry Cake With Custard	Fresh Fruit & Pots Yoghurts	Chocolate Bread & Butter Pudding With Custard	Fancy Cake Friday



## MacMillan Coffee Morning

Please come and join us for the MacMillan Coffee Morning at the Junior School on Friday 27th September from 8am–10am. Every penny we raise means MacMillan can help more people with cancer live life as fully as they can.