



# Ursuline Academy Ilford



Ursuline Academy  
Sixth

Weekly News – 2025/2026 Issue 6  
10th October 2025

## Upcoming Events

### BROMCOM INSET DAY

Thursday 23 October  
School closed to Students

### INSET DAY

Friday 24 October  
School closed to Students

### Half Term

Monday 27 October –  
Friday 31 October

### INSET DAY

Monday 3 November  
School closed to Students

### Year 7 Parents Meeting with Form Tutors

Wednesday 6 November  
4.00 – 6.00p.m.

### UA6 Open Evening

Thursday 27 November  
5.00 – 7.00p.m.



## Headteacher's Headlines



As we celebrate Black History Season, this is a time to reflect deeply on the importance of expanding our understanding and appreciation of Black history beyond just one month. It calls us to continuously elevate Black voices, recognise lived experiences, and celebrate the rich contributions of Black communities throughout history and within our own school.

Our African Caribbean Society (ACS) will lead a special event on 22nd October, showcasing creativity, culture, and the power of student leadership in promoting equality and inclusion. Their work is a wonderful expression of what it means to live out our Ursuline values, ensuring that every member of our community feels seen, valued, and celebrated.

As a Catholic school, our commitment to diversity, equity, and inclusion is inseparable from our mission to live out the principles of Catholic Social Teaching. The call to uphold the dignity of the human person, to promote solidarity, and to seek the common good underpins everything we do. Black History Season is one of the many ways we affirm our faith in action—through respect, justice, and love for all.

October is also the Month of the Rosary, a time for prayer and reflection. I have fond memories from my own childhood of gathering at home and in school to pray the rosary together. Those moments instilled in me a deep sense of peace, unity, and faith, a reminder that prayer connects us not only to God but to one another. As we journey through this month, may we find time to pause, reflect, and draw strength from our shared faith and community.

Fiona Stone,  
SERVIAM





# THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Fiona Stone BSc (Hons) MA NPOH



Ursuline  
Academy  
Sixth

3<sup>rd</sup> October 2025

Dear Parents and Carers,

I am writing to inform you of an important update to the school calendar.

The Academy will be migrating to a new Management Information System (MIS) on Monday 4th November, immediately after the half-term break.

To ensure this transition is as smooth as possible, I have decided to add an additional **INSET Day, Thursday 23rd October**, just before the half-term break. This will allow us to provide staff with the necessary training and support to use the new system effectively, which in turn will benefit our students and families.

I appreciate your understanding and continued support, and I hope this extension to the half-term break will be welcomed by families.

Thank you as always for working in partnership with us.

Yours sincerely

Ms Fiona Stone  
Headteacher



success in learning for all

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## Newsletter Contents this week:

**Chaplaincy News,  
Pages 4 – 6**

**Inner Spark Workshops,  
Page 7**

**Library News, Pages 8 – 14**

**Open Evening News, Page 15**

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**School Fund Letter, Page 17**

**Free School Meals, Page 18**

**Lunch Menus, Pages 19 – 20**



### **Pope Leo XIV @ Pontifex – 8 October 2025**

The Risen Lord walks alongside each of us, as we journey every day. With infinite care, he asks to let Him warm our hearts. He waits patiently for the moment when our eyes will open to see His friendly face, so He can transform our resignation into hope. [#GeneralAudience](#)

### **Forward in Joy – 366 days with Angela Merici – Daily words of wisdom from our patron saint**

**October: Be Shepherds**

**10th October: They should want to be united.**

**11th October: Let all their behaviour flow from charity and be accompanied by patience.**

**12th October: Consider each one as good but be prudent for your own good.**

**13th October: Who can judge the heart and the innermost secret thoughts of any creature?**

**14th October: God has given free will to everyone, and wants to force no one, but only proposes, invites and counsels.**

**15th October: Do your duty, correcting them with love and charity.**

**16th October: Comfort them, so that they may go forward willingly.**





## Chaplaincy News

We are delighted to introduce our new Justice & Peace Group, which meets every fortnight at lunchtime in the chapel. This group offers students a space to explore important themes within Catholic Social Teaching, such as human dignity, solidarity, care for creation, and support for the vulnerable.

Through open discussion, students will have the opportunity to raise awareness of real-world issues, engage in meaningful conversation, and take part in initiatives that help those in need. In our first session, we discussed fairness, human rights, current conflicts around the world, and how even small actions can make a meaningful difference.



**Mr Ravi, School Chaplain**



# THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Fiona Stone BSc (Hons) MA NPQH



Ursuline  
Academy  
Sixth

Monday 6<sup>th</sup> October 2025

Dear Parents and Carers,

## **SUBJECT: Year 7 Retreat Programme**

As part of our commitment to the holistic development of every student, we are pleased to inform you of the forthcoming **Year 7 Retreat Programme**. This important occasion forms a valued tradition in our school and offers students a meaningful opportunity to reflect, grow, and strengthen their sense of community.

The retreat will take place during periods 1-4 in both the school hall and the chapel led by the school chaplain. The day will include a series of group activities designed to foster teamwork, encourage creativity, and provide space for personal reflection. Students will be guided to consider their unique identities, their relationships with others, and their relationship with God.

The dates for each form group are as follows:

- **7J** - Monday 13th October
- **7R** - Wednesday 15th October
- **7C** - Wednesday 5th November
- **7T** - Wednesday 12th November

The retreat is an important part of our school's spiritual and personal development programme, and mandatory participation from all students is expected. Students should only bring the books and equipment needed for their afternoon lessons.

Students should wear their coloured Serviam 'House Tee Shirt' over their usual school uniform.

Thank you very much.

Yours sincerely,

Mr J Ravi  
School chaplain



success in learning for all

Travel to

# ROME

Explore the...



Trevi Fountain      The Vatican and the Sistine Chapel      The Colosseum

40 places Open to students in Years 8,9, 10 and 12  
(Older students will have priority)

What's Included:

- Flights & transfers
- Hotel accommodation
- Meals, Guided tours & entry fees

 "All roads lead to Rome... especially in 2026!"

**Departure: Tuesday 12th May**

**Return: Friday 15th May**

**Parental sign-up link below. The link is also on Satchel**

**[https://forms.office.com/pages/responsepage.aspx?id=7Shk6uy2i0SSVSBb0XQo\\_IRn7sPA-7dGkH6VUDew9ZZUMEdsQlpMWEFWNkJJV0JIWUXQT0tRVkFPTY4u&route=shorturl](https://forms.office.com/pages/responsepage.aspx?id=7Shk6uy2i0SSVSBb0XQo_IRn7sPA-7dGkH6VUDew9ZZUMEdsQlpMWEFWNkJJV0JIWUXQT0tRVkFPTY4u&route=shorturl)**

**7dGkH6VUDew9ZZUMEdsQlpMWEFWNkJJV0JIWUXQT0tRVkFPTY4u&route=shorturl**

**Ms Semambo, Teacher of R E**

# inner spark Inner Spark Workshops

On Thursday, all of our pupils were able to join one of three workshops led by the inspirational **Leah Chowdhry**. The workshops were organised by **Inner Spark** and very kindly **funded by The Park Charitable Trust**.

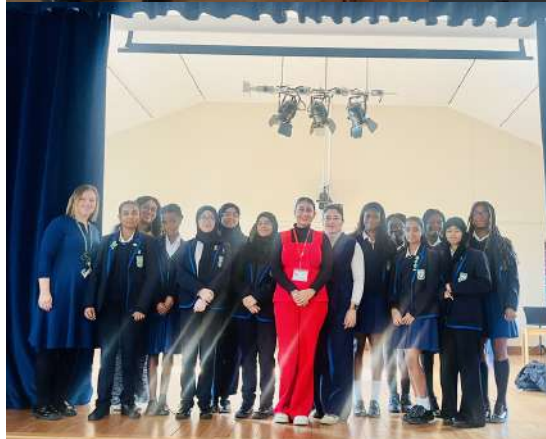
Leah talked about her journey to becoming the first British Asian woman to swim the English Channel.

She shared the development of her 'magic formula' which has helped her adopt a positive mindset, overcome barriers and achieve success. This in turn, has enabled her to fundraise and help others. The pupils really enjoyed the workshops and hopefully, some of the key messages will resonate with them and help them in their futures.



**Believe in yourself- what is your Why?**

**Leah Chowdhry set the hall ablaze teaching our girls her magic formula and how they could dream big!!!**



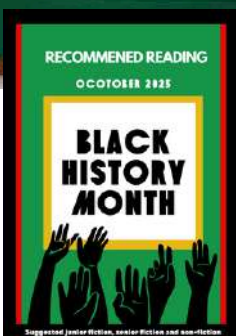
**Ms Gardiner,  
Assistant Headteacher**



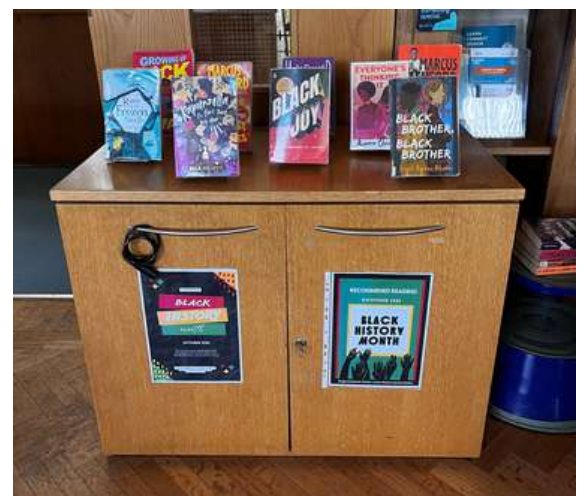


## Library News

To honour Black History Month, the library has put together a range of displays that showcase works by talented Black writers across different genres. As well as a vibrant pinboard display in the hallway, our school librarian has made sure to exhibit a range of books on tables and cabinets across the library, so that students can easily discover new stories and voices they might not have encountered before. Additionally, a booklet of recommended reads for Black History Month has been made available to all students, with suggestions across junior and senior fiction, non-fiction and poetry, so that everyone can find a book that suits them whilst simultaneously celebrating this month. At UAI, we recognise the importance of reading diversely and exploring different perspectives, and so we highly encourage all our students to come visit the library during October.



**Please see below for a selection of suggested reading...**



**Ms Jones, Library Assistant**

# Books to Celebrate Black History Month

## Junior Fiction



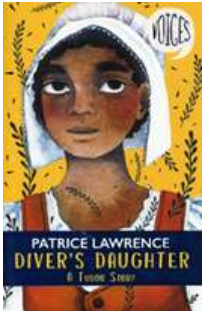
### **Race to the Frozen North by Catherine Johnson**

An adventure booked based on the true story of Matthew Henson's treacherous journey to the North Pole. An inspiring tale of an ordinary man defying all odds and prejudices.



### **When Life Gives You Mangoes by Kereen Getten**

Set on an exotic Island, twelve-year-old Clara is struggling with memory loss after a hurricane last summer. When a mysterious new girl moves to the village, Clara is promised a summer of change, discovery and unforgettable moments.



### **Diver's Daughter: A Tudor Story by Patrice Lawrence**

Based on true events, this adventure follows Eve and her mother – who was stolen from Mozambique as a child – as they make their way from Elizabethan London to England's southern coasts in an attempt to dive the wrecks of old ships and find treasure.



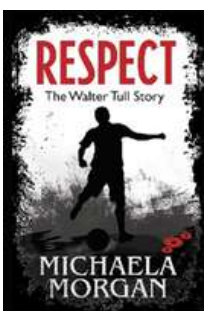
### **Slave Girl by Patricia McKissack**

Clotee is a slave in a Virginia plantation. To her, freedom is the greatest word in the world. In the slave quarters, people pray for freedom, or as they call it 'heaven'. But when will it come?



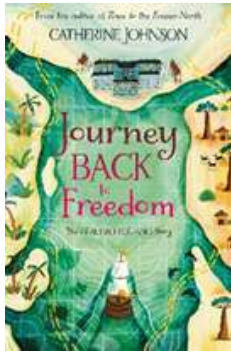
### **Black Brother, Black Brother by Jewell Parker Rhodes**

When Donte is suspended from school and arrested, framed for something he didn't do, he knows it would have never happened to his lighter-skinned brother, Trey. Donte starts to question the system that treats him differently based on his skin, and search for a place he belongs.



### **Respect by Michaela Morgan**

This quick read tells the story of Walter Tull; premier league football player and the first black officer in the Army in the First World War.



### **Journey Back to Freedom: the Olaudah Equiano story by Catherine Johnson**

Born in what is now Nigeria in 1745, Olaudah Equiano's peaceful childhood was brought to an abrupt end when he was captured and enslaved aged 11. This book explores Equiano's early life, demonstrating the resilience of the human spirit and one man's determination to be free.



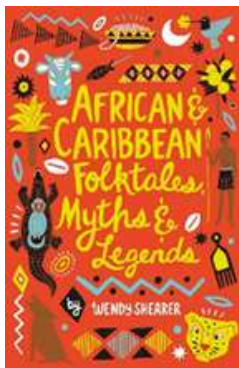
### **Windrush Child by Benjamin Zephaniah**

A moving story of Jamaican boy, Leonard, adapting to 1950s Britain, facing racism and change as part of the Windrush generation.



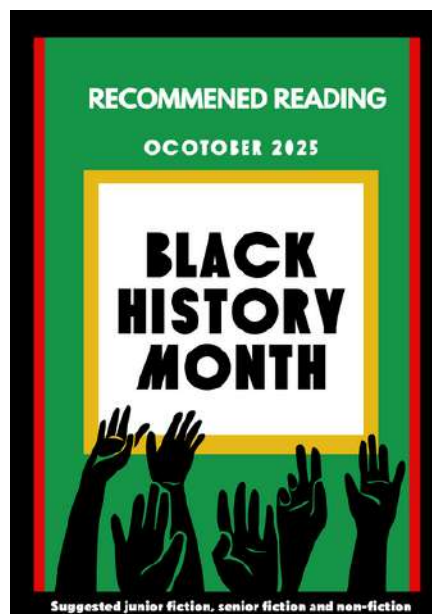
### **Drama and Danger (The Lizzie and Belle Mysteries #1) by J.T. Williams**

Set on the streets of 18th century London, Lizzie and Belle are from two different worlds. The only thing they have in common: their love of mysteries. Are they able to put their differences aside and work together to prevent a murder?



### **African and Caribbean Folktales, Myths and Legends by Wendy Shearer**

Enjoy a rich collection of folktales, myths and legends from all over Africa and the Caribbean, re-told for junior readers.



## Books to celebrate Black History Month

### Senior Fiction



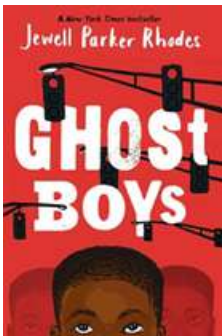
#### **The Hate U Give by Angie Thomas**

Sixteen-year-old Starr navigates the stark divide between her poor Black neighbourhood and her elite prep school after witnessing the police shoot and kill her unarmed friend, Khalil. As national attention intensifies, Starr must decide whether to speak out, knowing her voice could bring justice—or put her life at risk.



#### **The Black Queen by Jumuta Emill**

Lovett High's first black Homecoming Queen, Nova, is found dead on the night of her coronation. Now Nova's best friend Duchess is determined to solve the murder and avenge Nova in any way she can.



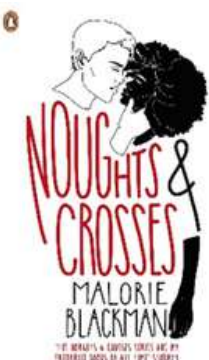
#### **Ghost Boys by Jewell Parker Rhodes**

A graphic novel about twelve-year-old Jermone who is shot and killed by a police officer who mistakes his toy gun for a real threat. As a ghost, he observes the devastation that's been unleashed on his family and community in the wake of his unjust and brutal killing.



#### **You Should See Me in a Crown by Leah Johnson**

Liz Lighty enters her school's prom queen competition to win a scholarship after her college plans fall apart. As she faces public scrutiny and unexpected romance with a fellow contender, Liz learns to embrace her identity and redefine what it means to shine.



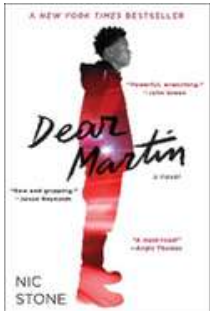
#### **Noughts and Crosses by Malorie Blackman**

In a dystopian world where people are divided into Crosses (the dark-skinned ruling class) and Noughts (the "colourless" underclass), childhood best friends Sephy and Callum are forced to take a stand against the system that separates them.



### **The Black Kids by Christina Hammonds Reed**

Ashley Bennet's carefree senior year is turned upside down when four LAPD officers are acquitted after beating a black man called Rodney King. Suddenly, Ashley's no longer one of the girls – she's one of the black kids.



### **Dear Martin by Nic Stone**

Justyce McAllister, a top student bound for the Ivy League, finds his life upended after a violent encounter with police. He turns to Dr. Martin Luther King's teachings when he starts to question justice, identity and racial prejudice.



### **The Black Flamingo by Dean Atta**

A boy comes to terms with his identity as a mixed-race gay teen – then at university he finds his wings as a drag artist, The Black Flamingo. A bold story about the power of embracing your uniqueness.



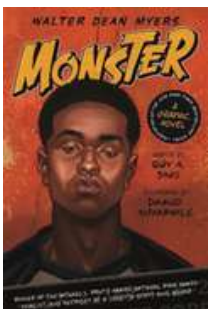
### **When Our Worlds Collided by Danielle Jawando**

When fourteen-year-old Shaq is stabbed outside of a busy shopping centre in Manchester, three teenagers from very different walks of life are unexpectedly brought together. What follows flips their worlds upside down and makes Chantelle, Jackson, and Marc question the deep-rooted prejudice and racism that exists within society.



### **Everyone's Thinking It by Aleema Omotoni**

Set in an elite boarding school in the English Countryside, Queen Bee Kitan secretly struggles being a Nigerian girl surrounded by white peers. When her estranged cousin's camera is stolen and photos show up around school with juicy secrets written on them, Kitan and Iyanu attempt to solve the mystery.



### **Monster: A Graphic Novel by Walter Dean Myers**

A multi-award-winning, provocative coming-of-age story about Steve Harmon, a teenager awaiting trial for a murder and robbery.



### **The Upper World**

This YA debut follows two teens, a generation apart, whose fates collide across time—and outside of it. Esso and Rhia work together to unravel a tragedy that happened fifteen years ago. One that holds the key not only to Rhia's past, but to a future worth fighting for.



### **Legendborn by Tracey Deonn**

After her mother's death, Bree Matthews joins a UNC program to escape her past—only to uncover a secret society of magic-wielding students tied to Arthurian legend and a hidden truth about her mother's death that could change everything.



### **The Gilded Ones by Namina Forna**

When Dekka's blood runs gold during a coming-of-age ritual, marking her as impure, she's given a choice: face a brutal fate or join an elite army of near-immortal girls to fight for the empire—uncovering dark secrets about herself and her world along the way.



### **My Week With Him by Joya Goffney**

Following a heated argument with her mother, Nikki plans to leave Texas to pursue a music career in California. Before she goes, she agrees to spend the remainder of Spring Break with her childhood friend, Malachai, who plans on convincing her to stay. A romance in which Nikki discovers the power of her own voice.



### **Rapunzella, Or, Don't Touch My Hair by Ella McLeod**

In this gender-bending YA, Rapunzella is imprisoned in an enchanted forest made of her own Afro and the might of the evil King Charming seems unstoppable. But is it? Can Rapunzella use her power to change the future?



### **The King is Dead by Benjamin Dean**

In this YA romantic thriller, James—the shy, handsome, mixed-race heir to the British throne—must choose between love and duty amidst a dangerous scandal and a tabloid media desperate for his downfall.

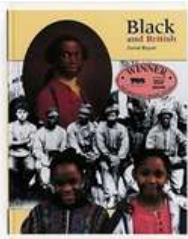
# Books to celebrate Black History Month

## Non-Fiction



### **Black in Time by Allison Hammond**

Allison Hammond shines a light on some of the inspiring and accomplished lives lived by black individuals throughout history. Full of sportspeople, musicians, politicians, activists and writers who have shaped the world we know today.



### **Black and British by David Bygott**

This book looks at the history of the Afro-Caribbean community in the United Kingdom, describing the struggle for freedom, the achievements of individuals, and also looking at how racism remains a fact of life.



### **Black Joy by Tracey Lewis-Giggets**

Personal, lyrical essays about the way joy can evolve even in the midst of struggle. Lewis Gigget's challenges the one-note narratives of Black life as solely comprised of trauma and hardship, instead using her voice to uplift her readers.



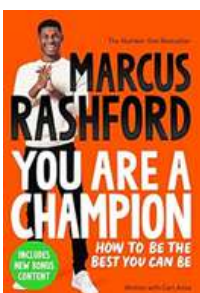
### **Book of Black Heroes: From A-Z by Wade Hudson**

Shares with young readers the stories of 54 pioneers whose courage, strength and lasting accomplishments have earned them the title "hero".



### **Talking Turkeys by Benjamin Zephaniah**

Playful, clever and provocative poetry for children and young adults by street poet Benjamin Zephaniah. Though published in 1995, his words are still fresh and relevant in our world today.



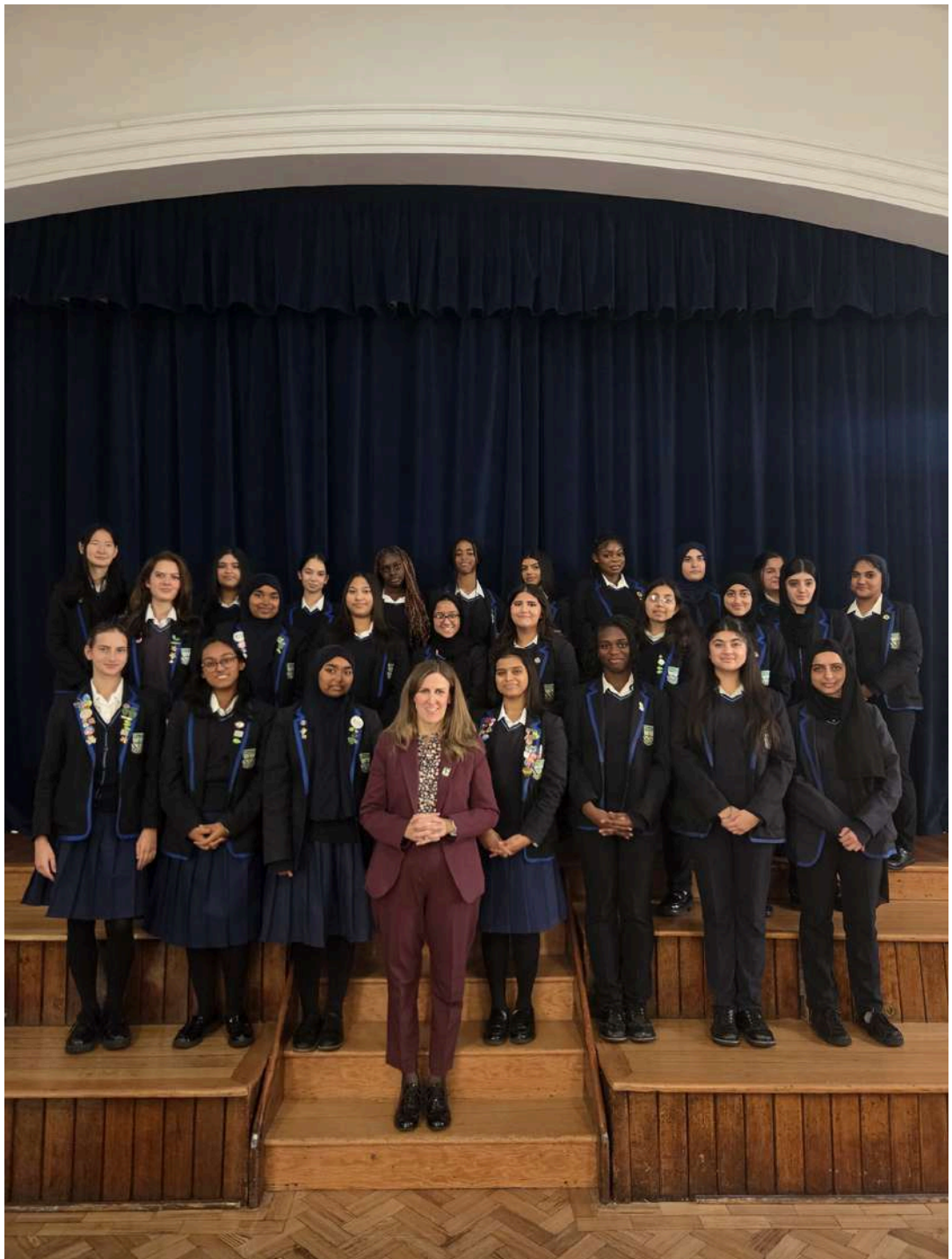
### **You are a Champion by Marcus Rashford**

No matter who you are and no matter where you come from, every single person in the world has the potential to be a champion. Famous footballer, Marcus Rashford, gives you the tools you need to reach your full potential, showing you how to be the very BEST version of yourself you can be.



## Open Evening

Our Year 11 students were outstanding in welcoming parents and Year 6 students to our recent open evening. We were delighted by the overwhelming number of visitors who shared that they had never experienced such a warm and genuine welcome! We are immensely proud of all our students for showcasing the many wonderful opportunities and activities that take place at our school, and for the exceptional hospitality they displayed throughout the evening. Thank you to all involved and for making the evening really special and one to remember!



**Ms Eakins, Head of Year 11**

Last week the Year 12 and Year 13 Politics students had the chance to visit parliament and see the building and its processes up close for themselves. The trip started with a visit to the education centre where the students learned about the history of the building and how it has changed over its 800-year existence.

Then we got to have a good look around both the House of Commons and the House of Lords. Parliament was not sitting due to the party conferences so we sadly didn't get to see any famous faces walking around but it did mean we got to have a good look around both of the chambers, we got to stand by the same green benches the Prime Minister conducts PMQ's from and also the golden throne where the King delivers the annual state opening ceremony. The students commented on how small and intimate the House of Commons is and learned how this helps the debate in the chamber as it allows a to and fro to take place between MPs.

We wanted to go to the Supreme Court but unfortunately it was closed due to the "Lord Chancellor's Breakfast" which sadly we weren't allowed to attend! Students then walked the short journey down to Downing Street to see where the Prime Minister lives and got to see democratic protest live in action with two groups of opposing protestors on both sides of Whitehall shouting across the road at each other.

***The trip was very informative and enjoyable. I couldn't believe i was actually in the parliament chambers and the architecture was so beautiful – Khadija Habibi 12.2***

***Amazing experience to actually see the real-life insight of parliament. It was engaging for us and helped us understand parliament more, our political understanding and how our country is governed! – Imaan Butt 12.3***

***Visiting Parliament was like stepping into history—thank you for giving us the chance to see where the country's future is debated and decided. It was truly inspiring! –Naomi Soares 12.2***





# School Fund Letter

## THE URSULINE ACADEMY ILFORD

A Catholic Academy for Girls aged 11 - 19 in the Diocese of Brentwood

Headteacher: Ms Fiona A Stone BSc (Hons) MA NPQH



October 2025

Dear Parents & Carers,

At Ursuline Academy Ilford, we are committed to providing the best possible education and facilities for our students. However, with increasing financial pressures, it has become more challenging to fund much-needed improvements. For many years, we have relied on voluntary contributions from parents to support these projects, but the number of families contributing has declined.

Thanks to past donations, we have recently been able to undertake two meaningful refurbishments. Our chapel now features a stunning new mural of St. Angela Merici, providing an inspiring and reflective space for our students and staff. In addition, we have refurbished a staff restroom adjacent to the school prayer room to better support pupils who practice wudu ablutions, ensuring that all students have access to appropriate facilities that respect and accommodate their faith. These projects are just two examples of how your contributions directly enhance the experience of our students.

To ensure that our students continue to have access to the very best education and facilities possible, we are asking for a voluntary contribution of £25 per term, per family. This small but significant amount will go a long way in enhancing learning environments, upgrading resources, and ensuring that every student has access to the opportunities she deserves. Of course, we would be incredibly grateful for any contributions beyond this amount, and significant donations will be acknowledged through plaques, commemorations, and dedications. If you'd like to make a more significant contribution, you can contact me directly at [fstone@uai.org.uk](mailto:fstone@uai.org.uk).

We are committed to transparency and will provide regular updates on the funds raised and how they have been used. Every contribution, no matter the size, makes a meaningful difference and is a testament to our shared commitment to providing the best for our young women.

If you would like to support us, please use ParentPay, where you will find the options for voluntary contributions for each term or contact [finance@uai.org.uk](mailto:finance@uai.org.uk) for more information on how to donate. Thank you for your ongoing support and generosity. Together, we can continue to build a thriving future for Ursuline Academy Ilford and ensure that our students have the best possible opportunities to grow, learn, and succeed.

With gratitude and best wishes,

A handwritten signature in black ink that reads 'F Stone'.

Fiona Stone  
Headteacher



success in learning for all

## Did you know...just registering your daughter for Free School Meals means that our school gets extra money!!

You can register your daughter for Free School Meals if you receive any of these benefits:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
  - Income Support
    - Income-based Jobseeker's Allowance
    - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
    - The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on – paid for four weeks after you stop qualifying for Working Tax Credit

If you want your daughter to have a free, healthy meal at lunchtime that's great – she will get a free meal (saving you more than £400 per year!). There is NO stigma attached and no one will know because we operate a cashless payment system in our Dining Hall.

If you qualify but don't want your daughter to have Free School Meals, please still register as the school will get additional funding. Your daughter can still continue to have her packed lunch as normal!

To apply please complete the on-line Free School Meals application on the [Redbridge.gov.uk](http://Redbridge.gov.uk) website. You can apply regardless of which borough you live in because your daughter attends a school in Redbridge. It is a simple 1-page form, so don't delay, apply today!!

It is important to note that:

- Taking the meal is recommended but not compulsory
- Your daughter may receive additional help as a result of being registered, for example, help with the cost of music lessons or school trips
- No one will know and it will not affect any other benefits you are claiming
- Registering your daughter for Free School Meals will bring in more money to our school.

Thank you for your co-operation.



# MAIN MEALS

From £2.60

01/09/25, 22/09/25,  
13/10/25, 10/11/25,  
01/12/25

**AUTUMN MENU  
WEEK ONE**

MON	TUE	WED	THU	FRI
<b>MASALA MOMENTS</b>	<b>AMERICAN DINER</b>	<b>ROAST</b>	<b>TASTE OF JAMAICA</b>	<b>FISH &amp; CHIP SHOP</b>
Chicken Tikka Masala with Mango Chutney (Mu)	Buttermilk Chicken Burger with Ranch Slaw (G,E,So,Se,Mk)	Roast Turkey with Stuffing & Herb Gravy (G)	Jamaican Jerk Chicken with Jerk Gravy	Battered Fish Fillet (G,F)
Vegetable Tikka Masala with Mango Chutney (Mu)	Pizza Mac & Cheese with Garlic & Herb Bread (G,Mk,So)	Creamy Butternut & Vegetable Pie With Crunchy Crust (G,Mk)	Jamaican Jerk Eat Curious with Jerk Gravy	Cheese & Onion Pasty (G,Mk)
Pilau Rice Spicy Roasted Cauliflower	Cajun Corn & Peppers Seasoned Fries	Crunchy Roast Potatoes Savoy Cabbage & Carrots	Coconut Rice & Peas Caribbean Coleslaw (E,Mk,So)	Chips Peas Baked Beans
Extras: Naan Bread (G)	Extras: Onion Rings (G)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Flatbread (G,Mk,So)	Extras: Curry Sauce (Mk,So)

*Meal-Deal*  
Only £2.85

Check out what's on offer today, available for free school meals!



# GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Chicken Hot Dogs with Mustard & Pickled Red Onions (G,Mu,Se,Su)	Cheesy BBQ Loaded Fries with Crispy Onions (G,Mk)	Korean Chicken Rice Bowl with Hot Chilli Sauce (G,Se,So)	Mexican Chicken Panini with Tortilla Chips (G,Mk,So)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

# DESSERTS

- MONDAY**  
Double Chocolate Pudding (G,E,Mk,So)
- TUESDAY**  
Berry Flapjack Crumble (G)
- WEDNESDAY**  
Toffee & Banana Cake (G,E,Mk,So)
- THURSDAY**  
Lemon & Blueberry Sponge (G,E)
- FRIDAY**  
Sticky Baked Jam Doughnut (G)

From £1.40



**LOOK OUT FOR DAILY  
★ THEME BARS, ★  
JACKET POTATOES  
& SALAD BAR**



# PASTA STATION

- MONDAY**  
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
- TUESDAY**  
Bolognese (G), Basil Pesto (G,E,Mk)
- WEDNESDAY**  
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
- THURSDAY**  
Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
- FRIDAY**  
Pepperoni Mac & Cheese with Crispy Onions (G,Mk,Mu)

From £2.60

## ALLERGENS

Speak to one of our chefs if

Ce = Celery  
Cr = Crustacean

F = Fish  
G = Grains

L = Lupin  
Mk = Milk

Mu = Mustard  
N = Nuts

Se = Sesame Seeds  
So = Soya

# MAIN MEALS

From £2.60

08/09/25, 29/02/25,  
20/10/25, 17/11/25,  
08/12/25

**AUTUMN MENU  
WEEK TWO**

MON	TUE	WED	THU	FRI
<b>TEX-MEX</b>	<b>TASTE OF BRAZIL</b>	<b>HOME COMFORTS</b>	<b>KATSU KITCHEN</b>	<b>FISH &amp; CHIP SHOP</b>
Smoky Beef Eat Curious Chilli Con Carne with Salsa	Zesty Brazilian Chicken (G)	Chicken Sausages with Caramelised Onion Gravy (G,Su)	Crispy Chicken Katsu (G,E) with Curry Sauce (G,So)	Battered Fish Fillet (G,F)
Eat Curious Smoky Veggie Chilli with Salsa	Butternut & Sweet Potato Moqueca	Grilled Veggie Sausages with Caramelised Onion Gravy (G,Ce)	Crispy Sweet Potato Katsu (G,E) with Curry Sauce (G,So)	Crispy Vegetable Spring Rolls with Curry Sauce (G,Mk,Se,So)
Nachos Roasted Corn & Peppers	Lime & Coriander Rice Creamy Corn (Mk)	Creamy Mashed Potatoes Roasted Broccoli	Steamed Rice Asian Salad	Chips Peas Baked Beans
Extras: Spicy Potato Wedges	Extras: Cheesy Garlic Bread Balls (G,Mk)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Prawn Crackers (Cr,Su)	Extras: Curry Sauce (Mk,So)

*Meal-Deal*  
Only £2.85

Check out what's on offer today, available for free school meals!



# GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Piri Piri Halloumi Wraps (G,E,Mk,Su)	Beef Burger in a Bun with Salad & Pickles (G,Se,So,Su)	Korean BBQ Chicken Wings & Rice (G,So,Se,Mu,Ce)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

# DESSERTS

- MONDAY**  
Pineapple Upside Down Sponge (G,E,Mk,So,Su)
- TUESDAY**  
Berry Mess Cup Cakes (G,E)
- WEDNESDAY**  
Caramel Apple Shortbread Crumble and Custard (G,E,Mk,So)
- THURSDAY**  
Frosted Carrot & Orange Cake (G,E,Mk)
- FRIDAY**  
Chocolate Brownie (G,E)

From £1.40



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JACKET POTATOES  
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# PASTA STATION

- MONDAY**  
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
- TUESDAY**  
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
- WEDNESDAY**  
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
- THURSDAY**  
Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)
- FRIDAY**  
BBQ Mac & Cheese with Garlic Breadcrumbs (G,Mk,So)

From £2.60

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Mu = Mustard  
N = Nuts

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So = Soya

# MAIN MEALS

From £2.60

15/09/25, 06/10/25,  
03/11/25, 24/11/25,  
15/12/25

**AUTUMN MENU  
WEEK THREE**

MON	TUE	WED	THU	FRI
<b>TASTE OF ITALY</b>	<b>PIZZA NAANS</b>	<b>ROAST</b>	<b>TEX-MEX</b>	<b>FISH &amp; CHIP SHOP</b>
Penne Bolognese Pasta Bake (G,Mk) with Garden Salad	Smothered Pizza Naan with Tandoori Chicken & Minty Yoghurt (G,E,Mk)	Chicken with Stuffing & Herb Gravy (G)	Mucho Mexican Chicken Burrito Bowl (G,Mk,So)	Battered Fish Fillet (G,F)
Mediterranean Vegetable Lasagne (G,E,Mk) with Garden Salad	Smothered Pizza Naan with Sweet Chilli Paneer & Minty Yoghurt (G,E,Mk)	Roast Root Vegetable Wellington with Stuffing & Herb Gravy (G,E,So)	Mucho Mexican Eat Curious Vegetable Burrito Bowl (G,Mk,So)	Crispy Vegetable Samosa with Mango Chutney (G,Mu)
Baked Potato Wedges Steamed Seasonal Greens	Masala Fries Spiced Roasted Chick Peas (G)	Crunchy Roast Potatoes Roasted Carrots & Parsnips	Zesty Lime Rice Spicy Pinto Beans (G,So)	Chips Peas Baked Beans
Extras: Garlic Bread (G,Mk,So)	Extras: Mini Samosa (G,So)	Extras: Yorkshire Pudding (G,E,Mk)	Extras: Tortilla Chips (So)	Extras: Curry Sauce (Mk,So)

**Meal-Deal**  
Only £2.85

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# GLOBAL EATS

From £2.60

MON	TUE	WED	THU	FRI
Cajun Haloumi & Red Pepper Burger (G,Mk,E,Se)	Chicken Chow Mein (G,E,So)	Beef Chilli Loaded Waffle Fries (Mk)	Cheesy Pepperoni Panini (G,Mk)	Crispy Chicken Tenders & Chips (G,Ce,Mk,Mu,So)

# DESSERTS

<b>MONDAY</b> Autumn Pear & Berry Crumble with Custard (G,E,Mk,So)
<b>TUESDAY</b> Tip to Toe Banana & Chocolate Brownie (G,E,Mk,So)
<b>WEDNESDAY</b> Lemon & White Chocolate Drizzle Cake (G,E,Mk,So)
<b>THURSDAY</b> Sticky Toffee Pudding (G,E,Mk,Su)
<b>FRIDAY</b> Pancakes With Toffee Sauce (G,E,Mk)

From £1.40



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& SALAD BAR**



# PASTA STATION

<b>MONDAY</b> Chicken Balti Rice Pot (G) Vegan Chilli Sin Carne Rice Pot (G,Ce,So)
<b>TUESDAY</b> Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
<b>WEDNESDAY</b> Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
<b>THURSDAY</b> Bolognese (G), Basil Pesto (G,E,Mk), Macaroni Cheese (G,Mk)
<b>FRIDAY</b> Mac & Cheese with Crushed Nachos & Salsa (G,Mk,So)

From £2.60

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# School Menus

# What's for Lunch?