



Ursuline Academy Ilford



Ursuline
Academy
Sixth

Weekly News – 2026/2027 Issue 5
8th October 2026

Upcoming Events

Half Term
Friday 23 October –
Monday 2 November

Staff INSET Day
Tuesday 3 November
No students in school

Term begins Wednesday 4
November, 8.40a.m.

Year 7 Parents Meeting
with Form Tutors
Thursday 12 November
4.00 – 5.30.p.m.

UA6 Open Evening
Thursday 26 November
5.00 – 7.00p.m.



Headteacher's Headlines

Courageous & resilient

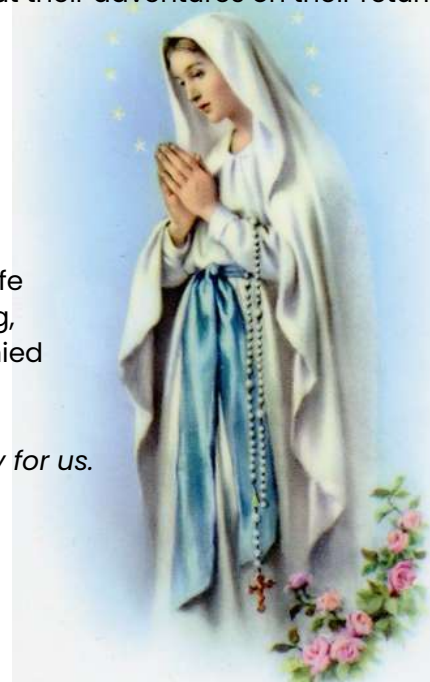
Thank you to parents and carers for your continued support with our new mobile phone policy. We know that this represents a significant change, but it is rooted firmly in our desire to support your daughters in a climate where smartphone and social media use is becoming increasingly problematic for young people. We are currently developing a clear process through which parents can request an exemption where there are exceptional circumstances. Exemptions will be rarely granted, but every request will be considered carefully on a case-by-case basis. Please bear with us while we finalise and communicate this process.

Excitement is building for our Japan trip next week! This is an extraordinary opportunity for our students and we wish them a wonderful and enriching experience. My sincere thanks to Ms Tallat, Mr Robertson, Ms Kayode and Mr Deen for giving their time to accompany our students and make such an ambitious trip possible. We look forward to hearing all about their adventures on their return!

October is the month of the Holy Rosary in the Catholic church, inviting us to reflect on Mary's example of faith, trust and service. The Rosary is a special prayer of meditation, through which we contemplate the mysteries of the life of Jesus: his birth, ministry, suffering, death and resurrection, accompanied by Mary, his mother.

Our Lady, Queen of the rosary, pray for us.

SERVIAM





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

6th October 2026

Dear Parents and Carers,

I am writing to inform you of a change to the previously published date for students to return following the half-term break.

Students will now return to school on Wednesday 4th November rather than Tuesday 3rd as previously advised.

Tuesday 3rd will be an additional INSET day, providing staff with important time for planning and preparation as we continue to develop provision across the Academy.

This comes at an exciting time for our school. I am delighted to share that we have recently been successful in acquiring an additional playground and building from the trustees of the neighbouring Ursuline Preparatory School. We hope to undertake some initial work during the half-term break to begin making these additional facilities fit for purpose. As the Academy continues to grow and develop, it is vital that we create sufficient time to plan carefully for both our immediate priorities and the longer-term needs of our students.

I appreciate that a change to an already published term date may require families to alter arrangements, and I am very grateful for your understanding.

We have made an excellent start to the new school year. Our staff and students have worked tirelessly since September, and there is a real sense of purpose and positivity across the Academy.

As always, my sincere thanks go to you, our parents and carers. Your continued support, encouragement and partnership are enormously valued and make an important contribution to the strength of our school community.

Thank you for your understanding and continued support.

Yours sincerely,

Ms Fiona Stone
Headteacher



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Newsletter Contents this week:

Careers News, Page 4

Chaplaincy News, Pages 5 – 6

Library News, Pages 7 – 9

MFL News, Page 10

Music News, Pages 11 – 12

Open Evening News, Page 13

R E News, Page 14

Student Leadership News, Page 15

UA6 News, Pages 16 – 17

**Free School Meals Information,
Pages 18 – 19**

Lunch Menus, Pages 20 – 21

Clubs Timetables, Page 22



Pope Leo XIV @ Pontifex – 7 October 2026

Families participate in the Church's mission in the ordinary fabric of their lives, through love and fidelity, care and forgiveness, the education of children, their efforts in transmitting faith, attention to the elderly and the vulnerable, and the many ways in which they serve their communities and society. In all these ways, families bear witness to the Gospel and contribute to the life and mission of the Church.

Forward in Joy – 366 Days with St Angela Merici – Daily Words of Wisdom from our Patron Saint

October: Be Shepherd

8th October: Charity directs everything to the honour of God and the good of souls.

9th October: Tell them that they should want to be united and in concord together, all being of one will.

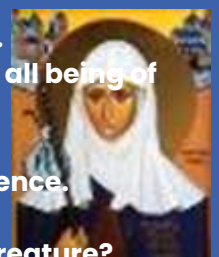
10th October: They should want to be united.

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.





Careers News



The UA6 Aspiring Medic Society

This week we had our very first MedSoc session, where we explored the different roles and qualities of a doctor and other healthcare professions. We began by discussing the role of a doctor and the importance of working collaboratively with other healthcare professionals to provide the best possible care for patients.

We then explored the Integrated Care System (ISCs) within the NHS, and how healthcare is organised across four different levels: primary, secondary, tertiary, and community care. We discussed the importance of multidisciplinary teams (MDTs), where doctors work together alongside other healthcare professionals to develop the most appropriate treatment plans for patients. This highlighted how effective teamwork is essential in ensuring that patients receive holistic and personalised care, while also considering the patient's needs and the wider impact on society.

To put what we had learned into practice, we worked through a range of different patient scenarios. We discussed the reasoning behind the decisions made by different doctors and healthcare professionals, best suited to each patient's situation, considering age, lifestyle, and other factors.

In our next session on Tuesday 20th October, we will be taking this further by exploring Medical Ethics. We will be discussing the principles and criteria when making decisions about their patients, especially when there are contradictory factors.

We look forward to seeing everyone there!

Session led by Sajia and Salwa Husain 12.1 and 12.2



Ms Tallat, Careers Lead





Chaplaincy News

Our new Justice and Peace Team

We are delighted to have launched our new Justice & Peace Team, comprising Year 12 students, which will meet fortnightly in the chapel. The group was significantly oversubscribed, reflecting the remarkable enthusiasm of our students and their genuine desire to serve others and contribute to the common good.

Rooted in Catholic Social Teaching and inspired by the wider mission of Justice & Peace, the group seeks to uphold human dignity, foster solidarity, promote peace and care for our common home. Alongside thoughtful discussion and reflection, students will put their faith into action through charitable initiatives, food bank collections and projects supporting those most in need within our local community.



Class Mass with 8R

On Thursday, Class 8R had the opportunity to celebrate Holy Mass with Fr Paul from the Church of Saint Mary and St Ethelburga, Barking. The Gospel reflected on Jesus' words to "ask, seek and knock", reminding us of the importance of perseverance in prayer and trust in God.

The Bidding Prayers included references to Black History Month, with prayers for dignity, respect and unity, and to October as the Month of the Holy Rosary, seeking Mary's intercession as we grow closer to God through prayer. We extend our sincere thanks to Fr Paul for celebrating Mass with us and to Class 8R for their reverent participation.



Mr Ravi, School Chaplain



Chaplaincy News

Feast of the Guardian Angels

The feast day for the Holy Guardian Angels in the Catholic Church is celebrated annually on **October 2nd**. This day is dedicated to reflecting on the guardian angels God assigns to each person for guidance and protection throughout their life.

Historical Background

Local celebrations of this feast day began as early as the 11th century. Pope Paul V first authorized a feast in honour of guardian angels in 1608. In 1670, Pope Clement X extended the feast to the universal Church, setting the date to October 2nd. Pope Leo XIII later upgraded the date to a double major feast in 1883.

Traditions

The feast is a time for the faithful to express gratitude to God for their guardian angels.

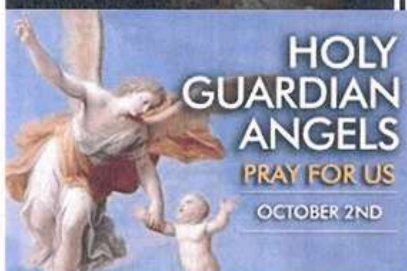
It's an opportunity to foster reverence for one's guardian angel and to invoke their protection during times of difficulty or temptation.

The day can also be celebrated with thematic food, such as angel hair pasta or angel food cake, as well as crafts and other family-friendly activities

PRAYER TO YOUR Guardian Angel

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,
To light and guard,
Rule and guide.

Amen.



The Ursuline Academy Ilford

CHAPLAINCY NOTICES: OCTOBER



During October, the 10th Month of the year we welcome Autumn.

Catholics also dedicate October to Our Lady, Mary and the Holy Rosary.



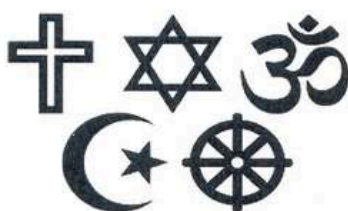
October days of Religious Significance

4 October Simchat Torah

'Joy of the Torah'. A day to rejoice and celebrate the Torah

20 October Dussehra – Hinduism

Dussehra, a major Indian festival, concludes Navratri and falls on the tenth day of the Hindu calendar month. It celebrates Rama's victory, symbolising good over evil.



All Hallows Eve: Halloween

All Hallows' Eve, now known as **Halloween**, is the name for the evening of **October 31st**, the night before **All Saints Day** (also called **All Hallows' Day**). The name comes from the Old English word **hallowed**, meaning holy or sanctified. All Hallows' Eve marks the beginning of **All Hallowtide**, a period of three days in the Christian liturgical year dedicated to remembering the dead. While it began as a religious observance, it has evolved into the modern cultural celebration of **Halloween**, known for traditions like trick-or-treating, costume parties, and jack-o'-lanterns.

Origins and Significance:

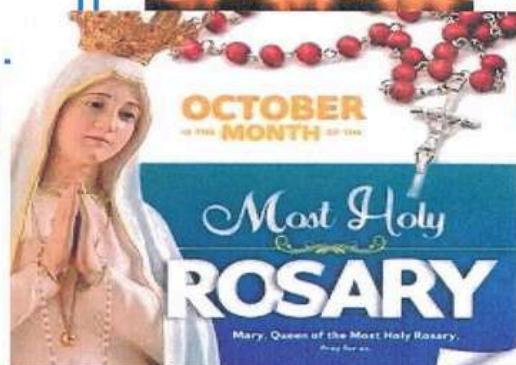
Religious roots: The name "**All Hallows' Eve**" literally means the evening before the feast day of "**all holy ones**" or saints. **Allhallowtide:** The holiday is the start of Allhallowtide, which includes **All Saints' Day** on **November 1st** and **All Souls' Day** on **November 2nd**. This period is dedicated to remembering saints, martyrs, and all the faithful departed.

Cultural evolution: Over centuries, the customs of this Christian observance have blended with older harvest festival traditions and secular elements to create the modern holiday of Halloween.

ALL HALLOWS' EVE



OCTOBER MONTH



The Rosary is a popular Christian prayer practice, particularly in the Catholic Church, that involves reciting prayers while meditating on specific events from the lives of Jesus Christ and Mary. It's a devotional practice using a string of beads to count the prayers, with each bead corresponding to a prayer like the Hail Mary. It's common for families to pray the Rosary together in October, reinforcing faith and devotion within the home. The late Pope Francis has encouraged people to rediscover the beauty of praying the Rosary, particularly at home, during the month of October.



Library News

Black History Season

As we continue to celebrate Black History Season throughout UAL, we'd like to remind students of the many wonderful books we have available to borrow. A display has been set up in the school library to spotlight some fantastic reads that are perfect to honour the occasion. If you haven't checked it out already, make sure to do so in the coming weeks!

See below this week's selection of standout reads! A full, printed booklet of recommendations is also available to browse in the school library.



Ms Jones, Library Assistant



Library News

KS3 Poetry Competition Winners!

Last Thursday, UAI celebrated National Poetry Day by running a poetry competition open to students in years 7, 8 and 9. Over thirty girls wrote poems inspired by this year's theme of 'wonder' and handed in their fantastic entries to Ms Jones. It was a difficult task to choose just three poets, but we're very happy to announce our overall winners and share their wonderful work.

1st Prize: Damayanti Archisha (9T)

2nd Prize: Amaya Hamid (8J)

3rd Prize: Inaaya Chaudhry (7J)

The Day I Grew by Damayanti Archisha

*Another year, another birthday
and somehow, I feel different today.
I think about all the things I know now,
that I didn't know yesterday.*

*When did I learn the names of the
continents?
When did the world become so wide?
I used to ask my mum everything.
Now, I know the answers before she replies.*

*The mirror shows the same two eyes
which have seen so much every day.
They've watched me laugh, cry, learn and
change,
and somehow, I know more each day.*

*I make a wish, blow out the candles,
though questions still remain.
Maybe growing isn't about knowing
everything;
but wondering about what comes next.*

Starlight, Starbright by Amaya Hamid

*Sometimes I catch myself helplessly gazing at
the sky,
wondering how God created such a unique
marvel way up high.
As I watch the stars sparkle and gleam,
in the shadows of the moonlight's silver
stream,
galaxies twirl through the dark,
leaving behind a breathtaking mark.
Cities glimmer like silver diamonds in the sky
while quiet clouds of gold float by.
Little bits of magic drift around, making
everything twinkle in the sky,
as the golden hours slowly wonder by,
the universe whispers secrets to the night.
As shadows start fading away,
the quiet world awaits for the new dawn of
day.
As I sit here and quietly ponder,
I realise the world we live in truly is a land of
wonder!*



Library News

KS3 Poetry Competition Winners Continued!

Wonder by Inaaya Chaudry

*The world is full of hidden things,
like a golden light on an insect's wing.
A secret hum within the breeze,
and secret whispers through the ancient tree.
A magic spark that wakes the mind,
leaving the heavy world behind.
It asks no questions, needs no why,
beneath the vast and open sky.
It's just a breath. A quiet start.
That finds home in your heart.
The wonder of it filled my dreams.*

We were so impressed with the talent, creativity and enthusiasm in each and every entry, so make sure to keep writing and keep an eye out for more competitions coming soon...!



Ms Jones, Library Assistant



Celebrating the European Day of Languages

We had a fantastic time celebrating the **European Day of Languages!** The day gave students an opportunity to learn more about the importance of languages and the rich cultural diversity across Europe.

Students first discovered **why we celebrate the European Day of Languages** and explored how learning different languages can help us communicate with others, understand different cultures and appreciate the diversity of Europe.

We then put our knowledge to the test with a **fun, interactive quiz!** Students worked together in groups, competing against one another as they answered questions about languages, countries, cultures and interesting facts from across Europe. There was plenty of teamwork, laughter and friendly competition as each group tried to earn the most points.

It was a fun and engaging way to celebrate languages while also learning something new. Well done to everyone who took part and showed such great enthusiasm and teamwork!





Music News

UAI Instrumental Lessons Bursary

We are delighted to offer an annual music bursary to students, by application at UAI. This year we have already issued bursaries to a number of students for their instrumental tuition for one, two or three terms. We now have an opportunity for two final bursaries, for a 20-minute weekly lesson, for three terms. We are particularly interested in applications from students who meet the following criteria:

- Would like to learn the drum kit, piano or guitar (electric / acoustic)
- Are keen to perform in Academy liturgical assemblies and Mass performances
- Are able to commit to a weekly rehearsal for 30-minutes at lunch time
- Are committed to regular practice on their instrument at home or in the music department
- Have a passion for music, performing and a willingness to work as part of a group.

Any student interested in applying should collect an application form from Miss J Hurst, in room S5 (Music Room). Applicants will be shortlisted and will be invited to attend a short interview and opportunity to share their current musical performance ability.

Deadline for application: **Friday 16th October 2026**

Instrumental Lessons

Instrumental lessons are available in the following disciplines. Lessons are charged and students are taught by a specialist instrumental teacher from our team at UAI.

Sandy Thompson	Violin & Piano
Connor Ryan-Williams	Electric Guitar, Acoustic Guitar, Bass Guitar & Drum Kit
Issey Chivers	Voice
Sian Collins	Brass (Trumpet, Trombone, French Horn)

Students should collect an application form from Miss J Hurst in room S5 (Music Room).

UAI Choir and Worship Band

Weekly rehearsals take place for UAI Choir and Worship Band. Well done to our new Year 7 students who have stepped into both ensembles! Excellent work: **Eden-Rose, Iman, Tanvika, Aneila and Johanna.**





Music News Continued...

UAI Musical: The Wizard of Oz

Well done to all students who have attended auditions for The Wizard of Oz, this year's Academy Musical. Weekly rehearsals begin after the half term break for those who have been successful and students will be informed of any special rehearsals for solo songs.

Open Evening

Thank you to all who supported in the Music Department for Open Evening: **Andria, Elizah, Aleena, Aurora, Mirabelle, Aderonke, Ella-Marie, Semilade, Haleema, Eden-Rose, Iman, Abigail, Diana, Victoria, Angel, Anaiah, Fola & Skyrah**. Special thanks to **Varnavi & Avina** who led the choir in the Chapel!

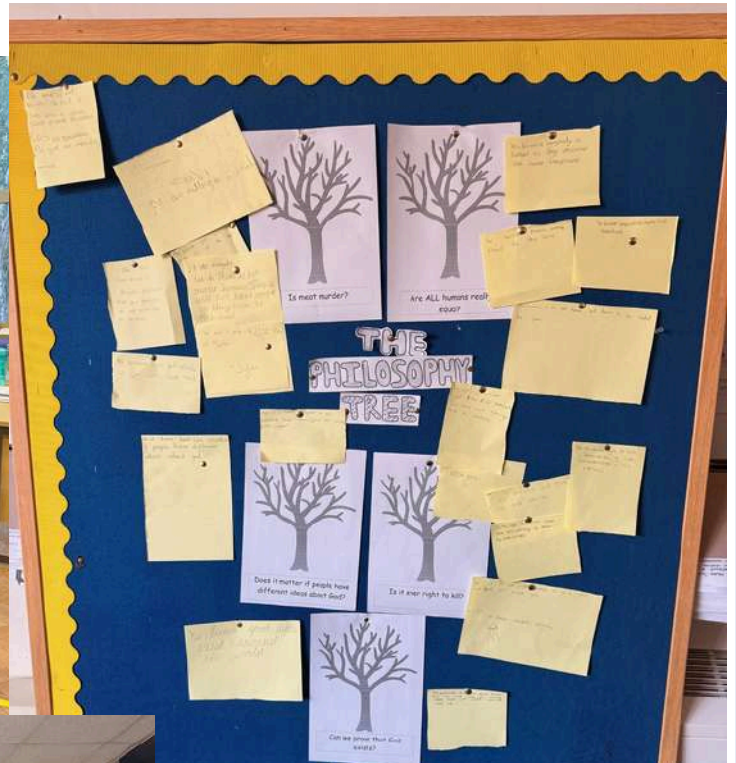


Ms Hurst, Subject Lead, Music

A Thought-Provoking Open Evening!

Our Year 9 students played a fantastic role in helping at our recent Open Evening, welcoming visitors and showcasing our school community. One of the highlights was our Philosophy Tree, where our guests were challenged with some tricky and thought-provoking questions.

It was wonderful to see so many young people getting involved, carefully considering their answers and sharing their ideas on the tree. Their curiosity, enthusiasm and willingness to think deeply made the activity a real success and created plenty of interesting conversations throughout the evening.





Student Leadership News



Student Leadership Training on Value Based Leadership

Our student leaders had the opportunity to participate in an engaging and thought-provoking leadership session led by **Mrs Doves, Chair of Governors**, focusing on the importance of integrity and the qualities that define effective leadership.

Throughout the session, we explored how leadership extends beyond holding a title, emphasising the importance of honesty, accountability, empathy and leading by example.

An especially engaging part of the session involved discussing realistic scenarios that challenged us to consider how we would respond to different situations as student leaders. These activities encouraged us to think critically, consider different perspectives and reflect on how our personal values influence our decisions, particularly when faced with difficult choices.

The session provided a valuable opportunity to develop our understanding of responsible leadership and reflect on how we can apply these lessons within our school community. It reinforced the importance of remaining true to our values while embodying the Ursuline ethos of Serviam, to serve and striving to become positive role models for others.

We would like to sincerely thank Mrs Doves for giving her time to lead the session, sharing her insights and experience, and providing us with such a valuable opportunity to reflect on what it means to be an effective and values-led leader.

Hiru Maheswaran
HeadGirl





Ursuline
Academy
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UA6 News

Our Year 12 students have been really enjoying working through their **Vision workbooks** as part of the **VESPA Programme**, which we have introduced this year to support students as they begin their sixth-form journey.

The VESPA Programme is designed specifically to help students develop the attitudes, habits and skills that contribute to success at A – Level and beyond. VESPA stands for **Vision, Effort, Systems, Practice and Attitude** – five key areas that encourage students to become more independent, motivated and effective learners.

Our current focus is Vision, and students have been using their workbooks to think carefully about their aspirations for the future, what they would like to achieve and, importantly, the steps they need to take to get there. Through a range of activities, students are being encouraged to set meaningful goals, reflect on what motivates them and begin developing a clearer sense of purpose for their studies.

It has been fantastic to see our Year 12 students engaging so positively with the programme. The discussions generated by the Vision activities have given students an opportunity to look beyond individual lessons and subjects and think about the bigger picture – where they want their sixth-form experience to take them and how the choices and habits they develop now can help them achieve their ambitions.

As the year progresses, students will continue to explore the other elements of VESPA – **Effort, Systems, Practice and Attitude** – developing practical strategies that they can apply to their studies.

By embedding the VESPA Programme into our Year 12 provision, we aim not only to support strong academic outcomes, but also to help our students become confident, resilient and independent young people who are well prepared for the next stage of their education, training or employment.

Well done Year 12s! The future is looking BRIGHT!



Ms Eakins, Head of Year 12 & 13



Ursuline
Academy
Sixth

UA6 News



We were delighted to welcome **James from Ursuline Links** to Ursuline Academy Ilford to speak to our Year 12 and Year 13 students during assembly last week.

James gave an inspiring insight into the fantastic work of Ursuline Links and the many ways in which they bring the Ursuline ethos to life through service, community and action. Students heard about the opportunities available to young people to make a positive difference, both within their own communities and further afield, while developing confidence, compassion and a greater understanding of the world around them.

It was particularly meaningful for our Sixth Form students to hear how the values that are such an important part of life at Ursuline Academy Ilford extend beyond our own school community. The assembly reminded us that being part of the wider Ursuline family means being connected to a network of people who share a commitment to serving others and creating positive change.

A huge thank you to James for taking the time to visit us and for sharing the wonderful work of Ursuline Links with our students. We are very grateful for the continued connection and look forward to seeing how our students might become involved in the future.



Ms Eakins, Head of Year 12 & 13

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 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.



FREE SCHOOL MEALS

DON'T MISS OUT!

Our discrete till systems ensure that any transactions are processed confidentially and all our lunch time meal deals are aligned to the FSM allowance every day, ensuring great choices for you!

We provide a range of delicious, healthy and nutritional hot and cold meals that fully comply with the National School Food Guidelines.

DAILY ALLOWANCES

Lunch = £3.00



If you are entitled to a Free School Meal you can choose from...

ANY HOT OR COLD MAIN & DESSERT!

*Excluding baguettes and Metro sandwiches, see examples of what you can buy on the overleaf.



+



ALLERGIES

If you have any dietary requirements, please speak to the Chef Manager who will be happy to provide a suitable meal.



LUNCH

£3.00

CHOOSE ONE HOT OR COLD ITEM

- Any Hot Main Meal
- Hot Pasta Pot with Sauce
- Street Food
- Sandwich, Wrap or Roll *excluding baguettes
- Cold Salad Pasta Pot

PLUS: CHOOSE ONE DESSERT ITEM

- Hot Dessert of the Day
- Jelly
- Whole Fresh Fruit
- Home Made Tray Bake



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
TEX-MEX Creamy Cajun Chicken Black Beans & Roasted Peppers Cheesy Bean & Pepper Quesadilla Steamed White & Wholegrain Rice Roasted Corn Tortilla Chips	TASTE OF MOROCCO Merguez Lamb Smothered Pitta with Spicy Yoghurt Harissa Feta & Squash Borek with Black Onion Seeds Grilled Vegetable Couscous Sumac Red Onion & Tomato Salad Chilli Dusted Fries	TRADITIONAL Butchers Sausages with Caramelised Onion Gravy Grilled Veggie Sausages with Caramelised Onion Gravy Creamy Mashed Potatoes Roasted Broccoli Yorkshire Pudding	KOREAN Crispy Korean Chicken Burger Crispy Korean Sweet Potato Burger Nori Seasoned Potato Wedges Asian Slaw Sriracha Corn on the Cob	FISH & CHIP SHOP Battered Fish Fillet OR Baked Sausage Roll Crispy Vegetable Spring Rolls with Curry Sauce Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Crispy Chicken Baguette with Katsu Mayo & Slaw
 Chilli Loaded Fries with Cheddar & Crispy Onions
 Tex Mex Chicken with Sour Cream & Nachos
 Jamaican Jerk Chicken with Rice & Beans
 Crunchy Fish Finger Wrap with Tartare Sauce

DESSERTS

FROM £1.45

Belgian Waffles with Berry Sauce
 Key Lime Glazed Cake
 Autumn Pear & Berry Crumble with Custard
 Biscoff Frosted Carrot Cake
 Chocolate Brownie

W/C: 07/09/26, 28/11/26, 19/10/26, 09/11/26, 30/11/26

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
MEDITERRANEAN Caponata Chicken & Chickpea Tray Bake Caponata Vegetable & Chickpea Tray Bake Penne Pasta Garden Salad Garlic Bread	TASTE OF THE U.S Cheesy Tater Tots Topped Beef Chilli Pie Kale & Polenta Hush Puppies with Cajun Aioli Corn Ribs Texan Slaw Cheesy Fire Cornbread	MOST OF ROAST Roast Turkey with Stuffing & Herb Gravy Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy Skin on Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding	INDO-MEX Lamb Eat Curious Keema Burrito Bowl with Salsa Eat Curious Veggie Keema Burrito Bowl with Salsa Zesty Lime & Coriander Rice Roasted Cumin Cauliflower Masala Nachos	FISH & CHIP SHOP Battered Fish Fillet OR Crispy Chicken Tenders Crispy Vegetable Samosa with Mango Chutney Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Plant Burger with Coleslaw & Wedges
 Korean Chicken Bibimbap with Hot Chilli Sauce
 Indonesian Chicken Stir-Fried Rice
 Lamb Kofta with Raita, Flatbread and Salad
 Crispy Korean Chicken Burger

DESSERTS

FROM £1.45

Lemon & White Chocolate Drizzle Cake
 American Apple Streusel
 Toffee & Banana Cake
 Baked Coconut Rice Pudding with Mango Compote
 Cookies & Cream Shortbread Biscuit

W/C: 14/09/26, 05/10/26, 16/11/26, 07/12/26

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



MAINS

FROM £2.75

MON	TUE	WED	THU	FRI
MASALA MOMENTS	AMERICAN BBQ	MOST OF ROAST	TASTE OF INDONESIA	FISH & CHIP SHOP
Smokey Butter Chicken Masala with Mango Chutney	BBQ Pulled Chicken Slider	Roast Chicken with Stuffing & Herb Gravy	Nut-less Satay Chicken with Lemongrass & Coconut Sauce	Battered Fish Fillet OR Crispy Chicken Tenders
Smokey Tofu Makhani with Mango Chutney	BBQ Mac & Cheese with Garlic Breadcrumbs	Vegan Red Lentil Sage & Onion Sausage Roll with Herb Gravy	Nut-less Satay Tempeh with Lemongrass & Coconut Sauce	Cheese & Tomato Turnover
Pilau Rice Spicy Roasted Cauliflower Pappadums	Ranch Slaw Seasoned Wedges Onion Rings	Crunchy Roast Potatoes Savoy Cabbage & Carrots Yorkshire Pudding	Sticky Ginger Rice Pickled Cucumber Prawn Crackers	Chips Peas Baked Beans Curry Sauce



HOT DELI/GLOBAL EATS

FROM £2.75

MON
TUE
WED
THU
FRI

Hot Dog with Mustard & Crispy Onions
Portuguese Peri-Peri Chicken & Rice
Soy & Ginger Chicken Chow Mein Noodles
Thai Style Chicken With Chilli & Coconut
Chicken Naan with Crispy Onions, Yoghurt & Mint Sauce

DESSERTS

FROM £1.45

Chocolate Streusel Cake
Hummingbird Cake
Caramel Apple Shortbread Crumble & Custard
Lemon & Blueberry Sponge
Carrot & Ginger Flapjack

W/C: 31/08/26, 21/09/26, 12/10/26, 02/11/26, 23/11/26, 14/12/26

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please ask the Allergen Guru or Chef Manager about the ingredients in your meal.



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**



**LOOK OUT FOR OUR
MEAL DEALS AND
GRAB & GO!**



**CELEBRATING
25
YEARS**

TARIFF

BREAKFAST



Pain au Chocolat £1.55
Croissant £1.55

DRINKS



Pure Juice £0.90
Water £1.10
Radnor Splash £1.45
Radnor Fizz £1.45
Milkshake £1.45

COLD GRAB & GO



Simple Sandwich £1.70
Premium Sandwich £2.10
Baguette £2.65
Cold Pasta Pot £2.75

MID MORNING BREAK

(A selection of two items will be available daily)

From £1.10
Pizza Bagel,
Garlic Bread,
Hash Browns

From £1.65
Margherita Pizza,
Topped Nachos,
Toasties

From £2.10
Meat Topped Pizza,
Katsu Waffle Fries,
Chicken Sausage Rolls,
Sweet Potato Wedges

Plus daily specials

LUNCH



Panini £2.95
Main Meals £2.75
Global Eats £2.75
Jacket Potato
With Topping £2.35
Hot Dessert £1.45
Hot Meal Deal £3.00
Cold Meal Deal £3.00

BAKERY/ SNACKS



Whole Fruit £0.55
Fruit Pot £1.55
Yoghurt Pot £1.40
Jelly £0.90
Cold Dessert £1.45
Cookie £1.45
Home Bake £1.25
Premium Home £1.55
Cookie £1.55
Baked Nachos £0.85

**FREE SCHOOL MEALS
AVAILABLE EVERYDAY!**

Speak to our team for
more details



**PASTA/JACKETS
STATION AND SALAD
BAR AVAILABLE
EVERYDAY!**



**CELEBRATING
25
YEARS**



Ursuline
Academy
Sixth

Clubs Timetable

Monday	Lunch	Time	Club - Year groups	Location/Teacher
		12.40pm (30mins)	History Club 7-8	F19 ANA
		12.40pm (30mins)	Fornightly Feminism Club 7-13	F18 HMA
		12:40pm (30mins)	Netball 11	Playground LWH
		12:40pm (30mins)	Athletics 7-10	GYM JMA
Tuesday	Lunch	Time	Club - Year groups	Location/Teacher
		12.40pm (30mins)	Netball 9-10	KKE&LWH Playground
		1:10pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms JHU
Wednesday	Lunch	Time	Club - Year groups	Location/Teacher
		12:40pm (30mins)	Netball 7-8	Playground JMA
Thursday	Lunch	12:40pm (1hr)	GCSE Art Club 10-11	F11 RNA
		1.00pm (30mins)	Islamic Society 7-13	F10 HAF
		1.10pm (30mins)	Puzzle Club 7-13	G7 LFI
		1.00pm (30mins)	Visualize STEM 7-13	G12 AKO
		1:00pm (30mins)	Justice and Peace Group(Week A)	Chapel JRA
		1.10pm (30mins)	Chaplaincy Reps (Week B)	Chapel JRA
	PM	3:20pm (1hr)	Football Club 7-11	Playground DOK & LWH
		3.20pm (1hr)	GCSE DT Catchup 10-11	G12 AKO
		3.20pm (1hr)	GCSE Food Catchup 11	G13 AKO
		3.20pm (1hr)	Athletics 9-11	GYM JMA
		3:20pm (1hr)	Homework Club 7-13	Library AJO
Friday	Lunch	Time	Club - Year groups	Location/Teacher
		10.40am	Music Practice Rooms - access 7-13	Practice Rooms JHU
		12.40 (30mins)	Badminton 9-11	GYM DEA
		12.40pm (30mins)	Boxing 8-10	Dance Studio KKE
		1:00pm (30mins)	Visualize STEM Club 7-13	AKO G12
		1.10pm (30mins)	UAI Choir 7-13	S5 / JHU
		1.10pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms / JHU
		1.10pm (30mins)	Biology Club- 11	LFI G7
Saturday	Lunch	Time	Club - Year groups	Location/Teacher
		3:30pm (1hr)	UAI Musical Rehearsals Music & Drama 7-12	Main Hall /S5 IMI & JHU
		1.05pm (30mins)	Spanish Intervention GCSE 11	G5 SCL
		12.40pm (30mins)	Fortnightly AfroCaribbean Club 7-13	G10/DOK
		1.10pm (30mins)	Worship Band Rehearsal 7-13	S5 JHU
		1.10pm (30mins)	GCSE Music Coursework Drop-in 11	S5 JHU
		1.10 pm (30mins)	Music Practice Rooms - access 7-13	Practice Rooms JHU
		12:40pm (30mins)	GCSE PE Intervention 11	Fitness Suite KKE
		12:40pm (30mins)	GCSE Badminton 11	GYM LWH
		3.20pm/ (1hr)	Homework Club 7-13	Library AJO