

Ursuline Academy Ilford

Weekly News – 2026/2027 Issue 7
22nd 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

Today, we enjoyed a truly phenomenal celebration of talent, creativity and culture at our annual Black History Season Show. Our students delivered an extraordinary programme of drama, poetry, personal testimonies, song and dance, each performance reflecting the tremendous effort, thought and passion that had gone into its preparation. I could not have been prouder of each and every student who took part. A very special thank you to Mr Okeyre for his outstanding leadership in bringing this celebration together, inspiring our students to be their very best and providing them with such a wonderful platform to showcase their remarkable talents, confidence and pride in their Black Girl Power!

As I shared with the students at the end of the show, Black History Season is not only an opportunity to celebrate the achievements and contributions of Black people throughout history, but also a reminder of our responsibility to stand in solidarity with all those who experience racism, prejudice and discrimination.

As an Ursuline community, we are called to uphold the dignity of every person and to have the courage to challenge injustice wherever we encounter it. My sincere congratulations to everyone who contributed to such a powerful, joyful and memorable celebration.

Please read each and every article in this edition for it really showcases the wide range of events, clubs, societies and events that support and enable our students to be who God intended them to be.

I wish you all a peaceful half term break, we look forward to welcoming the students back on Wednesday 4th November. God bless!

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

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,

F Stone

Ms Fiona Stone
Headteacher

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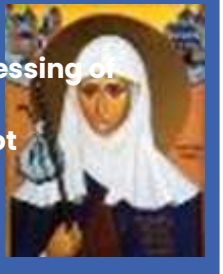
Redbridge News, Page 18



Pope Leo XIV @ Pontifex - 18 October 2026

I would like to thank all those who have prayed for me in recent days. I wish to express my particular gratitude to the doctors, nurses and all the staff of the Gemelli Hospital. This experience has made me feel particularly close to all those who are living with illness or infirmity. Now that I have overcome this delicate phase I will gradually resume my activities, always with God's help and your prayers.

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



October: Be Shepherd
22nd October: Act in such a way that they may always follow your example.
23rd October: If you see one timid and inclined to despondency, promise her the blessing of the mercy of God.
24th October: Strive to lead them with love and with a mild and kindly hand, and not imperiously, not harshly, but in everything, willingly be gentle.
25th October: Be careful and vigilant!
26th October: Be very careful never to complain.
27th October: Don't stay angry.
28th October: If Jesus Christ directs and teaches you, you will be well taught.

ACS Black History Season Event









Wow! An amazing star-studded show, once again! ***Ms Stone*** said it best – the show "spoke for itself." Drama, dance, music, spoken word, and even some comedy (from our hosts: ***Carmen, Kaecee, Kaosi*** and ***Michelle***). The reviews and feedback also spoke volumes. ***Bridgette*** had every member of staff in their feels with such a beautifully executed and moving song. ***Faavs Harmony*** - Year 11's favourite band - rocked the stage away with such fantastic features. ***Amber*** not only made the audience think but truly managed to capture the essence of what it means to be black. To face adversity. To be objectified due to hair discrimination. All so accurately. And ***D'ana*** highlighted what it was to suffer from implicit racial bias, talking about some of her own personal experiences. The subtext was ever-so present. And, if that was not clear the Dramatisation made it crystal. Special shout out goes to ***Fola*** for such a fluidly directed and selected cast. And finally, the Dance…wow! Oh wow. A very special shout out goes to ***Angel*** for her determination, discernment and direction. But, a even more special shout out for daring to elevate the standard of black art, that much further.

Of course, ***Mr Okyere***, ***Mr Vijay***, ***Ms Whates***, ***Ms Afnan*** we salute you! Keep pushing Black History Season to the pinnacle of 'What It Means To Be Black'.











AfroCaribbean Society



Careers News

The UA6 Aspiring Medic Society

This week we had our second MedSoc session, where we explored the Four Pillars of Medical Ethics and reflected upon its importance within patient care and the NHS. We began discussing each of the pillars: Autonomy, Beneficence, Non-maleficence and Justice, and their significance in medical practices. Autonomy involves respecting a patient's right to make informed decisions about their treatment and care. Beneficence means acting in the patient's best interests, while non-maleficence focuses on avoiding harm. Justice involves ensuring fairness and equality in healthcare, while also considering how medical decisions affect both individuals and the wider society.

We then explored consent, discussing its different forms, why it is essential in medical practice and the circumstances in which it may be limited or not required. We considered how consent can become a complex and sometimes contradictory issue, particularly when dealing with patients of different ages or those in challenging situations, such as individuals with mental disorders or patients who are unconscious for an extended period. This helped us understand the importance of assessing a patient's capacity to make decisions and recognising the ethical and legal considerations involved in obtaining valid consent.

We also linked consent to confidentiality, discussing the responsibility doctors have to protect patients' personal information while acknowledging situations in which sharing information with others may be necessary. This highlighted the importance of making careful, ethical decisions that balance patient privacy with the need to protect the patient and others.

In our next session on Tuesday 10th November, we will apply what we have learnt over the past two sessions to develop and participate in debates surrounding different medical ethics questions and scenarios.

We hope to see you all there!

Sajia and Salwa Husain, 12.1 and 12.2



Chaplaincy News

Ursuline Links: A Year of Service Begins!

We were delighted to hold our first Ursuline Links meeting of the academic year last night, with 12 enthusiastic students signing up for this rewarding programme. The journey will culminate in a week of volunteering next year, giving our Sixth Formers the opportunity to put our Ursuline values into action and make a meaningful difference in the lives of others.

Having chaperoned two of our Sixth Form students during their summer volunteering placements at a care home this year, I experienced first-hand just how rewarding and inspiring the programme can be. So much so that I have signed up to volunteer again next year! As part of my performance management, I have also committed to supporting Ursuline Links throughout the year, attending meetings, getting to know and supporting the students before they embark on their own placements.

Our first session focused on our Ursuline values and explored what it really means to serve others. Through a series of scenarios and thoughtful discussions, students considered how service can take many forms, from significant acts of kindness to the small, everyday actions that can make a real difference.

To finish the session, each student identified one way they would put service into practice during the coming week. They also began researching a potential volunteering placement for next year, taking their first steps towards what promises to be a valuable and memorable experience.

It was wonderful to see such a positive start, and I look forward to supporting our students as they grow in confidence, develop a deeper understanding of service and discover the difference they can make in the community. Well done to ***Salwa, Sajia, Vishmi, Nabiha, Sarina, D'ana, Veronica, Annabel, Ana, Christine, Aaliyah*** and ***Maya*** #Serviam!







Mrs Herbert, P A to the Headteacher

Library News

This half-term, our students have been exploring our Ursuline value of what it means to be courageous and resilient. In the library, we've spent time discussing the many ways in which courage and resilience can be portrayed in literature. As they've borrowed books, students have been keeping an eye out for storylines that showcase brave characters who never give up, even when facing challenges.

To then showcase the empowering stories they have read, many of our students have chosen to contribute to our Courageous and Resilient library display. They have designed beautiful leaves that illustrate books closely connected to our virtue and shared with one another what makes these stories so special. We're very proud of the hard work, clever insight, and collaboration that has gone into creating this display!









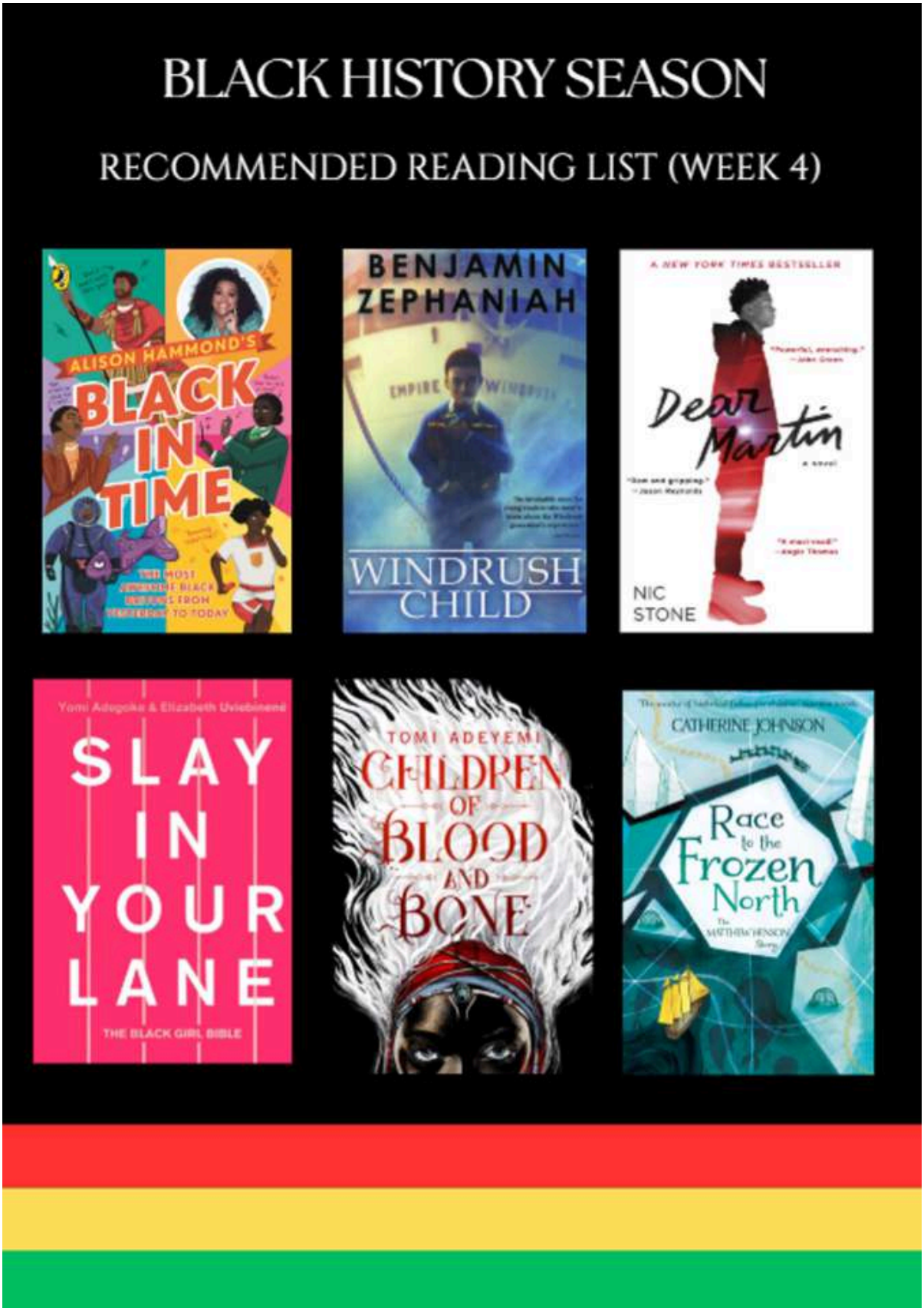


Ms Jones, Library Assistant

Library News Continued...

Black History Season

Please see below some further reading recommendations for Black History Season! These are six fantastic books that focus on celebrating culture and inspiring young readers.



Ms Jones, Library Assistant

P E News

Cross Country Report

On Wednesday the 21st of October the Ursuline cross country teams competed at the Redbridge Schools Cross Country Championships. Three teams competed- Year 7, a combined Year 8&9 and finally a Year 10&11 combined team.

There were tough conditions at a very wet, windy and muddy Fairlop Waters where the girls either raced over 1600m or 3200m. Thank you to all of the girls who represented the school, they gave it their all and did themselves and the staff proud!

The top Ursuline performers were
Year 7 ***Rinah 17th*** and ***Jannat 44th*** (61 competitors)
Year 8/9 ***Ruth 16th*** and ***Aniyah 17th*** (60 competitors)
Year 10/11 ***Alexandra 12th*** and ***Manasha 16th*** (41 competitors)

Rinah's report

Today we went to the borough cross country championships which took place at Fairlop Water. I have taken part in cross country races when I was at primary school. Now I am in secondary school, it was my first event at this level. We had to run one lap of the lake. It was quite challenging as the weather was not very nice, but I soon warmed up once I started running. It was my intention to start of a bit slower which meant during the race, I was able to increase my pace and overtake girls in front. I was really pleased to finish 17th overall.





Don't forget the athletics clubs on Monday lunchtime and after school on Wednesday's. This is open for all Year groups and we are training hard for our next events!

Mrs Mansell, Teacher of P E

Remembrance Competition

Students in Redbridge have an exciting opportunity to take part in a borough wide competition.

The competition is to have the chance to lay the wreath at the local war memorial on Remembrance Sunday this year to help honour those who sacrificed their lives to protect our country.

Usually, it would be the local MP Wes Streeting, but as he is now the Defence Secretary he will be at the main remembrance event in central London. He is asking local students to lay the wreath on his behalf and the competition is to help decide who should do it.

He would like a short piece of writing explaining what remembrance means to them (no more than 500 words).

You can enter the competition via the link, you have until 30th October to enter and six students from across Redbridge will be given the opportunity to lay the wreath on either the 8th or the 11th November. It is open to all year groups.

Competition Link



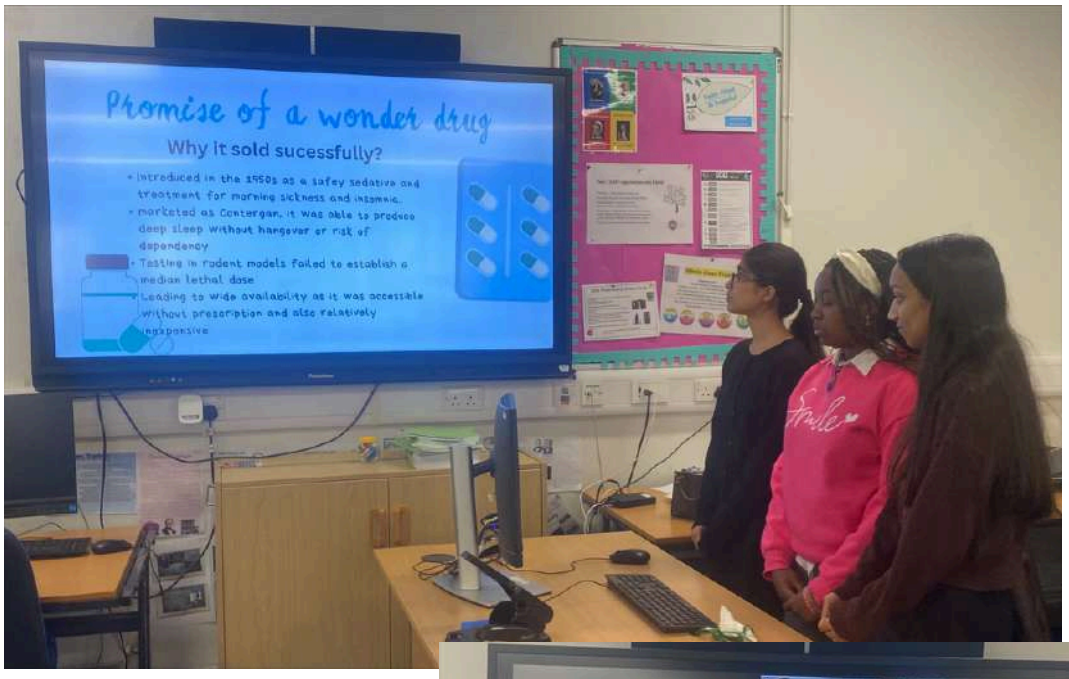
Mr Donovan, History & Politics Teacher

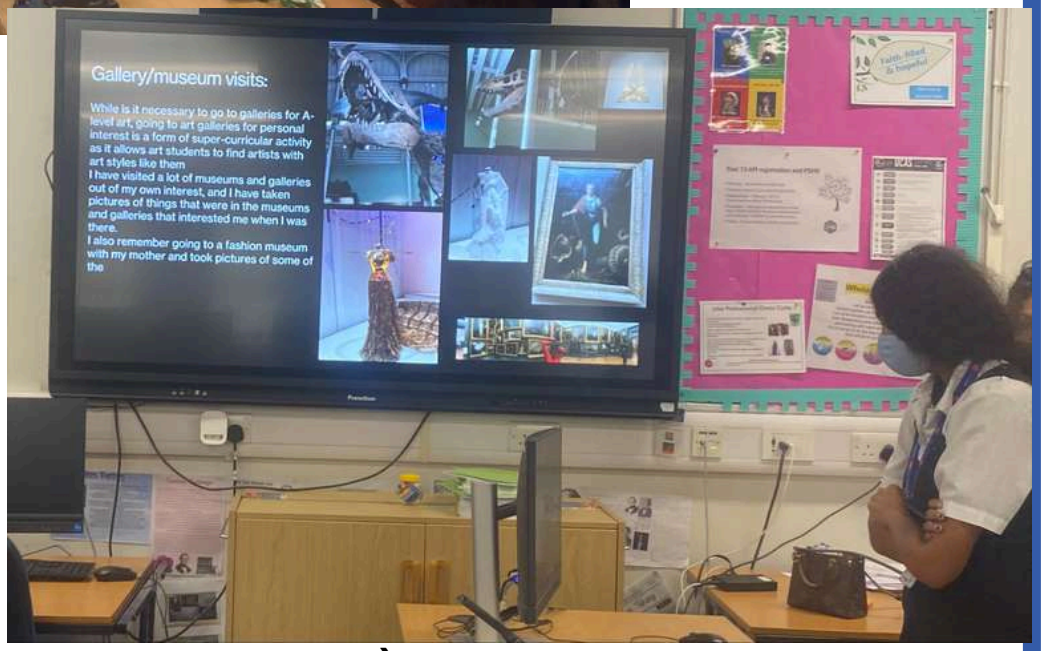
UA6 News

Form 13.2: Super-Curricular Success

Form 13.2 have been doing exceptionally well in their super-curricular activities and we are incredibly proud of their enthusiasm, commitment and willingness to step outside their comfort zones. With our support and guidance, the girls are researching topics, developing their ideas and presenting their findings with growing confidence.

At UA6, we believe these opportunities are essential in preparing our students for future university studies and careers. Super-curricular activities encourage independent learning, develop communication and leadership skills. This has helped the girls explore their interests beyond the curriculum, supporting them to become confident, well rounded young women ready for their next steps.





Mrs Ahmed & Ms Hanifi (Co Tutor and Form Tutor)

Year 7

Year 7 News

Year 7: Email Etiquette and Online Safety

Year 7 have been learning how to stay safe online, including using strong passwords, recognising phishing scams, protecting personal data and understanding cyberbullying. Next term, I will be sharing some amazing posters created by the girls to showcase their learning. Watch this space!

I am also incredibly proud to share some emails I have received and replied to each one from our students, demonstrating how they are putting their learning into practice. It is wonderful to see the positive impact teachers have and of our teaching as the girls communicate respectfully reflecting our school values and the spirit of Serviam - I will serve.

Great work, Year 7! Keep putting your learning into action!

I'm having a great time at UAI so far, everyone is actually so generous which I truly appreciate from the bottom of my heart, so thank you for giving such a warm welcome!!

The pros for me personally are that everyone's really nice, the teachers are actually really patient and understanding, despite being a Catholic devoted school they are super welcoming towards everyone which is amazing!

I have enjoyed my first few weeks at UAI. One thing I have enjoyed most is the clubs. My favourite subject has been PE because we do exciting activities that help us learn and enjoy.

I have also made some new friends and learned new things. One challenge I have faced is the jump on homework because we have a lot more than primary school, but I am trying to overcome it by doing my homework on time.

*I am being **Serviam** by treating everyone kindly. The school motto means to me to respect others.*

Overall, my experience at UAI has been positive and exciting, and I am looking forward to the rest of the year.

I am writing to share an update on how I am getting on at school

I don't have one favourite subject, but I really like lessons that are active and fun. A big highlight for me was making fruit cups, which I really enjoyed. Ihave made some great new friends since starting here. I also hope to join the school choir soon to get more involved in school activities. My main goal is to improve in maths. I am working hard because I want to get into the top set next year. I try to show the spirit of *Serviam* by helping people out. If I understand a topic that someone else is unsure about, I always try to help them with it.

I have enjoyed my first few weeks at UAI. The thing I have enjoyed the most is meeting new teachers, students being in secondary/high school. My favourite subject is science because, we get to have fun and also do lessons, which is fair. I have also made some friends and met new teachers. One challenge I have faced is, getting lost and getting demerits, but I am trying to overcome it by learning the school layout, leaving for classes a bit earlier, and asking teachers or other students for help, if I am usure of the way. Also, I use ***Serviam*** values daily. The school motto is very welcoming and supportive and makes me feel capable, confident and compassionate about doing things.

Overall, my experience at UAI has been amazing, and I'm looking forward to the rest of the year.

I hope you are doing well and taking care, I am writing to you to share my time at the Ursuline academy Ilford {UAI}, I have enjoyed knowing loads about the wonderful classmates I have and wonderful teachers {just like you!} I have faced many challenges in Secondary, like making new friends and having to find many classrooms and remembering our stationary and books which has been a very big change but I hope many other year 7's get used to the school and face it. The way I am being Serviam is that I am showing kindness and compassion to both students and teachers. I have made many friends and I am hoping to make more, my dream is to also help other's when they are alone and are a bit upset by being by their side and cultivating kindness all throughout the school to make school a place where children and teachers both feel safe and happy!

Mrs Ahmed - Computer Science Teacher

Before School | Breaktime | Lunchtime | After school

Clubs Timetable

Ursuline Academy Sixth

	Time		Club - Year Groups	Teacher/Location
Monday	Lunch	12.40pm (30mins)	History Club 7-8	ANA F19
		12.40pm (30mins)	Fornightly Feminism Club 7-13	HMA F18
		12:40pm (30mins)	Netball 11	LWH Playground
		12:40pm (30mins)	Athetics 7-10	JMA GYM
		12.40pm (30mins)	Coding & Digital Skills Club 7-9	MHA F6
	PM	3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Tuesday	Lunch	12.40pm (30mins)	Netball 9-10	KKE&LWH Playground
		1:10pm (30mins)	Music Practice Rooms - Access 7-13	JHU Practice Rooms
	PM	3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Wednesday	Lunch	12:40pm (30mins)	Netball 7-8	JMA Playground
		12:40pm (1hr)	GCSE Art Club 10-11	RNA F11
		12.40pm (30mins)	Coding & Digital Skills Club 10-11	MHA F6
		1.00pm (30mins)	Islamic Society	HAF F10
		1.10pm (30mins)	Puzzle Club 7-13	LFI G7
		1.00pm (30mins)	Visualize STEM (7-13)	AKO G12
		1:00pm (30mins)	Justice and Peace Group (Week A)	JRA Chapel
		1.10pm (30mins)	Chaplaincy Reps (Week B)	JRA Chapel
	PM	3:20pm (1hr)	Football Club 7-11	DOK & LWH Playground
		3.20pm (1hr)	Athetics 9-11	JMA GYM
		3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Thursday	Break	10.40am	Music Practice Rooms - Access 7-13	JHU Practice Rooms
	Lunch	12.40 (30mins)	Badminton 9-11	DEA GYM
		12.40pm (30mins)	Boxing 8-10	KKE Dance Studio
		1:00pm (30mins)	Visualize STEM Club 7-13	AKO G12
		1.10pm (30mins)	UAI Choir 7-13	JHU S5
		1.10pm (30mins)	Music Practice Rooms - Access 7-13	JHU Practice Rooms
	PM	3:30pm (1hr)	UAI Musical Rehearsals Music & Drama 7-12	IMI & JHU Main Hall/ S5
		3:20pm (1hr)	Homework Club 7-13	AJO Library
	Time		Club - Year Groups	Teacher/Location
Friday		12.40pm (30mins)	Fortnightly AfroCaribbean Club 7-13	DOK G10
		1.10pm (30mins)	Worship Band Rehearsal 7-13	JHU S5
		1.10pm (30mins)	GCSE Music Coursework Drop-in 11	JHU S5
		1.10 pm (30mins)	Music Practice Rooms - Access 7-13	Practice Rooms / JHU
	PM	3:30pm (1hr)	Homework Club 7-13	AJO Library













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
Are you entitled?

Free School Meals MATTER



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!

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.

FREE SCHOOL MEALS

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

FREE SCHOOL MEALS

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



	HOT DELI/GLOBAL EATS FROM £2.75	DESSERTS FROM £1.45
MON	Crispy Chicken Baguette with Katsu Mayo & Slaw	Belgian Waffles with Berry Sauce
TUE	Chilli Loaded Fries with Cheddar & Crispy Onions	Key Lime Glazed Cake
WED	Tex Mex Chicken with Sour Cream & Nachos	Autumn Pear & Berry Crumble with Custard
THU	Jamaican Jerk Chicken with Rice & Beans	Biscoff Frosted Carrot Cake
FRI	Crunchy Fish Finger Wrap with Tartare Sauce	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	TASTE OF THE U.S	MOST OF ROAST	INDO-MEX	FISH & CHIP SHOP
Caponata Chicken & Chickpea Tray Bake	Cheesy Tater Tots Topped Beef Chilli Pie	Roast Turkey with Stuffing & Herb Gravy	Lamb Eat Curious Keema Burrito Bowl with Salsa	Battered Fish Fillet OR Crispy Chicken Tenders
Caponata Vegetable & Chickpea Tray Bake	Kale & Polenta Hush Puppies with Cajun Aioli	Seasonal Vegetable & Lentil Wellington with Stuffing & Herb Gravy	Eat Curious Veggie Keema Burrito Bowl with Salsa	Crispy Vegetable Samosa with Mango Chutney
Penne Pasta Garden Salad Garlic Bread	Corn Ribs Texan Slaw Cheesy Fire Cornbread	Skin on Roast Potatoes Roasted Carrots & Parsnips Yorkshire Pudding	Zesty Lime & Coriander Rice Roasted Cumin Cauliflower Masala Nachos	Chips Peas Baked Beans Curry Sauce



	HOT DELI/GLOBAL EATS FROM £2.75	DESSERTS FROM £1.45
MON	Plant Burger with Coleslaw & Wedges	Lemon & White Chocolate Drizzle Cake
TUE	Korean Chicken Bibimbap with Hot Chilli Sauce	American Apple Streusel
WED	Indonesian Chicken Stir-Fried Rice	Toffee & Banana Cake
THU	Lamb Kofta with Raitha, Flatbread and Salad	Baked Coconut Rice Pudding with Mango Compote
FRI	Crispy Korean Chicken Burger	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 Smokey Tofu Makhani with Mango Chutney Pilau Rice Spicy Roasted Cauliflower Pappadums	BBQ Pulled Chicken Slider BBQ Mac & Cheese with Garlic Breadcrumbs Ranch Slaw Seasoned Wedges Onion Rings	Roast Chicken with Stuffing & Herb Gravy Vegan Red Lentil Sage & Onion Sausage Roll with Herb Gravy Crunchy Roast Potatoes Savoy Cabbage & Carrots Yorkshire Pudding	Nut-less Satay Chicken with Lemongrass & Coconut Sauce Nut-less Satay Tempeh with Lemongrass & Coconut Sauce Sticky Ginger Rice Pickled Cucumber Prawn Crackers	Battered Fish Fillet OR Crispy Chicken Tenders Cheese & Tomato Turnover Chips Peas Baked Beans Curry Sauce





PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



LOOK OUT FOR OUR MEAL DEALS AND GRAB & GO!



HOT DELI/GLOBAL EATS

FROM £2.75

MON	Hot Dog with Mustard & Crispy Onions
TUE	Portuguese Peri-Peri Chicken & Rice
WED	Soy & Ginger Chicken Chow Mein Noodles
THU	Thai Style Chicken With Chilli & Coconut
FRI	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.

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 Cookie	£1.55
Baked Nachos	£0.85

FREE SCHOOL MEALS AVAILABLE EVERYDAY!
Speak to our team for more details



LOOK OUT FOR OUR TASTY MEAL DEALS!
Available for free school meals



PASTA/JACKETS STATION AND SALAD BAR AVAILABLE EVERYDAY!



Redbridge Mental Health Support Team presents...

PARENT AND CARER WEEK: CHILDREN'S WELLBEING WEBINARS

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and welllbeing.

REGISTER NOW!

INTRODUCTION TO THE MENTAL HEALTH SUPPORT TEAMS

Find out about Mental Health Support Teams in schools, what we do, what help is available, how we work within schools and how to access the service.

TUES 20.10.26 7-8PM

NERVOUS TO SPEAK - TALKING IN SOCIAL SITUATIONS

What can you do to help your child or young person if they find it difficult to speak in social situations? We will be discussing why this might happen and sharing some ideas about what you can do to support your child.

WED 18.11.26 7-8PM

HELPING YOUR CHILD BELIEVE THEY CAN DO IT

What can you do if your child or young person starts to believe they cannot do things? In this webinar we will be looking at ideas from the field of Growth Mindset and sharing tips and tools to help you support your child in how they think about their abilities.

TUES 19.01.27 7-8PM

SCAN ME!



London Borough of Redbridge

#BREAKTHESTIGMA

FOR MORE INFORMATION & TO SIGN UP

CLICK HERE,

VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'

OR GO TO LINKTR.EE/REDBRIDGEMHST