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FRIDAY 17TH MARCH, 2023

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# Science Lab Experience

Pupils from Brookside Primary School visited Hewens College to have a taste of secondary school life. They took part in chromatography experiments to separate colours from a mixture in our newly refurbished Science laboratories. All students had a great experience and have been enthused by their science learning.







# Careers Advice - Year 8

Year 8 had an eventful week where they were learning about future option choices for their GCSEs. Students met with various industry experts to explore different options for their future. We welcomed Melanie Kindley-Deeks, a Careers Adviser at the Education Development Trust, who delivered a session on making choices for the future. The highlight of the day was the invaluable advice given by industry experts, who ranged from a prison officer, nursery workers, prospective professional rugby players, and an event manager to name but a few. Students really enjoyed their interactions and received some insightful advice and information to help them make their choices.

















### **London Youth Games**

On Friday 3rd March, seven of our students from Year 7 to Year 10 represented Hillingdon Borough at the London Youth Games indoor rowing event, at the Copper Box Arena. They performed very well with finishing positions ranging from 10th to 5th. A special mention goes to Ashenafi Zewdu (8EL) who finished 2nd place in the Year 8 event where he received a silver medal. All students behaved impeccably and were a credit to the college.

# **Mobile Telephones**

Whilst the College accepts that some parents, guardians and carers wish their child to carry a mobile telephone for reasons of personal safety as they travel to and from college, they must remain switched off and kept out of sight during the College day. It is the policy of the College for all Key Stage 3 students to hand their mobile telephones to their form tutors at the beginning of each day. The telephones are then securely stored until the end of the day when they are returned to the students.

Please note that the College will not accept liability for the safe keeping of a mobile phone; it will remain the responsibility of the student at all times. Use of a mobile phone during college hours will lead to sanctions being imposed, up to and including confiscation.

#### **Academic Review**

Academic Review appointments are currently being organised for students in Year 7, 8, 9 and 10 on Monday 17th April. A separate communication to confirm these appointments will be sent out to parents, guardians and carers in due course.

If you have any concerns in regard to your appointment, please contact your child's form tutor via the College reception

# 'Free School Meals' (FSM) Entitlement

'Free School Meals' is a statutory means-tested benefit, which provides a child with meals at school or college for free. If you believe you may be entitled to this benefit for your child, please attend the College reception and request an application form.

The member of staff on reception will be able to advise any parents, guardians or carers who are unfamiliar with the process for claiming 'Free School Meals'.

Please note that parents, guardians and carers must reapply each year for this benefit.





Week Commencing: Monday 20th March

#### MENU 1

Alala   Choice   Lamb Curry with Rice   Hala				
Meal Choice 2 Terryaki Chicken with Rice Meal Choice 3 Terryaki Chicken with Rice Meal Choice 4 Baked Jacket Potato with Verious Fillings Meal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans Dessert Choice Strawberry Ice Cream and Fresh Strawberries Presh Fruit and Yoghurts	MONDAY			
Meal Choice 3 Teriyaki Chicken with Rice Non Halal Meal Choice 4 Baked Jacket Potato with Various Fillings Vegetarian Meal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans Meal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans Meal Choice 5 Strawberry Ice Cream and Fresh Strawberries Meal Choice 1 Spaghetti Bolognese Halal Meal Choice 2 Tandoori Chicken Breast with White Rice Halal Meal Choice 3 Tandoori Chicken Breast with White Rice Non Halal Meal Choice 5 Bolognese with Gluten free Pasta Gluten/Dairy Free Meal Choice 5 Bolognese with Gluten free Pasta Gluten/Dairy Free Meal Choice 1 Tuna Pasta Bake Meal Choice 2 Chicken Tikka Masala with Rice Halal Meal Choice 3 Chicken Tikka Masala with Rice Halal Meal Choice 4 Macaroni Cheese Vegetarian Meal Choice 5 Lighty Spiced Chicken Breast with Rice Non Halal Meal Choice 6 Thoice Macaroni Cheese Wegetables Meal Choice 6 Macaroni Cheese Wegetables Meal Choice 7 Macaroni Cheese Wegetarian Meal Choice 8 Roccoli and Cauliflower Florets Meal Choice 9 Rocst Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 9 Rosst Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 9 Rosst Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 9 Rosst Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 9 Turkey Ecalope with Potatoes and Gluten free Gravy Gluten/Dairy Free Meal Choice 9 Turkey Sealope with Potatoes and Gluten free Gravy Gluten/Dairy Free Meal Choice 9 Turkey Feas and Sweetcom Meal Choice 9 Turkey Feas and Sweetcom Meal Choice 9 Turkey Ross Bake Vegetarian Meal Choice 9 Turkey Ross Bake Vegetarian Meal Choice 9 Turkey Ross Matha Bake Meal Choice 1 Fish Fingers with Ouen Baked Potato Wedges Meal Choice 9 Turkey Ross and Pass Meal Choice 9 Ross Fruit Salad Fresh Fruit and Yoghurts Meal Choice 9 Ross not that all main meals are se	Meal Choice 1	Lamb Curry with Rice		Halal
Meal Choice 4 Baked Jacket Potato with Various Fillings  Vegetarian  Meal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans  Sweetcorn and Green Beans  Sesert Choice Strawberry Ice Oream and Fresh Strawbernies  Fresh Fruit and Yoghurts	Meal Choice 2	Teriyaki Chicken with Rice		Halal
Meal Choice 5 Gluten free Chicken Goujons with Potatoes and Beans Segetables Sweetcorn and Green Beans Segetables Sweetcorn and Green Beans Strewberry loc Cream and Fresh Strewberries Fresh Fruit and Yoghurts	Meal Choice 3	Teriyaki Chicken with Rice		Non Halal
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TUESDAY  Meal Choice 1 Speghetti Bolognese Halal  Meal Choice 2 Iandoori Chicken Breast with White Rice Non Halal  Meal Choice 3 Tandoori Chicken Breast with White Rice Non Halal  Meal Choice 4 Ratatouille Speghetti Vegetarian  Meal Choice 5 Bolognese with Gluten free Pasta Gluten/Dairy Free  Megetables Carrots, Peas and White Cabbage  Meal Choice 1 Tuna Pasta Bake  Meal Choice 2 Chicken Tikka Masala with Rice Halal  Meal Choice 2 Chicken Tikka Masala with Rice Non Halal  Meal Choice 3 Chicken Tikka Masala with Rice Non Halal  Meal Choice 4 Macaroni Cheese Vegetarian  Meal Choice 5 Lightly Spiced Chicken Breast with Rice Gluten/Dairy Free  Megetables Broccoli and Cauliflower Florets  Mescaroni Cheese Leman Tart Fresh Fruit and Yoghurts  THURSDAY  Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal  Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal  Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free  Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Pasta Wedges  Meal Choice 3 Gluten free Fish Fingers with Gluten free Pasta Wedges  Meal Choice 3 Gluten free Fish Fingers with Gluten free Pasta Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 5 Stownberry Jelly Fresh Fruit and Yaghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 5	Gluten free Chicken Goujons with Potatoes and Beans		Gluten/Dairy Free
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Meal Choice 4 Ratatouille Spaghetti Vegetarian Meal Choice 5 Bolognese with Gluten free Pasta Gluten/Dairy Free Regetables Carrots, Peas and White Cabbage  Dessert Choice Jam Spange Fresh Fruit and Yoghurts  WEDNESDAY  Meal Choice 2 Chicken Tikka Masala with Rice Halal Meal Choice 3 Chicken Tikka Masala with Rice Non Halal Meal Choice 4 Macaroni Cheese Vegetarian Meal Choice 5 Lightly Spiced Chicken Breast with Rice Gluten/Dairy Free Regetables Broccoli and Cauliflower Florets  Dessert Choice 1 Mexican Chilli Mince Wraps Meal Choice 1 Mexican Chilli Mince Wraps Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy  Meal Choice 6 Turkey Escalope with Potatoes and Gluten free Gravy  Meal Choice 7 Fish Fruit and Yoghurts  Place Choice 9 Tornato Pasta Bake Vegetarian  Gluten/Dairy Free  Gluten/Dairy Free  Regetables Baby Carrots and Peas  Dessert Choice 9 Tornato Pasta Bake Vegetarian  Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Regetables Baby Carrots and Peas  Dessert Choice 9 Fresh Fruit and Yoghurts  Place Choice 9 Fresh Fruit and Peas  Dessert Choice 9 Fresh Fruit and Peas  Dessert Choice 9 Fresh Fruit and Peas  Dessert Choice 9 Fresh Fruit and Yoghurts  Place Repetables Place Fresh Fruit and Yoghurts  Place Repetables of the Day.	Meal Choice 2	Tandoori Chicken Breast with White Rice		Halal
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Dessert Choice   Jam Sponge   Fresh Fruit and Yoghurts   WEDNESDAY  Meal Choice 1   Tuna Pasta Bake   Tuna Pasta Bake   Meal Choice 2   Chicken Tikka Masala with Rice   Halal   Meal Choice 3   Chicken Tikka Masala with Rice   Non Halal   Meal Choice 4   Macaroni Cheese   Vegetarian   Meal Choice 5   Lightly Spiced Chicken Breast with Rice   Gluten/Dairy Free   Meal Choice 6   Broccoli and Cauliflower Florets   Dessert Choice   Lemon Tart   Fresh Fruit and Yoghurts   THURSDAY  Meal Choice 1   Mexican Chilli Mince Wraps   Halal   Meal Choice 2   Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing   Non Halal   Meal Choice 3   Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing   Non Halal   Meal Choice 4   Cauliflower and Broccoli Cheese Bake   Vegetarian   Meal Choice 5   Turkey Escalope with Potatoes and Gluten free Gravy   Gluten/Dairy Free   Meal Choice 6   Strawberry Jelly   Fresh Fruit and Yoghurts   FFIDAY  Meal Choice 1   Fish Fingers with Oven Baked Potato Wedges   Meal Choice 2   Tomato Pasta Bake   Vegetarian   Gluten Choice 3   Gluten free Fish Fingers with Gluten free Potato Wedges   Meal Choice 3   Gluten free Fish Fingers with Gluten free Potato Wedges   Meal Choice 3   Gluten free Fish Fingers with Gluten free Potato Wedges   Meal Choice 5   Fresh Fruit and Yoghurts   Meal Choice 6   Fresh Fruit Salad   Fresh Fruit and Yoghurts   Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 5	Bolognese with Gluten free Pasta		Gluten/Dairy Free
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Meal Choice 1 Tuna Pasta Bake  Meal Choice 2 Chicken Tikka Masala with Rice	Dessert Choice	Jam Sponge	Fresh	Fruit and Yoghurts
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Meal Choice 5 Lightly Spiced Chicken Breast with Rice Gluten/Dairy Free Pegetables Broccoli and Cauliflower Florets  Dessert Choice Lemon Tart Fresh Fruit and Yoghurts  THURSDAY  Meal Choice 1 Mexican Chilli Mince Wraps Halal  Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal  Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal  Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy  Meal Choice 5 Mushy Peas and Sweetcorn  Dessert Choice Strawberry Jelly Fresh Fruit and Yoghurts  FRIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Pessert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 3	Chicken Tikka Masala with Rice		Non Halal
Aregetables Broccoli and Cauliflower Florets  Dessert Choice Lemon Tart Fresh Fruit and Yoghurts  THURSDAY  Meal Choice 1 Mexican Chilli Mince Wraps Halal  Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal  Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal  Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free  Presh Fruit and Yoghurts  Presh Fruit and Yoghurts  FRIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Gluten / Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Baby Carrots and Peas  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 4	Macaroni Cheese		Vegetarian
Dessert Choice  Lemon Tart  Fresh Fruit and Yoghurts  THURSDAY  Meal Choice 1 Mexican Chilli Mince Wraps  Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing  Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing  Meal Choice 4 Cauliflower and Broccoli Cheese Bake  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy  Mushy Peas and Sweetcorn  Dessert Choice  Strawberry Jelly  Fresh Fruit and Yoghurts  FRIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake  Vegetarian  Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten free Potato Wedges  Fresh Fruit and Yoghurts  Free Potato Wedges  Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten Free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten Free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten Free Fruit Salad  Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 5	Lightly Spiced Chicken Breast with Rice		Gluten/Dairy Free
Meal Choice 1 Mexican Chilli Mince Wraps Halal Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free Megetables Mushy Peas and Sweetcorn Meal Choice 5 Strawberry Jelly Fresh Fruit and Yoghurts FRIDAY Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges Meal Choice 2 Tomato Pasta Bake Vegetarian Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans Meal Choice 6 Baby Carrots and Peas Mesert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts Please note that all main meals are served with Fresh Vegetables of the Day.	Vegetables	Broccoli and Cauliflower Florets		
Meal Choice 1 Mexican Chilli Mince Wraps Halal Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Halal Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free Megetables Mushy Peas and Sweetcorn  Dessert Choice Strawberry Jelly Fresh Fruit and Yoghurts  FRIDAY Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges Meal Choice 2 Tomato Pasta Bake Vegetarian  Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten free Fish Fingers with Gluten free Potato Wedges and Gluten/Dairy Free  Meal Choice 6 Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Dessert Choice	Lemon Tart Fresh		Fruit and Yoghurts
Meal Choice 2 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing   Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing   Meal Choice 4 Cauliflower and Broccoli Cheese Bake   Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy   Gluten/Dairy Free   Meal Choice 5 Mushy Peas and Sweetcorn  Dessert Choice   Strawberry Jelly	THURSDAY			
Meal Choice 3 Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing Non Halal Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free Megetables Mushy Peas and Sweetcorn  Dessert Choice Strawberry Jelly Fresh Fruit and Yoghurts  FIDAY Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges Meal Choice 2 Tomato Pasta Bake Vegetarian Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Dessert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 1	Mexican Chilli Mince Wraps		Halal
Meal Choice 4 Cauliflower and Broccoli Cheese Bake Vegetarian  Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy Gluten/Dairy Free  Megetables Mushy Peas and Sweetcorn  Dessert Choice Strawberry Jelly Fresh Fruit and Yoghurts  FRIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Measert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 2	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing		Halal
Meal Choice 5 Turkey Escalope with Potatoes and Gluten free Gravy  Gluten/Dairy Free  Fresh Fruit and Yoghurts  FRIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake  Vegetarian  Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Gluten/Dairy Free  Gluten/Dairy Free  Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 3	Roast Turkey with Onion Gravy, Roast Potatoes and Stuffing		Non Halal
All Choice 3  Cleasert Choice Strawberry Jelly Fresh Fruit and Yoghurts  FIDAY  Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Cluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Meal Choice 6 Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 4	Cauliflower and Broccoli Cheese Bake		Vegetarian
Dessert Choice   Strawberry Jelly   Fresh Fruit and Yoghurts   FRIDAY  Meal Choice 1   Fish Fingers with Oven Baked Potato Wedges   Vegetarian   Meal Choice 2   Tomato Pasta Bake   Vegetarian   Meal Choice 3   Gluten free Fish Fingers with Gluten free Potato Wedges and   Gluten/Dairy Free   Meal Choice 3   Baby Carrots and Peas   Meal Choice   Fresh Fruit Salad   Fresh Fruit and Yoghurts   Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 5	Turkey Escalope with Potatoes and Gluten free Gravy		Gluten/Dairy Free
Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Measert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Vegetables	Mushy Peas and Sweetcorn		
Meal Choice 1 Fish Fingers with Oven Baked Potato Wedges  Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Mesert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Dessert Choice	Strawberry Jelly	Fresh	Fruit and Yoghurts
Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Meal Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	FRIDAY			
Meal Choice 2 Tomato Pasta Bake Vegetarian  Meal Choice 3 Gluten free Fish Fingers with Gluten free Potato Wedges and Beans  Meal Choice 3 Baby Carrots and Peas  Meal Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges		
Regetables Baby Carrots and Peas  Dessert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 2			Vegetarian
Dessert Choice Fresh Fruit Salad Fresh Fruit and Yoghurts  Please note that all main meals are served with Fresh Vegetables of the Day.	Meal Choice 3			Gluten/Dairy Free
Please note that all main meals are served with Fresh Vegetables of the Day.	Vegetables	Baby Carrots and Peas		
Please note that all main meals are served with Fresh Vegetables of the Day.	Dessert Choice	Fresh Fruit Salad	Fresh	Fruit and Yoghurts
Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily	Ple Home	ase note that all main meals are served with Fresh Vege made Soup of the Day and Baked Jacket Potatc with Filli	tables na. are	of the Day. available dailv

# **Emergency Contact Details**

In the best interest of your child's wellbeing whilst at college, it is vitally important, that in the event of an emergency, we are able to make contact with you or another emergency contact, as quickly as possible. To this end, we would like to remind all parents, guardians and carers to keep your contact details updated with the College and to ensure that you provide up-to-date details of at least two other emergency contacts for your child. Thank you