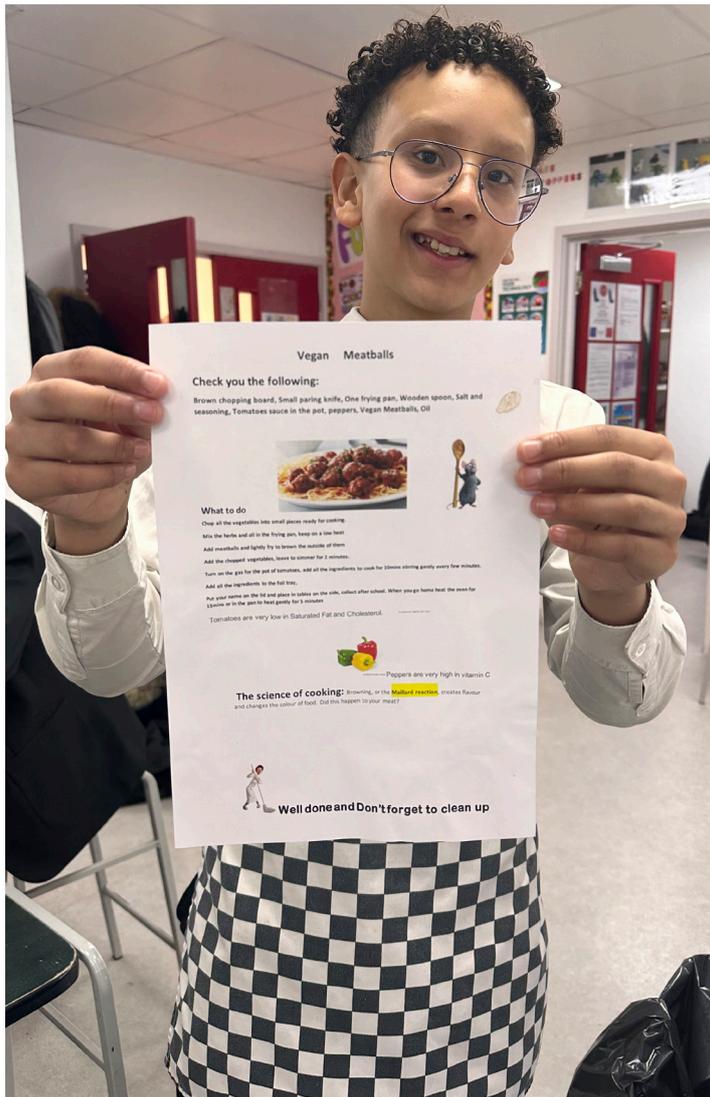


Vegan Meatballs

Over the weeks students in Year 8 have been looking and experimenting with alternative foods for meat. Vegan meatballs were on the menu and to the surprise of the students they were very taken to the non-meat foods. Making a very tasteful sauce to go with it from fresh ingredients really gave them an insight to home cooking and using even the dreaded mushroom does add flavour to the sauce. Getting the basics right in the classroom really allowed the students to see that the simplest of recipe can be made at home. Students had a great time cooking and enjoyed tasting their creations too.



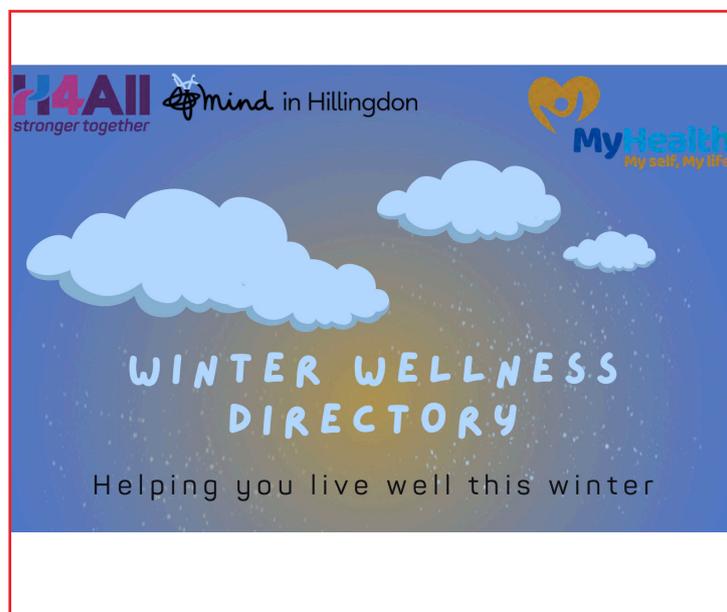
PE Uniform

As the winter weather arrives, it is vital that your child has the appropriate clothing in order to stay warm/dry when participating in Physical Education (PE).

The following clothing should be worn:

1. Red Hewens Polo Shirt
2. Black Hewens shorts or Black Hewens tracksuit
3. Red socks with Black hoops
4. Trainers or studs (depending on surface)
5. Black Jacket/Jumper (coats and hoodies are not to be worn)

As well as this, students who are injured must still bring their PE kit as they can get changed and undertake another role in the lesson. If your child does not have a PE kit, please provide them with clothing close to what is required and write a note in their planner explaining why. You can purchase the Hewens PE kit via the iPay cashless system.



 <h3>November - December 2023</h3>	
NOVEMBER	
Tuesday 28th	My Bank Workshop
DECEMBER	
Thursday 21st	Term Ends

	Week Commencing: Monday 27th November	
	MENU 3	

MONDAY		
Meal Choice 1	Chilli Con Carne with Pitta Bread or Rice	Halal
Meal Choice 2	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 3	Chicken Sausages with Mashed Potatoes and Onion Gravy	Non Halal
Meal Choice 4	Vegetarian Sausages with Mashed Potatoes and Onion Gravy	Vegetarian
Meal Choice 5	Gluten free Pork Sausages with Mashed Potatoes without Milk or Butter	Gluten/Dairy Free
Vegetables	Carrots and Green Cabbage	
Dessert Choice	Orange Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Tikka Masala with Rice	Halal
Meal Choice 2	Beef Lasagne with Fresh Salad	Halal
Meal Choice 3	Beef Lasagne with Fresh Salad	Non Halal
Meal Choice 4	Vegetarian Lasagne with Fresh Salad	Vegetarian
Meal Choice 5	Minced Beef with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Chocolate Mousse	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 2	Barbecue Grilled Chicken Breast with Rice	Halal
Meal Choice 3	Barbecue Grilled Chicken Breast with Rice	Non Halal
Meal Choice 4	Chickpea and Lentil Curry	Vegetarian
Meal Choice 5	Barbecue Grilled Chicken Breast with Rice	Gluten/Dairy Free
Vegetables	French Beans and Sweetcorn	
Dessert Choice	Apple Crumble	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Halal
Meal Choice 2	Cajun Chicken in a Ciabatta Roll with Oven Cooked Potato Slices and Tomato Salsa	Non Halal
Meal Choice 3	Roast Mediterranean Vegetables in Pitta Bread with Oven Cooked Potato Slices and Tomato Salsa	Vegetarian
Meal Choice 4	Cajun Chicken with Oven Cooked Potato Slices and Tomato Salsa	Gluten/Dairy Free
Vegetables	Baby Carrots and Peas	
Dessert Choice	Vanilla Sponge with a Pineapple Ring and a Cherry	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers with Oven Baked Potato Wedges	
Meal Choice 2	Salmon and Dill Fishcakes with Potato Wedges	
Meal Choice 3	Chicken Fillet with Potato Wedges	Halal
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Broccoli and Mushy Peas	
Dessert Choice	Chocolate Brownie Tray Bake	Fresh Fruit and Yoghurts
<i>Please note that all main meals are served with Fresh Vegetables of the Day. Homemade Soup of the Day and Baked Jacket Potato with Filling, are available daily</i>		

Hillingdon's Warm Welcome Centres

Hillingdon's libraries and some faith and community buildings are offering residents a warm and friendly place to enjoy some company, buy a hot drink and get help and advice on how to stay warm and healthy during the colder winter days. Find your local Hillingdon Warm Welcome Centre and access the Winter Wellness Directory*, a useful guide to help you stay well throughout the colder months at: <https://www.hillingdon.gov.uk/warm-welcome-centres>