



## Pancake Flip

Our Key Stage 3 students have been busy learning how to make pancakes as part of their Food Technology lessons. Some of the students have even been experimenting with making gluten-free, egg-free pancakes, to suit those with intolerances. The students enjoyed revisiting their gratifying cooking experiences, flipping the pancakes in the kitchen and particularly enjoyed eating their creations afterwards!



### Hillingdon Youth Offer Survey

As part of Hillingdon.gov.uk's ongoing efforts to tailor their services to the needs of the community, they would like to conduct a brief survey with our parents, guardians, carers, and students. The goal is to gather insights on what they would like the Hillingdon Youth Offer to provide for them.

Please take time to give your feedback on what you would like to see being offered to our students, and fill out the short form by scanning the QR code, or visiting our website: <https://www.therosedalehewensacademytrust.co.uk/hillingdons-youth-offer-survey>



**Hillingdon Youth Offer Survey**



**March 2025**

March	
Tuesday 18th	Violence against Women
Friday 21st	World Poetry Day
Monday 24th	British Museum Trip

	<b>Week Commencing: Monday 17th March</b>
<b>MENU 4</b>	

MONDAY		
Meal Choice 1	Beef Lasagne with Fresh Salad	Halal
Meal Choice 2	Spaghetti Bolognese	Halal
Meal Choice 3	Spaghetti Bolognese	Non Halal
Meal Choice 4	Mediterranean Pasta Bake	Vegetarian
Meal Choice 5	Bolognese with Gluten free Pasta	Gluten/Dairy Free
Vegetables	Broccoli and Cauliflower Florets	
Dessert Choice	Raspberry Jelly	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Chicken Sausages with Mashed Potatoes and Onion Gravy	Halal
Meal Choice 2	Beef Tikka Masala with Rice	Halal
Meal Choice 3	Beef Tikka Masala with Rice	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	Jam and Coconut Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Chicken New Yorker with Jacket Potato	Halal
Meal Choice 2	Diced Lamb with Noodles and Vegetable Stir Fry	Halal
Meal Choice 3	Diced Lamb with Noodles and Vegetable Stir Fry	Non Halal
Meal Choice 4	Vegetable Stir Fry with Noodles	Vegetarian
Meal Choice 5	Diced Lamb with Vegetable Stir Fry	Gluten/Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Vanilla Ice Cream with Peaches	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Mexican Chilli Mince Wraps	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 3	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 4	Cheese and Onion Tart	Vegetarian
Meal Choice 5	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Cakes with Potato Wedges	
Meal Choice 2	Fish Fingers with Potato Wedges	
Meal Choice 3	Macaroni Cheese	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/Dairy Free
Vegetables	Roast Carrots and Cauliflower	
Dessert Choice	Custard Tart	Fresh Fruit and Yoghurts
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		

### Learn Hillingdon - Free Digital Skills Workshops For Adults

Ready to boost your digital skills? Hillingdon are offering free digital skills workshops for adults! Join Learn Hillingdon's fully funded Digital for Life courses. Delivered in a supportive and encouraging environment, these courses are designed to enhance your knowledge and skills in our ever-changing digital world. Plus, you'll receive guidance on your next steps to ensure you continue to thrive in the digital world. Visit our website for more information:

<https://www.therosedalehewensacademytrust.co.uk/learn-hillingdon-free-digital-skills-workshops-for-adults>