



Hewens Road,
Hayes, Middlesex, UB4 8JP



FRIDAY 25TH APRIL, 2025

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Music Trip

Our incredible GCSE Music students at Rosedale College and Hewens College had an unforgettable day exploring the prestigious Royal College of Music. The highlights of the trip included a guided tour of the fascinating Music Museum, where they discovered rare instruments and musical history and a breathtaking live orchestra performance, which was a pure inspiration for our budding musicians.



THE ROSEDALE HEWENS ACADEMY TRUST

A Night Under The Stars

★ THE ROSEDALE HEWENS ACADEMY TRUST ★
★ **YEAR 11 PROM 2025** ★
★ MUSIC | DANCING | DELICIOUS FOOD | AWARDS | ENTERTAINMENT ★
★ BOOK YOUR TICKET BY FRIDAY 6TH JUNE! ★

Tickets are now available to purchase via iPayimpact




THE ROSEDALE HEWENS ACADEMY TRUST

Managing Exams and Self-Care

- Create a Study Schedule ✓
- Take Regular Breaks ✓
- Stay Active ✓
- Eat Well ✓
- Practice Relaxation Technique ✓
- Stay Positive ✓

 <h2 style="text-align: center;">April - May 2025</h2>	
April	
Monday 28th	Year 11 Geography Trip
May	
Thursday 8th	GCSE Citizenship examination

	<p>Week Commencing: Monday 28th April</p> <p>MENU 2</p>
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MONDAY		
Meal Choice 1	Lamb Patty with Mediterranean Vegetables, Pitta Bread and Yoghurt Dip	Halal
Meal Choice 2	Beef Meatball Pasta Bake	Halal
Meal Choice 3	Beef Meatball Pasta Bake	Non Halal
Meal Choice 4	Potato and Cheese Bake	Vegetarian
Meal Choice 5	Meatballs with Gluten free Pasta	Gluten/ Dairy Free
Vegetables	Cauliflower and Broccoli Florets	
Dessert Choice	Strawberry Mousse with Fresh Strawberries	Fresh Fruit and Yoghurts
TUESDAY		
Meal Choice 1	Breaded Chicken Fillet with Boiled New Potatoes	Halal
Meal Choice 2	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Halal
Meal Choice 3	Lamb Koftas with Rice and a Yogurt and Cucumber Dip	Non Halal
Meal Choice 4	Creamy Pasta Bake	Vegetarian
Meal Choice 5	Lamb Patty with Rice	Gluten/ Dairy Free
Vegetables	Peas and White Cabbage	
Dessert Choice	Chocolate Sponge	Fresh Fruit and Yoghurts
WEDNESDAY		
Meal Choice 1	Beef Meatballs in a Tomato Sauce with Spaghetti	Halal
Meal Choice 2	Chicken Carbonara with Spaghetti	Halal
Meal Choice 3	Chicken Carbonara with Spaghetti	Non Halal
Meal Choice 4	Quorn Mince Balls in a Tomato Sauce with Spaghetti	Vegetarian
Meal Choice 5	Baked Jacket Potato with Salad and Beans	Gluten/ Dairy Free
Vegetables	Sweetcorn and Green Beans	
Dessert Choice	Fruit Tarts	Fresh Fruit and Yoghurts
THURSDAY		
Meal Choice 1	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Halal
Meal Choice 2	Roast Chicken with Roast Potatoes, Stuffing and Onion Gravy	Non Halal
Meal Choice 3	Vegetable Tart	Vegetarian
Meal Choice 4	Roast Chicken with Roast Potatoes and Gluten free Gravy	Gluten/ Dairy Free
Vegetables	Roast Carrots and Green Cabbage	
Dessert Choice	Vanilla Cheesecake	Fresh Fruit and Yoghurts
FRIDAY		
Meal Choice 1	Fish Fingers or Battered Chicken with Oven Baked Potato Wedges	
Meal Choice 2	Beef Casserole with Rice	Halal
Meal Choice 3	Vegetable and Cheese Pasta Bake	Vegetarian
Meal Choice 4	Gluten free Fish Fingers with Gluten free Potato Wedges and Beans	Gluten/ Dairy Free
Vegetables	Peas and Sweetcorn	
Dessert Choice	Apple Pie	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		

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