

CONNECT

Covering week of Monday 16th – Friday 20th October 2023

Dates and Events for Your Diary

Parents Evening

Appointment slips will be coming home this week. Thank you.

FOWS Bingo Night Friday 20th October

There are still places available for Friday night's event. We are only able to run these evenings with your support. Tickets are £5 per person and available via the 'Shop' option on SchoolMoney. Thank you.

Dates for the Diary

Please see the attached document.

We have been awaiting confirmation of certain dates and therefore we offer our sincere apologies for the delay in the distribution of this information. Thank you.

Harvest Festival Donations

Thank you for your generous donations which will be gratefully received by the Trussell Trust. The items will be collected at 10am on Tuesday morning, should you wish to make a last-minute donation. The trolley will be available in the school foyer throughout Monday. Thank you.

October Half Term Tennis Camp

Please see the parents notice board at the entrance to the KS1 playground, for further information. Thank you.

Weekly Menu (Key: GF = Gluten Free, DF = Dairy Free, VG = Vegan, EF = Egg Free)

Please note: Where an alternative ('or') is shown in the 'Main' box, your child will be served the regular lunch option and only those with food allergens registered with us (i.e. Gluten Free/Dairy Diet) will be served the alternative

Unless otherwise stated, all sides and puddings are the same for each dietary requirement or a suitable alternative is indicated.

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Meatballs in Tomato Sauce (GF)(DF)	Minced Beef Hotpot (GF)(DF)	Tasty Cheese Pasta Bake (GF) (DF)	Roast Chicken & Gravy (GF)(DF) Stuffing or Oven Baked Vegan Fillet, Stuffing & Gravy	Breaded Fish Fillet Square in Tomato Sauce (GF)(DF)
Sides	Sides	Sides	Sides	Sides
Rice Mixed Vegetables	Peas Cauliflower	Garlic Bread Sweetcorn	Oven Roast Potatoes Broccoli Baby Carrots	Chunky Chips Beans
Pudding	Pudding	Pudding	Pudding	Pudding
Lemon Drizzle Muffin or Vanilla Muffin (GF) (VG) (DF) or Fresh Fruit or Yoghurt	Waffle, Ice Cream & Jam Sauce or Shortcake Biscuit & Smoothie (GF)(DF)(VG) or Fresh Fruit or Yoghurt	Chocolate Crunch (GF) & Custard or Alpro Chocolate Mousse (VG) or Fresh Fruit or Yoghurt	Chocolate Sponge, Pears & Cream or Chocolate Muffin (GF)(DF)(VG) or Fresh Fruit or Yoghurt	Melting Moments & Mandarins (GF)(DF) or Oaty Biscuit (VG) (EF) (DF) or Fresh Fruit or Yoghurt
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Protein Power Balls in Tomato Sauce (VG)	Harvest Mince Hotpot (VG)	Tasty Cheese Pasta Bake (VG)	Oven Baked Quorn Fillet, Stuffing & Gravy (VG)	Ocean Friendly Fingers in Tomato Sauce (VG)