

# LANCING PREP WORTHING

## Weekly Briefing

20 January 2023

### The Week Ahead ...

#### Monday 23 January

10.40 HPV Vaccinations for Year 8 pupils

#### Tuesday 24 January

09.30-10.15 Year 3 and 4 Ice Skating

10.50-11.40 Year 1 and 2 Ice Skating

**NO SENIOR HOCKEY CLUB TODAY**

#### Wednesday 25 January

14.00 Fun Festival: U10/U11 (H) - Football and Netball. **Pick up 16.00**

14.00 U11 Netball v Windlesham (H). **Pick up 16.00**

14.00 U11 Football v Windlesham (H). **Pick up 16.00**

14.30 Girls Netball: U12 and U13 v Brighton Girls (A). **Return 16.45**

#### Thursday 26 January

09.30-10.15 Year 5 and 6 Ice Skating

11.00-11.40 Reception Ice Skating

14.00 Fun Festival – U9/8 Tag Rugby and Hockey (H). **Pick up 16.00**

### **WORD OF THE WEEK**

**Pandiculate (verb)**

To stretch the body and yawn upon waking

### LPWA Notices

**Hot Chocolate & Doughnut Friday** – Friday 3rd February. The LPWA will be selling Hot Chocolate and Doughnuts in the playground from 3.30pm to 5.15pm.

**Preloved Uniform** – We plan to run a sale after the half term, but if you are in need before then, please email us at [lpwassoc@gmail.com](mailto:lpwassoc@gmail.com) with your needs and we will see what we can do.

**Amazon Smile** - AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. Lancing Prep at Worthing is available as a charity that you, your family or friends can choose to support. AmazonSmile is available at [smile.amazon.co.uk](https://smile.amazon.co.uk) on your web browser and can be activated in the Amazon Shopping App for iOS and Android phones. When you shop AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as [amazon.co.uk](https://amazon.co.uk), with the added bonus that AmazonSmile will donate a portion of the purchase price to your selected charity.

Any money raised helps the school with contributions to trips, events and equipment purchase to enhance the children's time in school.

Keep up to date with our online calendar  
[www.lancingprepworthingcalendar.org.uk](http://www.lancingprepworthingcalendar.org.uk)

Follow us on Twitter, Instagram and Facebook  
[@LancingPrepWthg](https://www.facebook.com/LancingPrepWthg)



# Lancing Prep Worthing

## A Lancing College Preparatory School

News Bulletin

20 January 2023

### Reception enjoy the cold snap!

Reception enjoyed the cold weather and have been exploring ice. They investigated how water freezes into ice (using Mr Chef's big freezer) then experimented with different ways of removing the toys that had been trapped in the ice. A syringe filled with warm water was the favourite and most effective way of melting the ice.



### Year 1 make their Maths learning fun!

The children are learning place value within 20 and brought their learning to life with a practical exercise. They had a lot of fun, using a large number line on the floor and then working out the answers to various questions, for example how many jumps between 10 and 16, and then found the right place to stand on the number line to give their solution.



### Year 3 have an Epiphany!

The children discovered how Epiphany is celebrated in France and linked it to the equivalent festival in Spain. They browsed a booklet about the best kings' cakes by famous French chefs and gave their opinions - 'Delicious' was the most common verdict! Next they learnt more from France 24 about Epiphany and also the recipe for 'une galette des rois' (the Kings' cake). Lastly, they explored the tradition of 'fèves' (the trinket hidden inside the cake) and had the opportunity to play with them.



**Year 3 correspond with their 'amici di penna'**

The children were so excited to receive their Christmas cards from their pen pals in Trento, Italy. This was the first time they had written directly to each other since being paired up.

They loved reading the cards out to each other and proudly took them home to share with their families.

During last week's English lessons the children wrote postcards back and told their pen pals all about themselves.



**A great afternoon of carousel activities!**

The children from Years 5 to 8 had a super afternoon of physical education activities including Quick Cricket, Football and Netball, along with a dance workshop.



**Girls' sport**

The netball season got off to a great start this term. Years 7 and 8 got their training underway with a session up on the courts at Lancing College, pictured below.

Fixtures started with our first matches against our sister school, Lancing Prep Hove. These were all good matches, the U13s lost, U12s drew, U11s won and a combined U11/U10 team also drew. The U13s and U11s both played again this week, with wins over Sompting Abbotts.



*U13 Netball Team*



*U12 Netball Team*



*U11 Netball Team*



*U11/U10 Netball Team*

## School News

### Year 7 Team Building continues...

Methodical working, good listening and collaboration featured in one of our weekly sessions. Pupils worked in pairs with an image of our school logo and were asked to blow it up in size by five times onto A3 paper. They were given five minutes put it together to see if it would reproduce the whole picture again!



### Year 8 get creative in Local History Project

The students have been completing their local history projects and were tasked to craft a 'creative response' to their topic.

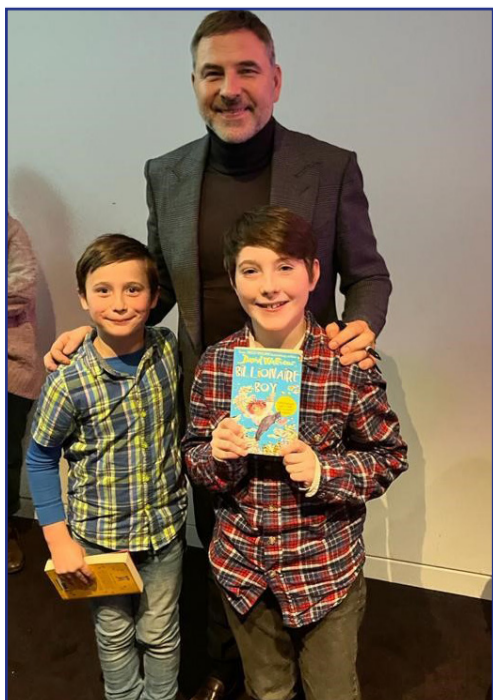
Florence D chose to study Beach House Park in Worthing, and then to make a model of it out of yummy brownies, chocolates and fudge!

Her classmates were very happy to help out with the eating part!



### Culture Club sends pupils to attend première

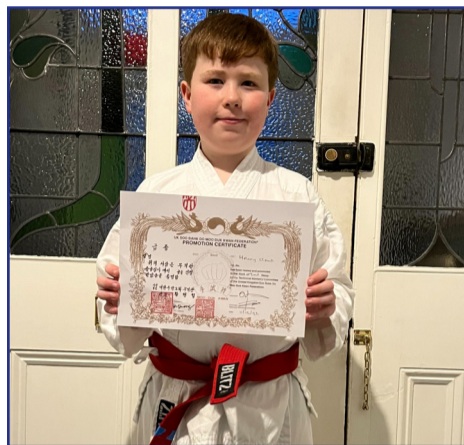
Two of our lucky families headed off to the British Film Institute on the South Bank in the Christmas break to see the TV Preview of the David Walliams film *Gangsta Granny Strikes Again*, which was followed by a Q&A session. Our pupils were starstruck to meet their favourite author!



## Well Done!

### Congratulations!

Our pupils were certainly busy over the Christmas break! Well done to Harry C, below left, who passed his 2<sup>nd</sup> Geup Soo Bahk Do grading and is now training for the next level. Harry has also been invited to play hockey for the Worthing HC Comets U12 team! Jasper and Reuben, below right, literally jumped from beginner to level 2 snowboarding and are loving this sport. Finally, congratulations to Tom E-B, who achieved his 1,000m distance swimming badge. They have all worked very hard!



LPW  
Love  
Learning

Pre-Prep Head Teacher Awards  
from 05 01 23

LPW  
Be  
Kind

#### Reception

- Emily A for fantastic independent writing in the Winter diary
- Emily S-Y for fantastic reading
- Felix H for super part-part-whole work in Maths
- Jacob M for fantastic reading
- Pasha S-N for super reading
- Phoenix P for super effort when writing capital letters

#### Year 1

- Amber McD for being a Relating Red Fox and helping others with their learning
- Pasha D for a great first week in Year 1
- Romey F for lovely art work

#### Year 2

- Amina K for being a Resilient Ruler in Maths and persisting with money
- Frances M for good adverb work
- Jasper S for using non-fiction books to research frogs
- Kitty N for making new friends and seizing new opportunities
- Lana G for being focused in her phonics work
- Matilda W for her outstanding reading and kindness in class towards others
- Miles C for being a Resilient Ruler with his Maths work on money
- Primrose G for super understanding of Maths, using money
- Roman B-C for enthusiastically completing Katie Morag comprehension work
- Sam W-B for being a lovely addition to the class

### Year 3

|                |   |
|----------------|---|
| Chloe R        | for a super effort in gaining a range of learning powers to help her succeed in all subjects  |
| Clementine C-D | for being a Reflective Robot in Maths by calculating sums methodically. Well done!  |
| Freddie B      | for a super effort at home to advance with his reading and spellings  |
| Hamish B       | for being a Resilient Ruler in Maths and always being adventurous with your work. Well done!  |
| Rishita M      | for a focused and imaginative piece of work on crafting map symbols for our school  |
| Sofia S        | ) for using her inquisitiveness to craft some outstanding<br>) Ancient Egyptian work at home to complement her<br>) learning in History |
| Zoya G H       | being methodical and independent in Maths   |

### Year 4

|            |   |
|------------|---|
| Benjamin F | for being focused and open-minded when tackling factors in Maths  |
| Cody M     | ) for showing good focus during our recent Maths<br>) Learning, especially when multiplying and dividing by 10<br>) and 100 |
| Dylan C    | for demonstrating excellent levels of focus, while learning to multiply numbers by 10                                       |
| Eithne N W | for showing kindness toward a friend when they were feeling down  |
| Millie P   | for showing great resilience and linking her learning in Maths  |
| Peaches C  | for her determination and persistence with her learning in all subjects   |
| Tilly R-C  | for great focus and linking with her Maths learning   |

### Year 5

|               |  |
|---------------|--|
| Barney T      | for delving deeper with his History project and creating a fantastic poster all about the Tudors   |
| Beau H        | ) for a very imaginative and resourceful approach to the<br>) 'Design a House' task in Science lessons; for loving<br>) learning French by baking a traditional 'pain d'épices'<br>) and by completing a 226 pieces 3D puzzle of the Eiffel<br>) tower, and for delving deeper with his History project and<br>) creating a scene from the Tudor period using Lego |
| Bertie C      | ) for a very resourceful and collaborative approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project, creating and presenting<br>) a video tour of Hampton Court Palace  |
| Charlotte McD | for delving deeper with her History project and creating a Tudor menu  |
| Harrison W    | ) for a very imaginative and persistent approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project and creating some<br>) fantastic Tudor weapons   |
| Leah M        | ) for a very imaginative and persistent approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with her History project and creating a Tudor<br>) rose and a horse from clay   |
| Riley D       | ) for a very imaginative and persistent approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project and creating a fantastic<br>) poster all about the Tudors  |
| Rudy C        | ) for a very imaginative and collaborative approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project and creating a diary entry<br>) from the perspective of Henry VIII  |
| Theo K        | ) a very imaginative and resilient approach to the 'Design<br>) a House' task in Science lessons, and for delving deeper<br>) with his History project and creating a fantastic Tudor<br>) house with lots of detail   |
| Thomas R      | ) a very collaborative and persistent approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project and creating a fantastic<br>) poster about Tudor food and drink  |

### Year 5 cont'd

|             |  |
|-------------|--|
| Tom E-B     | ) for a very imaginative and collaborative approach to the<br>) 'Design a House' task in Science lessons, and for delving<br>) deeper with his History project and creating a fantastic<br>) PowerPoint about his visit to Hampton Court Palace. |
| Skantha N-R | for delving deeper with her History project and creating a fantastic poster all about the Tudors   |
| William B   | for delving deeper with his History project and chopping, sanding and painting some stocks.  |

### Year 6

|       |  |
|-------|--|
| Max M | ) for loving learning French by baking at home a delicious<br>) 'pain d'épices' following the recipe in French from his<br>) French lesson |
|-------|--|

### Year 7

|            |   |
|------------|---|
| Bertie F   | ) for creating a colourful and imaginative front cover<br>) for 'Wonder', and for being such a persistent and<br>) independent learner by completing all the activities of<br>) the Advent calendar in French |
| Devon S    | ) being very helpful, methodical and collaborative in the<br>) Science Lab, and for crafting a beautifully imaginative<br>) front cover for 'Wonder'  |
| Harry C    | for being very helpful, methodical and collaborative in the Science Lab   |
| Jessica B  | for creating a colourful and imaginative front cover for 'Wonder'   |
| Rafferty D | for being very helpful, methodical and collaborative in the Science Lab   |

### Year 8

|            |  |
|------------|--|
| Benjamin B | for his methodical, imaginative and inquisitive project on the big department stores in Paris at Christmas   |
| Elliot G   | for his methodical, imaginative and inquisitive project on the big department stores in Paris at Christmas   |
| Florence D | ) for reflection and being a self-aware scholar in English,<br>) and for for her methodical, imaginative and crafty leaflet<br>) on the big department stores in Paris at Christmas                                    |
| Imogen W   | ) for showing persistence, focus and excellent<br>) independent skills in her project about the big<br>) department stores in Paris at Christmas   |
| John H     | ) for loving learning French by completing a brilliant<br>) project on the big department stores in Paris at<br>) Christmas and by independently delving deeper in the<br>) life of Gustave Eiffel and on French music |
| Joshua H   | ) for his methodical, imaginative, inquisitive and colourful<br>) project on the big department stores in Paris at<br>) Christmas  |
| Lucas C    | for being independent, focused and capitalising in recent Science lessons  |
| Oliver S   | for reflection and being self evaluative in English, leading to improved essay construction  |
| William S  | for his methodical, imaginative and inquisitive project on the big department stores in Paris at Christmas   |

## House Points

The House Point totals for the beginning of term are in!

Congratulations to Britons for topping the leader board.

|                |     |
|----------------|-----|
| <b>Britons</b> | 287 |
| <b>Saxons</b>  | 223 |
| <b>Celts</b>   | 178 |
| <b>Normans</b> | 157 |

Thank you to everyone who contributed to the collection at the end of our Carol Service at Lancing College Chapel in December. This has enabled us to donate over £200 to local charity *Turning Tides* and national charity *Crisis*.



# Lancing Prep Worthing

A Lancing College Preparatory School

## Instrumental Lesson Timetable

|         | Drums               |               | Piano               |            |
|---------|---------------------|---------------|---------------------|------------|
|         | Paul Gunter         | Keyboard Room | Jenny Goodson       | Music Room |
|         | Monday 23rd January |               | Monday 23rd January |            |
| 8.30am  | Solomon W-Y         |               | 8.30am              | Alex B     |
| 9.00am  | Ruben D             |               |                     |            |
| 9.30am  | Theo K              |               |                     |            |
| 10.00am | Rex R               |               |                     |            |
| 10.30am |                     |               |                     |            |
| 10.45am | Elliott S           |               |                     |            |
| 11.15am | Constance D F       |               |                     |            |
| 11.45am | Vivian B            |               |                     |            |
| 12.15pm | Harry A             |               |                     |            |
| 12.45pm |                     |               |                     |            |
| 2.15pm  | Rafferty D          |               |                     |            |
| 2.45pm  | Harry C             |               |                     |            |
| 3.15pm  | Lucas K             |               |                     |            |
| 3.45pm  | Henry H             |               |                     |            |
| 4.15pm  | Tilly R-C           |               |                     |            |

|         | Brass                |        | Piano                |               |
|---------|----------------------|--------|----------------------|---------------|
|         | Sarah Leeves         |        | Jenny Goodson        | Music Room    |
|         | Tuesday 24th January |        | Tuesday 24th January |               |
| 8.45am  | Elliot G             | 3.45pm | Peaches C            |               |
| 9.15am  |                      |        |                      |               |
| 9.45am  |                      |        |                      | Keyboard Room |
| 10.25am | Freddie B            |        |                      |               |
| 10.45am | Jasper D             |        |                      |               |
| 11.55am | Damian B             |        |                      |               |
| 12.30pm | Millie P             |        |                      |               |
| 1.00pm  | Brass Group          |        |                      |               |
| 1.30pm  | Ben B                |        |                      |               |
| 2.00pm  | Oscar W              |        |                      |               |
| 2.30pm  | Autumn S             |        |                      |               |
| 3.00pm  | Lucas C              |        |                      |               |
| 3.30pm  | Henry H              |        |                      |               |



|        |                      |      |         |                        |            |
|--------|----------------------|------|---------|------------------------|------------|
|        | Cello                | Hall |         | Violin & Piano         | Hall       |
|        | Sarah Davison        |      |         | Rob Campkin            |            |
|        | Tuesday 24th January |      |         | Wednesday 25th January |            |
| 9.15am | Eva M                |      | 8.00am  | Tilly W                |            |
| 9.45am | India G              |      | 8.30am  | Vivian B               |            |
|        |                      |      | 9.00am  | Skantha N R            | FT Room    |
|        |                      |      | 9.30am  | Damian B               |            |
|        |                      |      | 10.00am | Year 2 Group B Strings |            |
|        |                      |      | 10.30am | Harry C                |            |
|        |                      |      | 11.00am | Ata K                  |            |
|        |                      |      | 11.30am | Ben F                  | Music Room |
|        |                      |      | 12.00pm | Amina K                |            |
|        |                      |      | 12.30pm |                        |            |
|        |                      |      | 1.00pm  | Year 2 Group A Strings |            |
|        |                      |      | 1.30pm  | Hunter L               |            |
|        |                      |      | 2.00pm  | Max C                  |            |
|        |                      |      | 2.30pm  | Clemmy D               |            |
|        |                      |      | 3.00pm  | Hamish B               |            |
|        |                      |      | 3.30pm  | Zoya G                 |            |

|        | Piano                  | Keyboard Rm |         | Violin and Piano       | Keyboard Room |          |
|--------|------------------------|-------------|---------|------------------------|---------------|----------|
|        | Jenny Goodson          |             |         | Rob Campkin            |               |          |
|        | Wednesday 25th January |             |         | Thursday 26th January  |               |          |
| 2.00pm | Maisie C               |             |         | 8.00am                 |               | Joshua C |
| 2.30pm | William J              |             |         | 8.30am                 |               | Martha M |
| 3.00pm | Isla L                 |             |         |                        |               |          |
| 3.45pm | Trixie G               |             | 11.00am | Madhavan R             |               |          |
|        |                        |             | 11.30am | Rory B                 |               |          |
|        |                        |             | 12.00pm | Sienna B-W             |               |          |
|        |                        |             | 12.30pm | Jessica W              |               |          |
|        |                        |             | 1.00pm  |                        |               |          |
|        |                        |             | 1.30pm  | Year 1 Group A Strings |               |          |
|        |                        |             | 2.00pm  | Year 1 Group B Strings |               |          |
|        |                        |             | 2.30pm  | Anvita D               |               |          |
|        |                        |             | 3.00pm  | Elodie G               |               |          |
|        |                        |             | 3.30pm  |                        |               |          |
|        |                        |             | 4.00pm  | Ryley G                |               |          |
|        |                        |             | 4.30pm  |                        |               |          |
|        |                        |             | 5.00pm  |                        |               |          |

Year 1 Group A - Adiella I, William J, Toby C, Grace T

Year 1 Group B - Rupert W, Romey F, Aniket D

Year 2 Group A - Primrose G, Chloe B, Jessica W

Year 2 Group B - Miles C, Matthew S, Madhavan R

|         | Clarinet & Sax        | Keyboard Room |         | Piano & Double Bass   | Drama Studio |            |
|---------|-----------------------|---------------|---------|-----------------------|--------------|------------|
|         | Lucy Ballard          |               |         | Liz Hosford           |              |            |
|         | Thursday 26th January |               |         | Thursday 26th January |              |            |
| 7.55am  | Janani R              |               |         | 8.30am                |              | Lana G     |
| 8.25am  | Jonathan C            |               |         | 9.00am                |              | Lexi P     |
| 8.55am  | Ruby H                |               |         | 9.30am                |              | Cleo S     |
| 9.25am  | Esmee M               |               |         | 10.00am               |              | Primrose G |
| 9.55am  | George R              |               |         | 10.30am               |              |            |
| 10.25am |                       |               |         | 10.45am               |              | Sia S      |
|         |                       |               | 11.15am | Oscar W               |              |            |
|         |                       |               | 11.45am | Autumn S              |              |            |
|         |                       |               | 12.15pm | Tilly R-C             |              |            |
|         |                       |               | 12.45pm | Sofia S               |              |            |
|         |                       |               | 1.15pm  |                       |              |            |
|         |                       |               | 1.45pm  | Ata K                 |              |            |
|         |                       |               | 2.15pm  | Rupert W              |              |            |
|         |                       |               | 2.45pm  | Freddie B             |              |            |
|         |                       |               | 3.15pm  |                       |              |            |

|         | Piano                 |            | Voice                 |               |               |
|---------|-----------------------|------------|-----------------------|---------------|---------------|
|         | Jenny Goodson         | Music Room | Natalie Mason         | Keyboard Room |               |
|         | Thursday 26th January |            | Thursday 26th January |               |               |
| 10.00am | Emily T               |            | 11.00am               |               | Constance D F |
| 10.30am | Clementine C-D        |            | 11.30am               |               | Misha M       |
|         |                       | 12.00pm    | Sienna B-W            |               |               |
|         |                       | 12.30pm    | Tilly R-C             |               |               |
|         |                       | 1.00pm     |                       |               |               |
|         |                       | 1.30pm     | Leila F               |               |               |
|         |                       | 2.00pm     | Charlotte M           |               |               |
|         |                       | 2.30pm     | Reuben D              |               |               |
|         |                       | 3.00pm     | William B             |               |               |
|         |                       | 3.30pm     | Beatrice D            |               |               |
|         |                       | 4.00pm     | Max B                 |               |               |

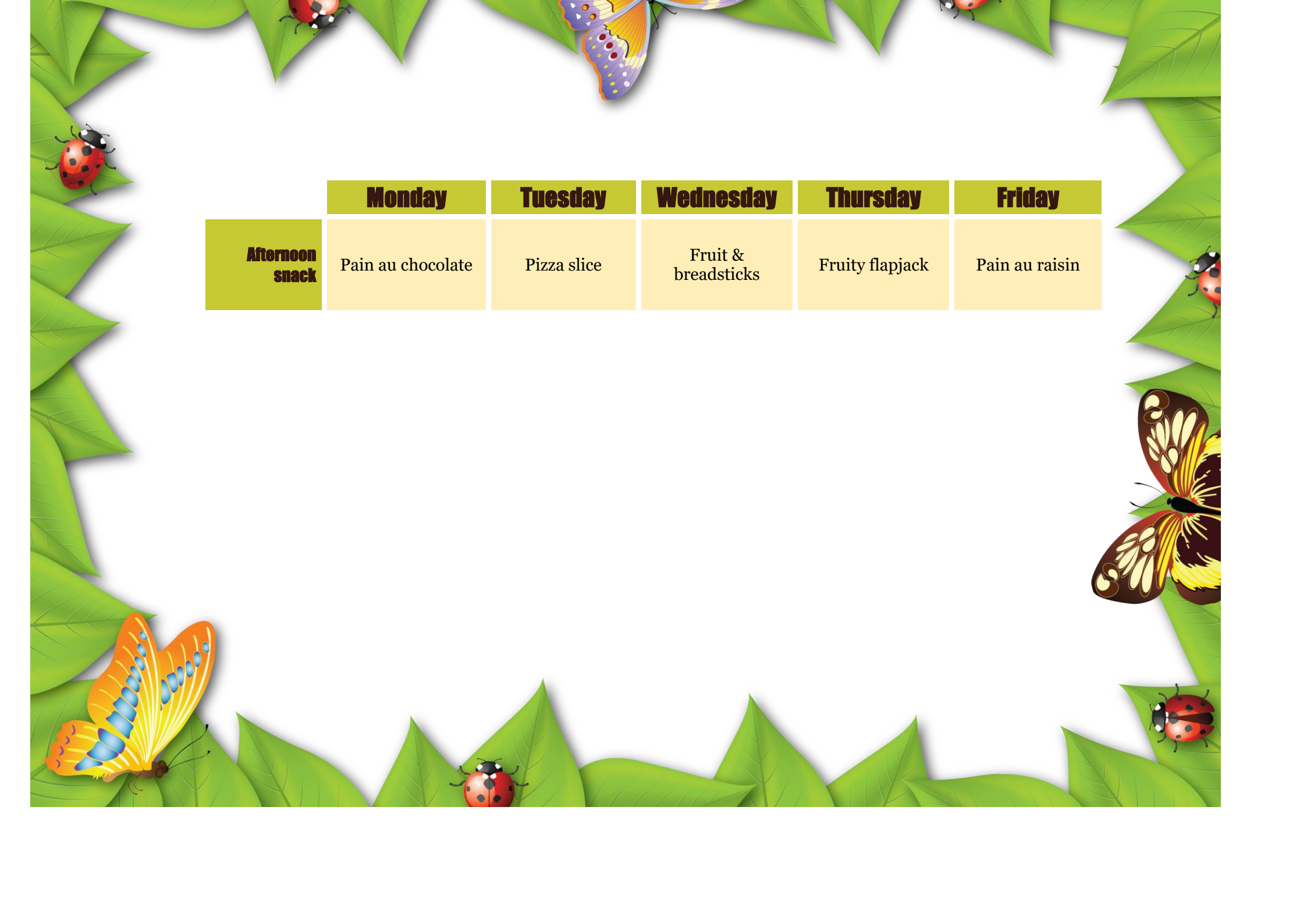
|        | Flute               |               |          | Voice                |               |
|--------|---------------------|---------------|----------|----------------------|---------------|
|        | Dom Smith           | Keyboard Room |          | Natalie Mason        | Keyboard Room |
|        | Friday 27th January |               |          | Friday 27th January  |               |
| 8.15am | Freddie B           |               | 11.00am  | Peaches C & Amalie S |               |
| 8.45am | Kimberley L         |               | 11.30am  | Sia S                |               |
| 9.15am | Francesca G         |               | 12.00pm  | Francesca G          |               |
| 9.45am | Bertie C            |               | 12.30pm  | Eithne N-G           |               |
|        |                     |               | 1.00pm   |                      |               |
|        |                     |               | 1.30pm   | Lexi P               |               |
|        |                     |               | 2.00pm   | Abigail M            |               |
|        |                     |               | 2.30pm   | Zoya G               |               |
|        |                     | 3.00pm        | Sofia S  |                      |               |
|        |                     | 3.30pm        | Hunter L |                      |               |
|        |                     | 4.00pm        | Phoebe B |                      |               |

|         | Guitar              |         | Piano & Double Bass |             |            |
|---------|---------------------|---------|---------------------|-------------|------------|
|         | Barry Worley        |         | Liz Hosford         |             |            |
|         | Friday 27th January |         | Friday 27th January |             |            |
| 8.00am  | Lochie S            | Gym     | 8.30am              | Elliot G    | Music Room |
| 8.30am  | Henry B             |         | 9.00am              | Eileen C    |            |
| 9.00am  | Jessica B           |         | 9.30am              | Francesca G |            |
| 9.30am  | Devon S             |         | 10.00am             | Millie P    |            |
| 10.00am | Barney T            |         | 10.30am             |             |            |
| 10.30am | Amalie S            |         | 10.45am             | Lucas K     |            |
| 11.00am | Ethan S             | 11.15am | Rex R               |             |            |
| 11.30am | Misha M             | 11.45am | Harry C             |             |            |
| 12.00pm | Daniel B            | 12.15pm | Rosie E             |             |            |
| 12.30pm | Orlando B           | 12.45pm | Max B               |             |            |
| 1.00pm  |                     | 1.15pm  |                     |             |            |
| 1.30pm  | Rock Band           | 1.45pm  | Jonathan C          |             |            |
| 2.00pm  | Orson W             | 2.15pm  | Jasper D            |             |            |
| 2.30pm  | Tom E-B             | 2.45pm  | Theo K              |             |            |
| 3.00pm  | Freddie B           | 3.15pm  |                     |             |            |
| 3.30pm  | Max M               |         |                     |             |            |
| 4.00pm  | Imogen W            |         |                     |             |            |
| 4.30pm  | Rory G              |         |                     |             |            |

# Lancing Prep Worthing Lunch Menu

WEEK:1

|                        | Monday   | Tuesday   | Wednesday   | Thursday                                      | Friday   |
|------------------------|--|---|---|---|--|
| Main Course            | Pasta with a choice of sauces: tomato and basil, cheese, spinach pesto | Turkey meatball in a tomato sauce (with hidden vegetables)  | Chicken burritos, roasted peppers, onions, tomato salsa | Traditional shepherd's pie                    | Fish fingers – sustainably sourced<br>Poached white fish |
| Main Course Vegetarian | Butternut squash risotto   | Veggie meatballs in a tomato sauce (with hidden vegetables) | Roasted vegetable and bean burritos                     | Vegetable and lentil shepherd's pie           | Spinach and goats cheese frittata                        |
| Main Course Vegan      | Butternut squash risotto   | Vegan Quorn meatballs (with hidden vegetables)              | Roasted vegetable and bean enchiladas with guacamole    | Vegetable and lentil shepherd's pie           | Vegan sausages   |
| Side Orders            | Broccoli, garlic bread, seasonal salad                                 | Mashed potato, Savoy cabbage                                | Guacamole, soured cream, salsa, grated cheese and rice  | Savoy cabbage, cauliflower cheese             | Chips, baked beans                                       |
| Seasonal Salad Bar     | Assorted seasonal salads with protein options                          | Assorted seasonal salads with protein options               | Assorted seasonal salads with protein options           | Assorted seasonal salads with protein options | Assorted seasonal salads with protein options            |
| Dessert of the Day     | Pear and apple crumble with custard<br>Vegan fruit crumble             | Carrot cake with cream cheese frosting                      | Freshly made strawberry yoghurt<br>Vegan custard pot    | Fruit jellies (vg)                            | Rocky road<br>Vegan fairy cake                           |



|                        | <b>Monday</b>     | <b>Tuesday</b> | <b>Wednesday</b>    | <b>Thursday</b> | <b>Friday</b>  |
|------------------------|-------------------|----------------|---------------------|-----------------|----------------|
| <b>Afternoon snack</b> | Pain au chocolate | Pizza slice    | Fruit & breadsticks | Fruity flapjack | Pain au raisin |

**Afternoon  
snack**

Pain au chocolate

Pizza slice

Fruit &  
breadsticks

Fruity flapjack

Pain au raisin