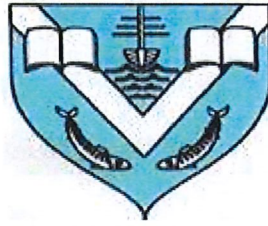


FLUSHING  
C of E  
Primary School



Flushing C of E Primary School

Coventry Road, Flushing, Falmouth TR11 5TX

Tel No 01326 374498

[secretary@flushing.cornwall.sch.uk](mailto:secretary@flushing.cornwall.sch.uk)

website: <https://www.flushingcofeschool.co.uk/web/>



Parent Handbook 2026



Welcome to the start of your journey into Flushing School..... A space where magic truly does happen. You will continually be touched by the creativity embodied by the school community, sharing their time and skills to ensure that the pupils are offered an experience of school far broader than any curriculum offer. Flushing above all is about honouring the individual child, empowering them to be strong in their identify, showing up in the school community as who they are and allowing the children the freedom to be children.

We are a small, friendly, unique and happy school at the heart of the village community. Our door is always open, so please pop in if you have a query or need some information.

Our small class sizes and established staff enable us to get to know your child exceptionally well to support their learning and personal development.

At Flushing, we want our children to leave us with a well-rounded understanding of the world around them, the skills to succeed and personal values that will enable them to build positive relationships.


Ofsted says;

"Flushing School is a good school.

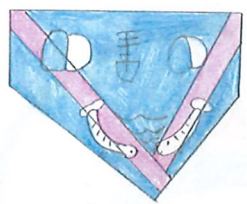
Flushing School is a welcoming and friendly school. Pupils work hard. They show good attitudes to their learning because they want to be successful. Teachers have high expectations of pupils. They plan activities that develop pupils' knowledge and skills well. Pupils feel safe, happy and well cared for.


Relationships between staff and pupils are supportive and respectful."


Views from some of our oldest children.

I LOVE Flushing School. 

I love Flushing school, everyone is so kind nobody is rude and everyday I feel so happy to come to school. We are all such nice friends and I think all of the people and little ones that join this school are going to love it because EVERYONE LOVES Flushing school! And I haven't even been here long only like 4 months and I love it!



NURTURING to Flourish in  
OUR World 



are flushing School family

It's such a cozy space

I love going to the beach with the School

At flushing School we all know each other so well

The teachers are so supportive

you make good friends

there is lots of activities to do

there is always someone who can help if you're worried and make sure you're comfortable

It's a lovely community

always make sure you understand what you're learning

you're never alone

NURTURING TO FLOURISH IN OUR WORLD

I  Flushing

Reasons why I love Flushing School

1. I love how caring the teachers are.
2. Even though it's small we all care for each other lots.
3. The memories that I have at Flushing are heart-felt and unforgettable.
4. I have made friends for life here and I won't ever forget this place.

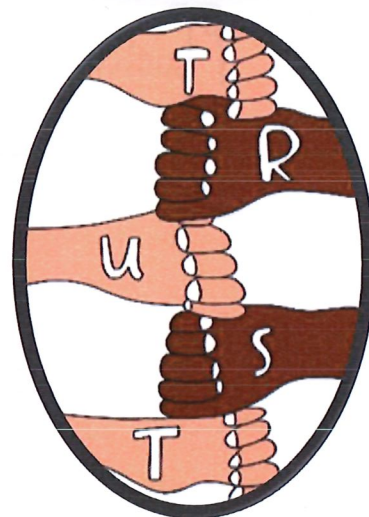
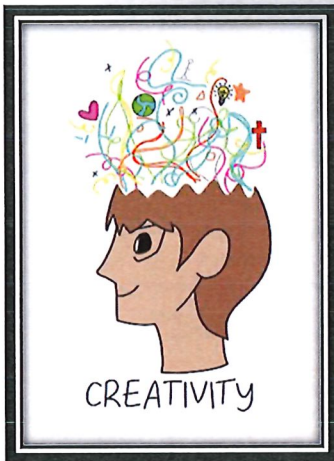
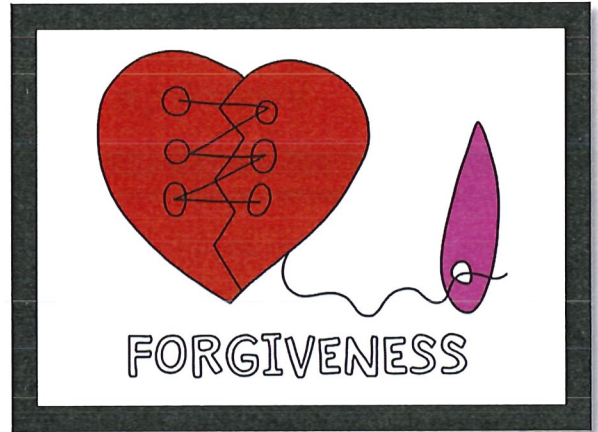
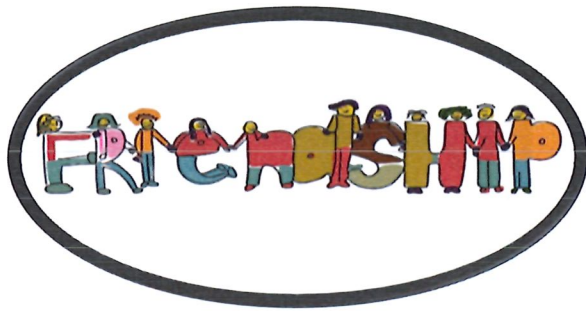
Flushing School will always have a place in my heart

School

It's a small school with fun grounds to make that some kids get to go to sports and on a beach in dolphins and beauty would be at the top of some of the best schools ever.

with sun school trips. And a beautiful village. some great teachers. And is great for your children. with maths, grammar and science.

Our Visions and Values



# Meet THE TEAM

**Mrs Carolyn Power - Head teacher - Dolphins Class Teacher Thurs and Fri**

*I am in my second year as Headteacher at Flushing. On Thursdays and Fridays, I teach in Dolphins class. I love our little village school and am proud to be part of our Flushing family. In my spare time, I enjoy gardening and spending time with my family and my little French Bulldog.*

**Mrs Alison Eva - Starfish Class Teacher (Reception, Year 1 and Year 2)**

*I love teaching in Flushing School which must be why I have been here for 15 years! I am, at present Starfish Class teacher and English Lead, teaching Reception, Year 1 and Year 2. I feel privileged to start the children off on their educational journey in such beautiful surroundings. In my spare time, I love spending time with my family, walking, swimming and being out on the water!*

**Miss Zoe Mitchell - Seals Class Teacher (Year 3 and Year 4)**

*I have been teaching at Flushing School for over 10 years and feel lucky to be part of this small, friendly school. I currently work full-time in Seal Class, teaching Years 3 and 4. Outside of school, I enjoy going for walks and spending time by the beach.*

**Mrs Sonia Wilcox - Dolphins Class Teacher - Mon, Tues Wed (Year 5 and 6)**

*I have been teaching at Flushing School for 15 years. My favourite part of my role in teaching years 5 and 6 is getting children ready for life beyond primary school by helping them to secure their academic knowledge but, more importantly, arm them with life skills such as positivity, resilience and thoughtfulness for others. Outside of school I like to keep fit and active. One*

*of my favourite things is to take my dog, Tess, for walks and swims in our lovely Cornish countryside.*

**Mrs Jo Williams - SENCO**

*I have been working at Flushing School since September 2024 and thoroughly enjoy it. It just feels like one big family. In my spare time I love to keep fit and really enjoy gardening*

**Mrs Kate Collins - Teaching Assistant - Starfish Class - All day Monday, Tues, Wed, Thurs and Fri mornings**

*I am a Teaching Assistant in Starfish Class, I started at the school in 2015 running the breakfast club before becoming a Teaching Assistant. I live here in the village and love being near the sea, sea swimming and beach walks are two of my favourite things to do.*

**Mr Jake Moran - Teaching Assistant - Starfish Class all day Mon-Fri**

**Miss Moira Freeman - Teaching Assistant - Seals Class - Mon - Fri mornings only**

**Mrs Gina Powell - Teaching Assistant - Dolphins Class - Tues - Fri mornings  
Intervention work across all classes Tues - Fri afternoons**

*I have been a Teaching Assistant at Flushing School for 21 years. The school holds a special place in my heart, as both of my now grown-up children attended here. My daughter Sophie also worked here for 7 years, running the after-school club -TUC. In my spare time I love to go on coastal walks and listen to music.*

**Mrs Lucy Ward - Teaching Assistant and HLTA - Dolphins Class Mon morning, PPA cover Mon, Tues and Wed afternoons**

*I'm Lucy, and I've been an HLTA at Flushing School for 6 years (along with both my children.) I love to get creative at any opportunity and also have a passion for open water swimming.*

**Mrs Caroline Thomas - School Administrator**

*I have worked in education for over 38 years. I feel very lucky to have joined the Flushing School community in September 2024. I enjoy reading and walking with my dog, Gee.*



The governing body meets every half term and is composed of elected parents, staff, local authority representatives, members of the local community, and the Headteacher, who holds an automatic position. Its role is to support and collaborate with the Headteacher and the wider school community, maintaining a strategic overview of all aspects of school life, from ethos to finances.

At Flushing, we work together as a team to ensure that our school vision continues to provide the best possible opportunities for all children at all times.

Mrs Caroline Philipps - Chair of Governors

Mrs Lisa Beveley -Jones - Vice Chair - Quality of Education Chair and Parent Governor

Mrs Polly Tregaskes - Resources Committee Chair

Mr Robert Hurrell - Quality of Education Committee

Mrs Becky Morris - Quality of Education Committee

Mrs Leslie Hygate - Resources Committee

Rev Emma Durose - Quality of Education Committee

Mrs Sue Treneer - Resources Committee

Mrs Amy Wright - Quality of Education Committee - Parent Governor

Mrs Caroline Thomas - Clerk to the Governors

Children enjoying reading at the quay.



Children taking part in the Falmouth Sea Shanty



The whole school having their assembly on the Bowling Green for World Earth Day

## Our School

You might well have chosen Flushing because of its size. We currently have 59 children on roll.

Reception, Year 1 and Year 2 are taught in Starfish class with 18 children

Year 3 and Year 4 are taught in Seals with 22 children

Year 5 and Year 6 are taught in Dolphins with 19 children

### Parents View from a new parent

We have two daughters in Flushing school in both Seals and Dolphin classes. We are extremely happy that we moved the girls to such a stimulating and nurturing school. All members of staff were so supportive when we initially moved, giving feedback as to how the girls had settled in. Our daughters come home from school chatty and happy and enjoy clubs such as sailing after school. We are delighted we decided to make the move to Flushing Primary. Mrs Murdoch

We are thrilled with Flushing School - it's like a big family, as all the staff know all of the children, and there are lots of friendships across the year groups. Mrs Eva is a very nurturing and experienced teacher and our son has settled in well into the Starfish Class. He says that, "my favourite part of school is playing with all my friends."

My husband and I both recently read *Hold On To Your Kids* by Gabor Maté. In it he describes a village school very similar to Flushing as the ideal environment in which to raise your children. It's wonderful to see our son thriving there and we're looking forward to his sister joining him in another years time. - Eleanor Aston

## Communication

We try our best to keep you informed with school news, events, learning and successes. Please find below a summary our communication methods.

Communication	Method
Information about class routines e.g PE days, home learning etc	Letters sent home and then also posted on Class Dojo and the website.
Updates about what is happening in each class	ClassDojo - we will aim to add posts to the class story.
Sharing your child's learning journey	We will hold parent teacher meetings in the Autumn and Spring terms and you will receive a school report which has details about your child's attainment and targets in July.
Whole School Newsletter	We publish our school newsletter on a Friday afternoon, and it will be shared ClassDojo and posted on the school website.
Notification about educational trips / sporting events	By letters in book bags
Notifying you of an emergency closure e.g in the event of snow	ClassDojo

If your phone number or email has changes, please ensure that you notify us.

We request that you communicate with the school in the following ways:

Communication	Method
Reporting Absences	Please phone or email the school office by 9am on the day that your child will not be attending. You need to inform the school of the specific reason why your child is unable to attend.
Notifying the school that someone different is picking your child up	<u>Tell</u> the class teacher at the beginning of the day or <u>phone</u> the office so a message can be passed onto the class teacher.
Medical Appointment	If you need to collect your child during the school day for a medical appointment, please notify the school office in advance. This advance notice allows our office staff to inform the class teacher, ensuring that your child is ready for collection upon your arrival, thereby minimising disruption to their learning.
Questions for the teachers about your child's learning and wellbeing	<u>Face to face</u> at the beginning or end of the day or by appointment.  It is possible to send brief messages via ClassDojo but please note that these will not be checked during teaching hours.
Booking breakfast club and wraparound	Booking and payment through ParentPay.
If you have safeguarding concerns about a child	Please speak to Mrs Power, our Designated Safeguarding Lead or Miss Mitchell or Mrs Eva, our Deputy Designated Safeguarding Leads.

# The School Day

The school day runs from 8.45 a.m. - 3.15 p.m. The gates are open for the children to come into school from 8.35 a.m.-8.45 a.m.

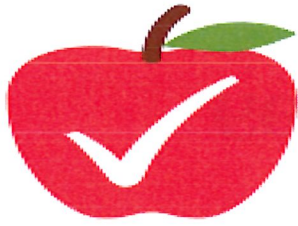
Registration is at 8.45 a.m. If your child arrives after that time and the gates have been closed, they will need to be brought in through the main office and you will be asked to sign their child in.

Breakfast club operates from 8 - 8.35 a.m. you can book a space for your child via Parent pay. The cost is £4.50 and the children can enjoy a breakfast of toast with orange or apple juice.

Lunch is from 12 -1. Chartwells provide cooked lunches, and they are served from the Village Club, they are brought in from Mabe kitchen. Parents need to book their child in for lunches via Parentpay. The cost of meals is £2.65. Children in Reception, Year 1 and Year 2 are entitled to free school meals. (menu included at the end of this booklet).

School provides a morning snack of fruit for Key Stage 1 children and under 5s have the option of milk for morning break.

After school provision is available from a local company - Tarq's Ark Tarq's Ark - All Saints : All Saints. They are based in Falmouth but pick up our children after school to transport them to their base for after school care. They are open Monday - Friday until 6p.m.



# Attendance Matters

Every student. Every day.

We wholeheartedly believe that good attendance at school supports learning and creates a sense of belonging. As you might be aware, the Government requires good attendance (at least 96%) and monitors every school's figures. You will be kept up to date regularly with both the school's attendance figures and those of your individual child.

There is a register taken every day at 8.45 a.m. and 1.05 p.m. If your child is ill, please call the school as early as possible that day to inform us and, if there is any sickness or diarrhoea, we kindly ask that you keep your child off school until at least 48 hours after the last episode.

Department for Education guidance is clear about term time holidays which will not be authorised unless they fall within an exceptional circumstance.

Our Attendance Policy can be found on the school website.

# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

## **Pupil Premium**

### **What is the Pupil Premium?**

The Pupil Premium was introduced in April 2011 and is additional funding that the government gives to schools for each pupil on roll where they are deemed to be disadvantaged. The money must be spent on that pupil to support their education, but it is for the school to determine how it is spent. The Department of Education website is a good source of additional information:

<http://www.education.gov.uk/schools/pupilsupport/premium>

### **Why is the Government providing the Pupil Premium?**

Poverty or low income is the single most important factor in predicting a child's future life chances, with many pupils' having low attainment by the time they leave school at age 16. The Government believes that the Pupil Premium is the best way to address these underlying inequalities between children eligible for free school meals (FSM) and their peers by ensuring that funding to tackle disadvantage reaches the pupils who need it most.

### **Who receives the Pupil Premium?**

Pupil Premium is allocated to pupils in school year groups from Reception to Year 11 from low-income families who are registered for FSM, or who have been registered for FSM at any point in the last six years (known as 'Ever 6'), together with children that have been in care continuously for 6 months or more.

### **What is the Service Premium?**

The Service Premium grant is for pupils who have a parent serving in the armed services. Unlike the Pupil Premium, this grant is not solely for raising attainment but for providing additional (mainly pastoral) support.

### **Who receives the Service Premium?**

Pupils with a parent currently serving in the armed services and supporting their family, pupils who have a parent who died in action and those whose parents have left the service since April 2011 for other reasons, including injury. To be eligible, the parent must be supporting their family, so where they are separated or divorced a pupil will not be eligible.

### **How do parents register their child's entitlement for Pupil Premium?**

Parents must apply for free school meals via the [County Council Website Synergy - Enquiry](#) or the school office, this is a quick and simple process. All you need is your National Insurance Number, date of birth, name and child's details and an eligibility check can be carried out using the Department for Education's Eligibility Checking System, this will confirm if details have been matched or not. It will not tell us what benefits you are in receipt of, dates when a benefit was awarded or say how much you receive. Confirmation will be sent to you and the school within 5-10 working days. Further information is available on the [Northamptonshire County Council Website](#). Pupils do not have to take up their entitlement to a free meal but Local Authorities and schools recommend that they do. The government is made aware of each pupil claiming FSMs each term via the school census so they have up-to-date information on those eligible.

### **How will schools spend the grant?**

Schools must spend the grant for the educational benefit of their eligible pupil. The grant can be spent on services that benefit pupils at the school or their families, in the locality in which the school is situated. Pupil Premium grants can be carried forward to the next financial year if all the money is not spent in the year in which it is allocated.

## Parents Views on Flushing School

In March 2026 we sent out a parental survey asking for parental feedback. Here are some of the responses:

What are our great strengths here at Flushing School?

- *Very personal and loving environment, I feel happy handing my child over every day, she comes home happy and is extremely interested in learning. She is a lovely polite, kind and bright child with a great work ethic, this has a great deal to do with school.*
- *Community, closeness and family environment*
- *The pupils care for one another despite their school class or age*
- *The care that the staff have shown for the children every time there's been an event on that parents have come to is really evident. The staff and pupils have fantastic relationships. The communication between the school and parents is brilliant too and it's very easy to get a quick response from the office to my queries.*
- *Passionate, Supportive Environment*
- *We have had such a positive start to Flushing school and we're delighted without experience. She had such an unhappy time at her last school and for a while we thought that we'd lost our confident, happy girl but Flushing school has brought her back THANK YOU!!!*

## School Uniform

Our school uniform is available to buy through Castle Sports in Falmouth. Please use this link to visit our page on their website or just pop into the shop.

<https://www.castlesports.co.uk/flushing-primary-school> or please see order form at the end of this booklet.

Our uniform is as follows

- Black school trousers/shorts (no corduroy or jeans)
- Black school skirts or pinafores (of knee length, tube or stretch skirts are not allowed)
- Royal blue polo shirts with school badge
- Royal blue sweatshirt, cardigan or fleece with school badge
- Socks/tights (white, grey or black, multi coloured are not allowed)
- SHOES: Well-fitting all black school shoes (that cover and protect the whole foot). No boots or training shoes please.
- Blue gingham dresses in the Summer



## P.E. UNIFORM

Children are asked to come to school wearing their PE uniform on PE days,

2025-26 PE Days are as follows

Starfish - Tuesday and Thursday

Seals - Wednesday and Thursday

Dolphin - Tuesday and Wednesday

Blue t-shirts and black shorts are available through Castle Sports.

Training shoes must be worn for lessons.

Plain black leggings/jogging or tracksuit bottoms can be worn during the winter.



It is important that the children have access to a waterproof coat as we may go offsite for our learning.

We ask that children do not wear jewellery to school. A watch and a single/pair of plain stud ear-rings are permitted.

Hair should be in a conventional style and colour. For safety and hygiene reasons, we ask that shoulder length or longer hair is tied back. Hair wraps and razored designs are discouraged.

Castle Sports & Uniform Ltd  
10 Killigrew Street  
Falmouth  
Cornwall TR11 3PG  
Tel: 01326 311805  
enquiries@castlesports.co.uk  
www.castlesports.co.uk



## Purchasing Flushing Primary School Uniform

We are pleased to introduce ourselves as the new school uniform supplier for Flushing Primary School and we look forward to meeting you over the forthcoming months.

Castle Sports and Uniform is an independent sports shop located at the bottom of Killigrew Street in Falmouth (opposite Tesco). From the end of April 2026, we will hold Flushing School uniform in stock all year round, in all sizes, so simply come into the shop or give us a call, and we'll help you to find the right size for your child.

During periods of high demand, such as during the busy summer holidays, some sizes may temporarily go out of stock but if this happens, we will just take your order and call you when your items are ready to collect. In order to ensure that your child has their uniform ready for starting/returning to school in September, **please place your orders by Saturday 8th August 2026** at the latest.

Castle Sports and Uniform is open at the following times:

**Monday - Friday:** 10.00 - 17.00  
**Saturday:** 10.00 - 16.00  
**Sunday:** Closed

Alternatively, you can order your uniform online at [www.castlesports.co.uk/flushing-primary-school](http://www.castlesports.co.uk/flushing-primary-school) for either home delivery (for a charge), free delivery to school (during term time) or click & collect from our shop. If you have any queries or wish to check whether a particular item is in stock, please give us a call on 01326 311805 or email [enquiries@castlesports.co.uk](mailto:enquiries@castlesports.co.uk) and we'll be happy to help.

We look forward to seeing you soon.

*Cath & Teresa*

**Cath Horton & Teresa McCormack**  
**Castle Sports & Uniform Ltd**



## Flushing Primary School Uniform Order Form 2026/27



ORDER DATE:		ORDER No. (SHOP USE ONLY):			
CUSTOMER NAME:					
CONTACT NUMBER:			EMAIL ADDRESS:		
Item	Available Sizes	Size required	Unit Price	Quantity required	Amount to pay
Crew Neck Sweatshirt: Royal Blue with school logo	Age 3-4, 5-6, 7-8, 9-10, 11-13		<b>£12.00</b>		
	XS, S, M (Adult)		<b>£14.00</b>		
Full-Zip Fleece: Royal Blue with school logo	Age 3-4, 5-6, 7-8, 9-10, 11-13		<b>£15.00</b>		
	XS, S (Adult)		<b>£18.50</b>		
Hoodie: Royal Blue with school logo	Age 3-4, 5-6, 7-8, 9-10, 11-13		<b>£14.00</b>		
	XS, S (Adult)		<b>£16.00</b>		
Polo Shirt: Royal Blue with school logo	Age 3-4, 5-6, 7-8, 9-10, 11-13		<b>£8.50</b>		
	XS, S (Adult)		<b>£11.00</b>		
PE T-Shirt: Royal Blue with school logo	Age 3-4, 5-6, 7-8, 9-10, 11-12		<b>£6.50</b>		
	XS, S, M (Adult)		<b>£8.00</b>		
PE Shorts: Black	Waist 20", 22", 24", 26", 28"		<b>£7.00</b>		
	Waist 30", 32", 34/36"		<b>£8.50</b>		
Book Bag: Royal Blue with school logo	One size		<b>£7.50</b>		
<b>Total amount to pay</b>					
Payment Method Card/Cash/Cheque/BACS (Please Circle)					<b>DATE PAID:</b>

By completing this form you are consenting to Castle Sports & Uniform Ltd holding your data in accordance with our Privacy Policy which is available at [www.castlesports.co.uk](http://www.castlesports.co.uk).

Uniform is available exclusively through Castle Sports & Uniform Ltd at 10 Killigrew Street, Falmouth, TR11 3PG. Orders may also be placed online at [www.castlesports.co.uk/falmouth-primary-academy](http://www.castlesports.co.uk/falmouth-primary-academy) or over the phone by calling on 01326 311805. **PLEASE ORDER EARLY (by Saturday 8th August 2026 at the latest) TO ENSURE DELIVERY IN TIME FOR THE NEW SCHOOL YEAR.**

Opening times:    Monday - Friday:    10.00 - 17.00  
                          Saturday:                10.00 - 16.00  
                          Sunday:                    Closed

Payment can be made by Credit/Debit Card, Cash or BACS Payments to: Castle Sports & Uniform Ltd - Sort Code: 52-41-31 Account No: 45185263



# SPRING/SUMMER 2026 MENU

Available Daily  
Deli Sandwich, Baguette or Wrap

# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	Cheese and Tomato Pizza 	Beef Bolognese 	Roast Chicken 	Homemade Sausage Roll 	Battered Pollock 
<b>OPTION 2</b>	BBQ Vegetable Wrap 	Vegetarian Bolognese 	Sweet Potato & Chickpea Roast 	Macaroni Cheese 	Quorn Dippers 
<b>OPTION 3</b>	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 
<b>DESSERT</b>	Vanilla Slice 	Oat Cookie 	Strawberry Shortcake Mousse 	Strawberry Jelly 	Chocolate Ice Cream 

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings



**AVAILABLE DAILY**  
Fresh fruit, salad, yogurt and water

- Vegetarian 
- Vegan 
- Oily fish 
- Fruity! 
- Wholegrain 
- Nutritionist's Choice 

Our menu is subject to change. Please be aware that all products are sold on a best before basis.

# WEEK 2

W/C: 20.04.2025

## SPRING/SUMMER 2026 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1</b>	 Cheese & Tomato Pizza	 Beef Burger	 Roast Gammon	 Tandoori Chicken	 Fish Fingers
<b>OPTION 2</b>	 Tex Mex Vegetable Fajita	 Beany Vegetable Burger	 Roast Quorn	 Macaroni Cheese	 Spanish Omelette
<b>OPTION 3</b>	 Tomato Pasta Or Jacket Potato	 Tomato Pasta Or Jacket Potato	 Tomato Pasta Or Jacket Potato	 Tomato Pasta Or Jacket Potato	 Tomato Pasta Or Jacket Potato
<b>DESSERT</b>	 Chocolate Cookie	 Sticky Oat Slice	 Caramel Mousse	 Chocolate Brownie	 Strawberry Ice Cream

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings

**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water



Vegetarian  
Vegan  
Oily Fish  
Fruity!  
Wholegrain  
Nutritionist's Choice

**Chartwells**  
Schools

Our menu is subject to change. Please be assured that all notified food allergies and dietary requirements are fully catered for.

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# SPRING/SUMMER 2026 MENU

# WEEK 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza 	Beef Meatballs In Tomato Sauce 	Roast Chicken 	All Day Breakfast 	Southern Fried Chicken 
	OPTION 2	Veggie Meat Feast Pizza 	Cheesy Bean Burrito 	Cheese & Tomato Quiche 	Vegetable Lasagne 	Veggie Fingers 
	OPTION 3	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 	Tomato Pasta Or Jacket Potato 
DESSERT		Custard Shortbread with Melon 	Chocolate Fudge Cake 	Jelly with Fruit Slices 	Lemon Drizzle Cake 	Vanilla Ice Cream 
	HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD					



**BAKED POTATOES SERVED DAILY**  
With a choice of toppings



**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

- Vegetarian
- Vegan
- Oily Fish
- Fruity!
- Wholegrain
- Nutritionist's Choice