



# The Gusford Gazette

We break up on Friday 4th April and return after Easter on Wednesday 23rd April.

Issue 2566

Friday 28th March 2025

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## Tree Planting

On Saturday, several of our families helped plant a variety of different trees and shrubs along the Ellenbrook Road fence line. Thank you for your help.



## Year 6 Trip to Cambridge

On Monday, our Year 6 children spent the day in Cambridge at The Botanic Gardens. They had a very enjoyable time.



## Dial Lane Book Club

On Sunday, six of our children attended the Dial Lane Children's Book Club and met the author Judith Eagle, who talked about her amazing new book "The Great Theatre Rescue".



## Summer Fun Run

Why not sign up for our Summer Fun Run? (very similar to our Santa Fun Run)

<https://forms.office.com/e/CTqKVNTQGf>



## Three Brook Challenge

On Friday 4th April, you can take part in the Three Brook Challenge, Can you collect all three punches and earn a prize? See poster attached for more details.

## Aeroplane Championship

Practise making a paper aeroplane this Easter and enter our championship after the holiday. See poster attached for more details.



## Mrs Beardon's Egg Decorating Competition

Eggs are welcome in school all week, Judging on Friday 4th April.



## LentonBrook Foundation

On Friday 4th April, we are taking part in Mark Ashton's Foundation Charity Day. Wear blue to school all proceeds to the Foundation (it's also our Three Brook Challenge).. Look at this fab interview 12 minutes in to find out more about the LentonBrook Foundation.

<https://www.youtube.com/watch?v=QxbZXPhjcMY&t=837s>

## ARBOR Migration

We have a new management system (communication, paying on line, record keeping). Please can you ensure you have signed up to Arbor by the 4th of April. We will have most of our communications via Arbor by Summer Term. Once you have signed up you will notice a few positive changes, one of which being able to view your child's attendance percentage. If you have any issues, please contact the office.

## Dogs!

We love dogs but not on the school site please (even if they are held). Dogs are great but they can cause issues in school. However friendly they are at home they can react differently when confronted by lots of children. Some children can have phobias about dogs others have allergies. Dogs can also leave little presents on the school grounds...so all in all, dogs are best kept off school premises. Thank you.

## Gonka Bars

Another brilliant fundraiser. Our Friends of Gusford did a super job. Thank you. Did you find a golden ticket?



## Gusford Diary Dates

'The Big Sing'. Wednesday 2<sup>nd</sup> and Thursday 3<sup>rd</sup> April at 2:15pm.

**Last day for decorated eggs.** Thursday 3rd April (to be judged on Friday 4th in assembly)

**Mark Ashton's Charity Day (LentonBrook) and 3 Brook Challenge.** Wear Blue. £1.00 donation. Friday 4th April.

**Three Brook Challenge.** Friday 4th April.

**End of Term 4.** Friday 4th April. We return on Wednesday 23rd April.

**Paper Plane Championship.** Weds/Thurs/Friday. Starting 23rd April.

**May Day Bank Holiday** 5th May.

**Summer Disco.** Wednesday 21st May

**End of Term 5.** Friday 23rd May. We return on Monday 2nd June.

**Y6 to Hilltop** 2nd-4th June

**Treasure Island Show.** Friday 6th June

**Bluey Trip to Felixstowe.** Friday 13th June

**Year 4 WCET Festival Trinity Park.** Tuesday 17th June.

### Sports Days

Tuesday 17th June Nursery & Reception Sports Day 10:15-11:45am

Wednesday 18th June Years 5 and 6 Sports Day 1.30pm

Thursday 19th June Years 3 and 4 Sports Day 1.30pm

Friday 20th June Years 1 and 2 Sports Day 1.30pm

**Summer Fete** Saturday 21st June (Suffolk Day)

**Summer Fun Rub.** Sunday 6th July

**Snape Maltings Music Festival.** Monday 7th July

**Y6 performance.** Dress rehearsal Friday 4th July. Afternoon performance on Tuesday 8th July at 2.00pm and evening show on Wednesday at 6.00pm

**Y6 Leavers' assembly** 2pm. Thursday 17th July followed by Y6 BBQ 5pm - 6.30pm

Also, the **induction days for Y6** at high school are:

25/06 and 26/06 - East Bergholt and Claydon

01/07 - Holbrook

02/07 and 03/07 - Chantry

**End of Term 6.** Friday 18th July. We return after the Summer holiday on Wednesday 3rd September.

(Please note certain dates are subject to change)

## Attendance Tracker

Have you seen the attendance tracker for this term? There are lots of activities and rewards the children can earn. We are hoping that most of them can make it to the end with 100%. Good luck.

## Birthday Books

Happy Birthday last Monday Layla and thank you for the Birthday Book.



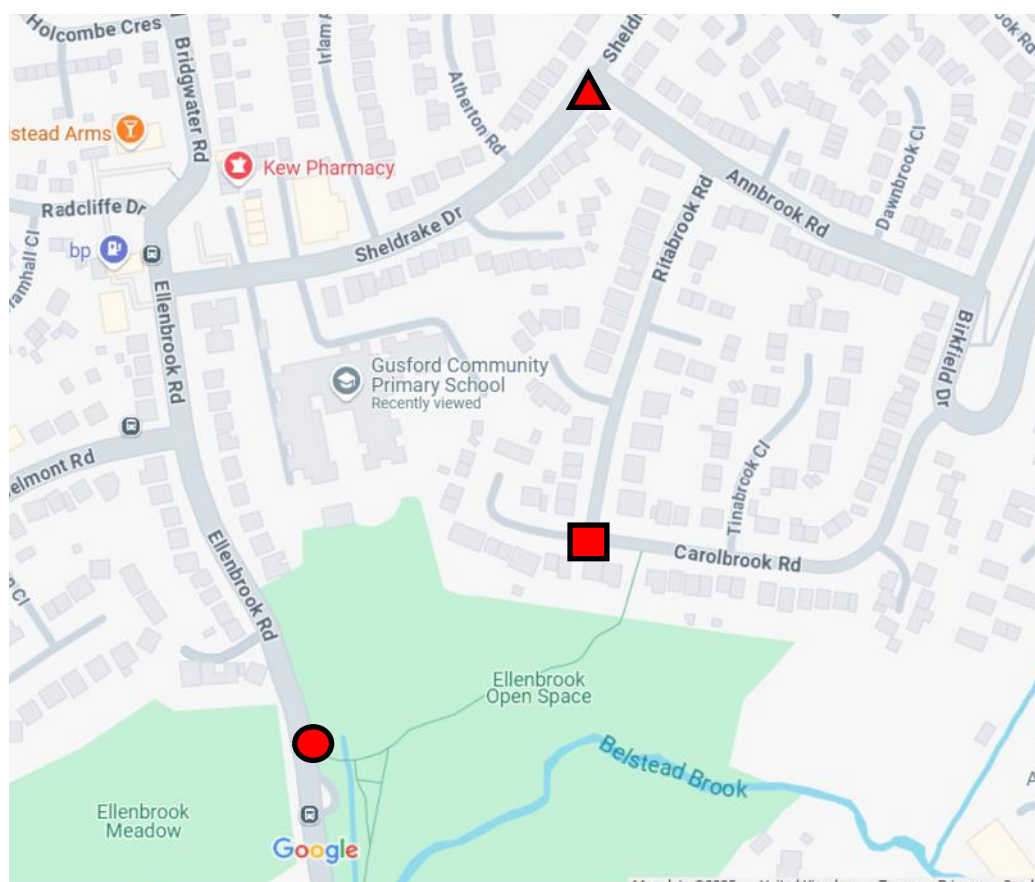
## Hopscotch Hare

Lots of staff and children helped Mina make her design come to life on our Hopscotch Hare. It will be placed in one of the shops in town. We don't know which one yet so we'll let you know when we find out. If you send me a photo of a Gusford pupil standing next to the Hare you will get a Crème Egg.





# The Three Brook Challenge



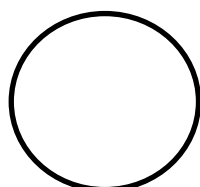
On Friday 4th April (Mark Ashton Charity Day-Lentonbrook Foundation) you can try the 'The Three Brook Challenge'. One member of staff with a special 'punch' will be standing at the Ellenbrook Road shelter, a second member of staff with a different punch will be at the bottom of Ritabrook and a third member of staff with another punch will be at the junction of Annbrook and Sheldrake (see map above). They will be there from 8.15-8.45am. If you collect all three punches on the card below you will receive a unique foot badge when you get to school. Just show me your completed card at the Y3/4 gate where I stand in the mornings.



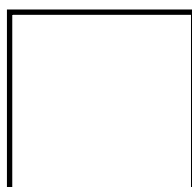
If you use Breakfast Club or can't make the challenge because of work commitments please do not worry, we will do another challenge later in the summer term that you will be able to enter.



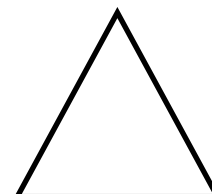
Ellenbrook



Ritabrook



Annbrook





# Easter Egg Design Competition



**Create your design on a hard-boiled egg for a chance to win a full-sized Easter Egg! Mini Easter Eggs will be awarded to runners-up.**



**Please bring in your entry to your class teacher by Thursday 3<sup>rd</sup> April for a chance to win!**



**Winners will be revealed on Friday's 4<sup>th</sup> April, during assembly!**





# Paper Plane Championship

Starting Wednesday 23rd April

Morning break in the school hall: Wednesday/Friday

Lunchtime on the field: Wednesday/Friday

After school on the field (3.30-4.15pm): Thursday (Parents welcome)

Category 1: Furthest indoor flight (distance)

Category 2: Longest indoor flight time (hang-time)

Category 3: Furthest outdoor flight (distance)

Trophy for the winner of each category



## Restrictions

- No card. Paper only (150 gsm max)
- A4 or A3 paper
- No glue or cello tape or similar fixings/adhesives
- Blue-tac allowed for balance
- Planes can be pre-made at home
- Planes must be manually released (thrown)

Good luck!



# What Parents & Educators Need to Know about BLUESKY SOCIAL APP

AGE RESTRICTION  
**13+**

With an App Store rating of 17+ & Google Play rating Mature

## WHAT ARE THE RISKS?

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X – but like any social media site, it still has its share of risks.

### NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first protocol. If private accounts are ever introduced, it may only be in a limited way – such as through the implementation of group chats.

### INTERACTIONS WITH STRANGERS

Every account being public means that anyone can be contacted by anyone else. While users don't have to respond and can easily block people and move on, it does mean that youngsters are at particular risk of being conned by scammers, messaged by predatory adults or exposed to others with ill intentions. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

### TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe in continuing to use the app.

### DANGEROUS MISINFORMATION

Established news organisations have fact-checking and editing processes, but social networks have no such controls and can often serve as breeding grounds for misinformation and disinformation. Bluesky will possibly be no different once it reaches a certain size, and children may not have the critical thinking skills to tell fact from fiction – or to discern an informative, honest user from a malicious one.

### ADULT TARGET AUDIENCE

Bluesky isn't designed with children in mind, and there aren't many parental controls on the platform. In an interview with the BBC, Bluesky's CEO originally said that the app would only allow users aged 18 and above to sign up, but a spokesperson later clarified its age restriction as 13+. This could imply the app was originally meant for an adult audience and suggests that making the platform more child-friendly might not currently be a priority.

### RAPID GROWTH

At the time of writing, Bluesky seems calm in comparison with other social networks where moderation is lax and the atmosphere toxic – but that's due at least in part to its smaller community. The app has recently been adding as many as a million users per day, and if that continues, there'll be more unpleasant users to handle, and moderators could struggle to maintain the pleasant environment Bluesky is currently known for.

## Advice for Parents & Educators

### USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can hide sexual and graphic imagery. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The advanced Bluesky Moderation Service lets you restrict content even further, hiding – for example – self-harm content, extremist rhetoric, and even rude posts.

### ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If a child is encountering trolls or bullies on the platform, encourage them to use this function, while also reporting the offenders to help make the platform a nicer place for everyone.

### LOOK OUT FOR FAKES

Impersonation is a problem on all social networks. While the consequences are usually benign, imposters sometimes attempt to scam or groom children by pretending to be a popular influencer or online personality. Bluesky is unique in that it can be connected to official domains, with users' handles linking to other sites; while this isn't widely used right now, it could be a reliable way to verify celebrities and public figures in future.

### KEEP AN OPEN DIALOGUE

As with all social media platforms, moderation and content filters can only do so much; it's highly likely that a child will eventually face something unsavoury. For that reason, it's important to make sure that young people are aware of the risks and know how to handle the technology if anything they see on the app makes them feel unsafe or uncomfortable.

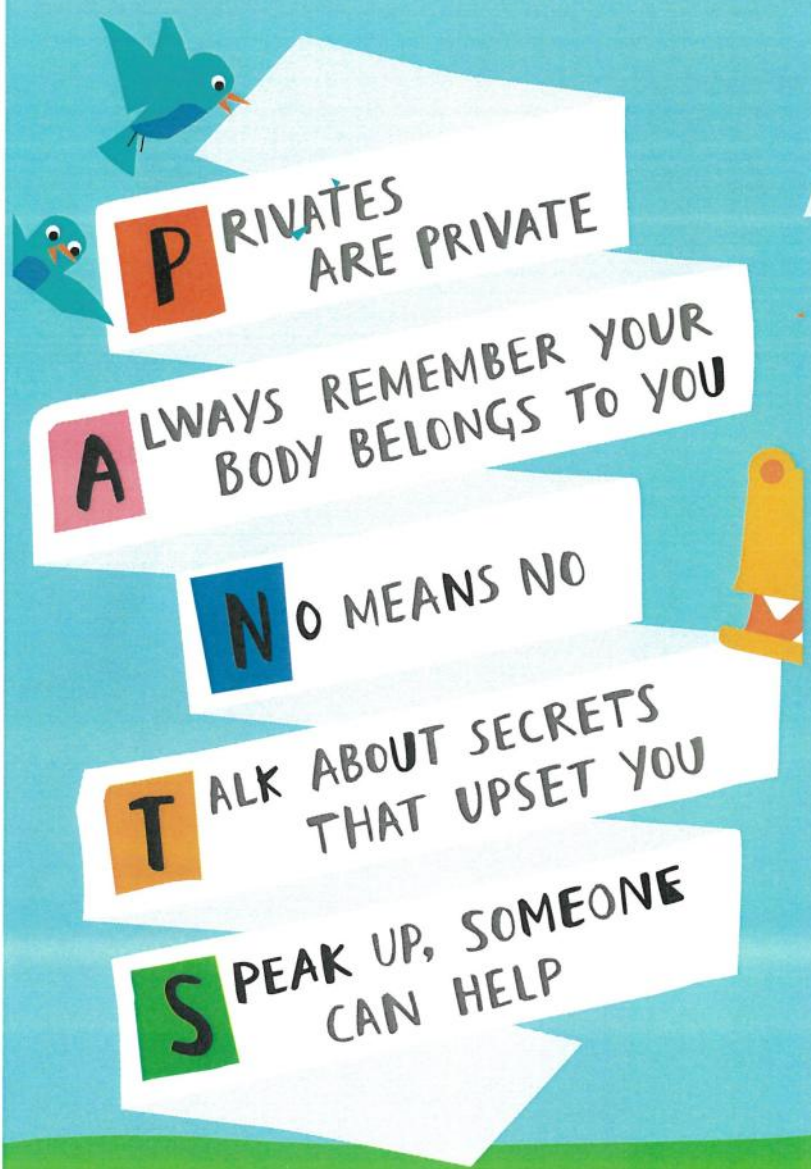
### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/bluesky-app>





EVERY CHILDHOOD IS WORTH FIGHTING FOR



# LEARN ALL ABOUT PANTS WITH PANTOSAURUS!

## **P** RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



## **A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU

Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.



## **N** O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



## **T** ALK ABOUT SECRETS THAT UPSET YOU

There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.



## **S** PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.



You can also talk to Childline. Call **0800 1111** or contact them online at **Childline.org.uk**. Someone will always be there to listen.





## ICE ILLUSIONS MAJORETTES TROUPE

# RECRUITING NOW!

We currently have spaces in our award winning team for ages **4-12 years old!**



ICE ILLUSIONS  
MAJORETTE  
TROUPE

sponsored by



**FIRST 2  
SESSIONS  
ARE FREE!**

## COME ALONG AND LEARN:

- Baton Twirling
- Dancing, Marching & Strutts
- Use of Pom Poms, Flags, Ribbons, Wheels and so much more

Majorettes can help build confidence, coordination & social skills.

**MONDAY & FRIDAY  
6PM-7:30PM  
PINEWOOD COMMUNITY HALL**

Secure your space by contacting  
Natasha on 07771 886316



@ice.illusions



@ice.illusionsmajorettes



ICE Illusions Majorettes Troupe - Ipswich



13th Jan, 3rd Feb, 24th Feb, 17th March, 7th April

Autumn / Winter 2024/2025 - Week One

Dates: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 1<sup>st</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr  
Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, Baked Bean & Spiral Pasta Bake	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Beef Pasta Bolognese & Garlic Bread	Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza with Tomato Pasta Salad	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Plant-based Pasta Bolognese & Garlic Bread	Crispy Vegetable Fingers & Chips
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn	Red Tractor British Peas, Baked Beans	Broccoli/Cauliflower & Carrots	Broccoli, Carrots & Cauliflower Sweetcorn	Baked Beans British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
Dessert	Chocolate Mousse and Orange Smiles	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard

20th Jan, 10th Feb, 3rd March, 24th March, 14th April

Autumn / Winter 2024/2025 - Week Two

Dates: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr  
Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	Fish Fingers & Chips
Main Meal Option 2	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals	Crispy Vegetable Fingers & Chips
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Baked Beans or British Red Tractor Garden Peas	Broccoli/Cauliflower & Carrots	Broccoli/Cauliflower & Carrots, Sweetcorn	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread/ Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

6th Jan, 27th Jan, 17th Feb, 10th March, 31st March

Autumn / Winter 2024/2025 - Week Three

Dates: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 5<sup>th</sup> Jan, 25<sup>th</sup> Jan, 15<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar  
Available Daily: Fresh Bread, Fresh Fruit & Yoghurt



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Barbeque Chicken & Rice	Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie	Cheese & Tomato Pizza with Tomato Pasta Salad	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mixed Rice	Cheese & Onion Pastry Roll & Chips
Filled Sandwiches	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato With Cheese or Beans
Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake with Custard

## Spring / Summer Menu Week 1

5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July, 8<sup>th</sup> Sept, 29<sup>th</sup> Sept, 20<sup>th</sup> Oct 2025

Eativerse

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese, Onion & Potato Pie & Home-baked Potato Wedges	Macaroni Cheese	Beany Shepherd's Pie <sup>VG</sup>	Rainbow Vegetable Lentil Pitta Pockets & Hummus <sup>VG</sup>	Vegetable & Bean Quesadilla, Chips
Halal Option	Halal Chicken Sausage Toad in the Hole & Home-baked Potato Wedges	Halal Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese, or Beans
Dessert	Banana Mousse & Orange Smiles	Marble Sponge <sup>VG</sup> & Custard	Strawberry Jelly with Watermelon Slice <sup>VG</sup>	Vanilla Cookie <sup>VG</sup>	Iced Sponge Cake with Sprinkles

## Spring / Summer Menu Week 2

21<sup>st</sup> April, 12<sup>th</sup> May, 2<sup>nd</sup> June, 23<sup>rd</sup> June, 14<sup>th</sup> July, 15<sup>th</sup> Sept, 6<sup>th</sup> Oct, 27<sup>th</sup> Oct 2025

Eativerse

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Veggie Sausage with Mash & Gravy Vg	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheesy Bean Pitta	Tomato & Baked Bean Pasta Bake Vg
Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

## Spring / Summer Menu Week 3

28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July, 11<sup>th</sup> Aug, 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov 2025

Eativerse

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice	Beef Lasagne & Garlic Bread	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice <sup>VG</sup>	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Bean Burrito & Potato Wedges <sup>VG</sup>	Cheese & Onion Puff Pastry Roll
Halal Option	Halal Sweet & Sour Chicken Meatballs & Sunny Rice	Halal Red Tractor Beef Lasagne & Garlic Bread	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	
Filled Sandwich	Cheese	Ham	Tuna Mayonnaise	Ham	Cheese
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese or Beans
Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges <sup>VG</sup>	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup> & Chocolate Sauce	Homemade Jam Sponge & Custard