The Groups' Play performers delighted the audience with their vitality and colour.

At a Glance

The Week Ahead
Letter from Colin
Parents - Key Dates
Match Reports

Train Times
Notices
Menus Next Week

‘Nights on the Nile’

Harmony Week

See photos
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 16 Nov</td>
<td>16.00</td>
<td>Leave Weekend</td>
</tr>
<tr>
<td>Sun 18 Nov</td>
<td>18.00-20.00</td>
<td>Boarders return</td>
</tr>
<tr>
<td>Mon 19 Nov</td>
<td>09.00-13.30</td>
<td>Dunhurst - Body Image Workshop</td>
</tr>
<tr>
<td>Tue 20 Nov</td>
<td>13.00-17.30</td>
<td>U13 Girls In2Hockey Tournament (A) at Southampton Sports Centre (leave at 12.00)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>18.00-19.00 Dunhurst - Performers' Platform Strings and Harp</td>
</tr>
<tr>
<td>Wed 21 Nov</td>
<td>09.00-12.30</td>
<td>RSC Live Streaming of Romeo and Juliet</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8.50-13.00 Trinity Music Exams</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.30-16.00 U13A + B Football v Ditcham Park (H) (League)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.30-16.00 U11A + B Football v Ditcham Park (H)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.30-16.00 U11A Hampshire Independent Girls' Netball League v Ditcham Park (H)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.30-16.30 U9 Football v Great Ballard (A) (leave Dunhurst 13.30)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16.00-17.30 U13A + U12A Netball v Ditcham Park (A) (leave Dunhurst 3.30pm)</td>
</tr>
<tr>
<td>Thur 22 Nov</td>
<td>15.00-16.45</td>
<td>Dunhurst Musicians to Welcome Club Steep</td>
</tr>
<tr>
<td>Fri 23 Nov</td>
<td>10.00-12.30</td>
<td>Block 1 - Practice Interviews</td>
</tr>
<tr>
<td></td>
<td>16.00-18.30</td>
<td>Block 2 - Parent/Teacher Appointments</td>
</tr>
<tr>
<td></td>
<td>16.30-17.30</td>
<td>JAW - HOPiT - Charity Presentations</td>
</tr>
<tr>
<td>Sat 24 Nov</td>
<td>10.00-14.00</td>
<td>Bedales Open Morning</td>
</tr>
<tr>
<td></td>
<td>11.00-13.30</td>
<td>Block 2 - Parent/Teacher Appointments</td>
</tr>
<tr>
<td>Sun 25 Nov</td>
<td>18.00-20.00</td>
<td>Boarders return</td>
</tr>
</tbody>
</table>
Dear Parents,

In a school where we pride ourselves on our pastoral care, we have embraced National Anti-bullying week. We re-named the week ‘Harmony Week’ to focus on the positive. With this focus, we learnt that if we work in harmony and teach empathy, bullying should not occur. The week has given us time to reflect on our actions, which can have an impact on an individual’s day. Some pupils watched this powerful video [https://youtu.be/1zxI1-9RU2U](https://youtu.be/1zxI1-9RU2U)

The RAK-tivators were out in force, spreading the ‘kindness’ message, ‘Kindness is the Dunhurst way’. Each day there were different activities run by the RAK-tivators. In assembly, Sam C introduced the theme and activities for the week. Thank you to all who gave up their break times to offer kindness and support to others in our community.

**Thoughts for each day**

**Monday**
Be the kind of person you want to meet.

**Tuesday**
We need to stand up for those who haven’t found their voice yet!

**Wednesday**
Always be kind and aware of your actions and behavior.

**Thursday**
Think before you speak or type.

**Friday**
Be the change!

**Family supper debate, just for fun!**
Is silence a sound? Can you hear silence?

**The week that was…**

One of the opportunities we offer the children at Dunhurst is to host an assembly on either a Monday or Thursday. Thank you this week to Maddie, Lily, Dare, Tom, Henry and Max. In Monday’s assembly Matt Potts, Head of Dunhurst and Dunannie catering, educated us all about our daily sugar intake. He highlighted the amount of sugar in the drinks we might choose to drink - quite astonishing! Magnus also led an assembly, about Wales and poetry, which was thought-provoking.

The final performance of the Groups’ play was a spectacular event. I loved the energy and sheer fun the children were having on stage. What fantastic confidence our children have to stand there and perform with such presence. Thank you to Izzy and Sara, for their time creating the costumes, and to the whole production team.

The Book Fair has been a wonderful sight. Lovely to see children engrossed in a book and deciding on which one to buy. All commission from the sales goes back to the Library to purchase more books, thank you for your support.

We were entranced by the performance of ‘The Wind in the Willows’ later on in the week. Group 2 and 3 children were also involved in workshops run by the visiting actors.

We welcomed 12 budding artist from surrounding Primary Schools to come and take part in an afternoon of art enrichment with Susan. Everyone very much enjoyed the experience and commented on the fantastic time they had with all of the resources on offer. This is another example of building community links with local schools.
We hosted an inspiring parenting workshop by Alicia Drummond. I hope everyone who attended left with tips to assist the wonderful journey of adolescence. Alicia said to us, “if you only take one thing away from this morning it is ‘get screens out of our children’s bedrooms”.

Thursday’s FOD coffee and ‘Sugar Awareness’ morning was a great occasion. Cookies and cakes were baked for us all to sample, all made with 50% less sugar, and still yummy! Thank you to all those who attended.

Christmas has come early at Dunhurst. A stunning performance of ‘A Christmas Carol’, performed by The Quantum Theatre Company, was enjoyed by the Groups’ children. This was an extended learning experience as some children are studying this in their English lessons.

Today, children supported the worthy cause of ‘Children in Need’ by wearing onesies or spots. Thank you for all of your kind donations. Every penny will make a massive difference to another child’s life.

Thank you to the parents who attended the informative ‘Bedales Assessment Q & A’ session this afternoon. It was great to have Rick Cross, Deputy Head (Academic), and the Bedales team answer questions for Block 1 pupils and parents.

Dates for your diary

Friday 16 November - Block 1 - Bedales Assessment Q & A
Friday 16 November - Long leave weekend- School finishes at 16.00 with no Saturday school.
Tuesday 20 November - Performance Platform
Thursday 22 November - Parent Cookery Workshop (revised date) There are still a few spaces available. Please email dbaty@bedales.org.uk to book
Friday 23 November - Block 2 Parent/Teacher appointments
Saturday 24 November – Block 2 Parent/Teacher appointments

A little reminder…

- Please could all clothes, bags, personal property and PE kit be named. This is vital to assist with lost property. Lost property will be in the Well this Friday afternoon. Please do take the time to see if any belongs to your family.

- Please could I ask that pupils have a waterproof coat and sensible outdoor shoes in school. We are passionate about our children getting outside at break times for some fresh air. A little bit of rain never hurt us when we were growing up. We believe, it is not the weather that is inappropriate; it's the clothes we wear…

- Next term’s Activities have been released online today.

Nichola Gotel, our Head of English, is going on maternity leave at the end of this term. We are delighted that we have Freya Gye joining us in January to cover the next two terms. Freya was educated at Edinburgh, then Oxford and holds Master degrees in Arabic and Literature and Arts as well as a PGCE from the University of Buckingham (in English). Freya comes to us from Giggleswick School, she was previously Head of English at Pinewood Prep School and is a keen player of hockey, netball, cricket and rounders. Freya also enjoys African drumming and playing the flute. She will be coming to Dunhurst in the coming weeks for a thorough handover of all the children that Nichola teaches and for overall management of the English Department at Dunhurst.

Have a lovely long weekend and I look forward to seeing you next week.
**Outdoor Work**  
**Parents' Gardening Group**

Everyone is welcome to join the Outdoor Work Parents’ Gardening Group

Following on from feedback at Badley Day that people thoroughly enjoyed the chance to get stuck in, we’ll be organising sessions each term for you to get involved - whether to do a specific project, finish off work that the children can’t do or carry out general maintenance around Outdoor Work.

No gardening experience necessary and all equipment including gloves will be provided (plus some tasty nibbles and a cup of tea or coffee to keep your energy up!).

**FIRST SESSION:**  
**FRIDAY 30 NOVEMBER**  
**FROM 16.00 to 17.30**

So come along and get stuck in - if you can’t make the whole session, that's OK. Just come for as much as you can. Please click the link below to sign up so we can plan refreshments.

[**E-mail link**](mailto:link)

---

**AUTUMN TERM**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 16 November</td>
<td>Leave weekend begins</td>
<td>16:00</td>
</tr>
<tr>
<td>Sun 18 November</td>
<td>Boarders return</td>
<td>18:00-20:00</td>
</tr>
<tr>
<td>Tue 27 November</td>
<td>Concert - St Peter’s Church</td>
<td>10:00-14:15</td>
</tr>
<tr>
<td>Sat 1 December</td>
<td>The HOPiT Fair</td>
<td>10:00-13:00</td>
</tr>
<tr>
<td>Mon 3 December</td>
<td>Dunannie Charity Christmas Fair</td>
<td>15:00-16:30</td>
</tr>
<tr>
<td>Tue 4 December</td>
<td>Dunhurst Christmas Concert</td>
<td>19:00-20:00</td>
</tr>
<tr>
<td>Fri 7 December</td>
<td>Term ends</td>
<td>14:30</td>
</tr>
</tbody>
</table>
What’s Been Happening...

THE GROUPS’ PLAY

Please see the Notice on page 12 for information about viewing and ordering photos.
THE BOOK FAIR

The Book Fair was a great success, with sales of over £1000 which will entitle us to lots of lovely new books!
MATCH REPORTS

U9 Netball v PGS (W9-0)
The U9s started their match off brilliantly against an U10 PGS team. PGS started with the first centre but we quickly intercepted the ball, passed confidently down the court and scored immediately. Some fantastic defending from Georgie, Chloe and Liberty meant that PGS struggled to get the ball into their circle and by the end of the first quarter, following some brilliant shooting from Libby and Peyton, we were leading 4-0. Dunhurst continued to dominate in the second quarter with Madeleine, Marlowe and Lyra moving the ball well down the court and picking up lots of intercepted passes.

In the second half, following a big change of positions, we continued to dominate, with Annabel feeding the ball strongly to our shooters and Liberty scoring 3 goals in a row! We were unstoppable and the final score was 9-0 to Dunhurst. A well deserved win, well done!
Karen

U10 + U11 Netball Festival v PGS
Wednesday afternoon saw PGS and Dunhurst combine to play a fun Netball Festival. There were 8 teams with a mixture of both schools. This meant that we had over 50 children playing Netball and the quality of the Netball played was high. It was also a versatility tournament meaning everyone played every position.

Well done to all involved and this was a great advert for Netball at Dunhurst!
Shelley
U11B Football Tournament PGS Winners (W 1-0)
A really close game, it could have been anyone's. The balls hit the posts so many times you would think they were moving! Really good defending and really good shape. We started to place the ball down the wings and, after a fortunate bounce, we slotted a shot on goal. First match and a good team victory.

Westbourne House (L 0-2)
A real tough opposition who were very strong on the ball. Two of their players had such a boot they kept our keeper busy all the way from the half way line! We never gave up but our shape crumbled in a bit of panic. Even though we lost, we agreed to hold our positions and trust each other. Good lessons learned.

Highfield (W 2-1)
A strong even match where we held our position and ran back to defend all but once. A few lucky strikes by us and an unfortunate own goal by them put Westbourne under serious pressure. However our defence and goal keeping was second to none. We could have easily lost but pure grit and a well-placed leg, back, head and even bottom, kept the ball out from our net.

Royal Juniors (W 3-0)
Riding on the tide of success we started strongly and kept our shape. They had a few chances, but we saw them off. After a couple of goals we all switched positions, defence upfront, and still squeezed in one more.

A great day at the office. Well done, chaps!
Aaron
U11A Football v Frensham Heights School (L4-3)
This week Dunhurst U11A were away to Frensham Heights School for a friendly match. Frensham opted for a tri-match fixture to enable all of their squad to play. Dunhurst, fired up after a quick team talk, hit the field running for game 1 and, with some great down-the-wing passes and crosses in, peppered the FHS goal. Their goalie made some great saves. FHS broke free and managed to get a goal from a rebound off one of their players, first game (L0-1).

Game 2, Dunhurst were off again, some magnificent long passing and strikes at goal, but FHS once again pushed Dunhurst back and forced a goal home. Extra time came and, fending off an attack from FHS, there was a clash of bodies in extra-extra time and FHS were awarded a penalty, bringing the game to an end (L2-0).

The final game, Dunhurst picked themselves up after the crippling penalty and pushed forward with only attack in their minds, Goal! Goal! Goal!, panic hit FHS and, during extra time, a final goal was scored (W3-1).

Overall a fantastic afternoon of football, Dunhurst were magnificent in their passion, team-work and sportsmanship. Accumulative score (L4-3). A big thanks for the Parent Supporters.

David

U13A Football v Box Hill (W 10-1)
The long journey over to Box Hill School in Dorking was well worth it, with a dominant display of passing football by the U13s. During the first half, Dunhurst used the ball well, moving it into space and attacking with real pace up the wings. This led to an early 2-0 lead. Box Hill replied quickly with a goal of their own and it looked like it would be an evenly matched game. Just before half time, Jago slotted home his second of the match to take us into the break with a 3-1 lead. After half time, Dunhurst put down the accelerator and attacked with precision and real strength, whilst keeping the pressure on any Box Hill attacks. They were helped by two penalties from hand balls inside Box Hill’s box, which were drilled into the corners by Sam and Harry respectively. All this meant that, as the final whistle blew, Dunhurst had secured an emphatic victory of 10-1.

Duncan

U13B Football v Box Hill (W 2-1)
Wednesday 14th November saw the Dunhurst B team make the long trip to Box Hill. The game started and it soon became apparent that this would be a closely fought game. Dunhurst perhaps shaded the first half and certainly had more of the goal-scoring opportunities. They could consider themselves unfortunate to go in to half time 1-0 down after Box Hill scored right on the stroke of half time.

Kicking down the slope in the second half, Dunhurst were soon pressing for the equaliser. They forced corner after corner after corner but the goal just would not seem to come. Eventually, some neat interplay saw Ollie W lay the ball off to Hector D-I on the far edge of the pitch who struck the ball magnificently to send it flying over the Box Hill keeper’s head to make it 1-1. Box Hill only really threatened in the second half through a couple of breakaways. Then, with not long left, a cross came in to the Box Hill box and Hector D-I neatly back-heeled the ball in. End result a much deserved 2-2 victory.

Man of the Match – Hector D-I for his two goals.

Steve

Gothia Youth World Cup
On Sunday a group of Dunhurst footballers attended a Prep Schools trial at King Edward's School, Witley. There were over 200 players attending, who formed a variety of teams, to play in front of a mixture of highly qualified coaches. Huge congratulations to Milly D, Stan H, Sam G, Bo G and Aubrey B, who have been selected to represent the ‘Prep School Lions’ and have the opportunity to attend the Gothia Youth World Cup in Sweden this summer.

Will
TRAIN TIMES

Friday - Depart Petersfield 16:48 Arrive Waterloo 17:54
Sunday - Depart Waterloo 18:42 Arrive Petersfield 20:23

Staff contact number on the train: 07810860829
Dunhurst Matrons’ number: 07970773568
Dunhurst Reception number: 01730 300200

GROUP 3 ARE EXHIBITING THEIR ART AND CERAMICS at Sandham Memorial Chapel, as part of the 100 year centenary of the end of WWI.

Stanley Spencer, an important 20th century British artist, visited Bedales in the 1920s and made a number of sketches of activities at the school. With this association in mind, Group 3 visited the Sandham Memorial Chapel in Berkshire earlier in the term and created outcomes inspired by his work. Spencer’s paintings, influenced by Renaissance fresco cycles, depict soldiers and hospital staff engaged in everyday tasks during WWI. The murals commemorate the ‘forgotten dead’ of WWI. Do go and visit!

Susan

Company Chameleon presents ‘10’ At the Bedales Theatre

Tickets at www.bedales.org.uk/event/10 (£12.00/£10.00)

National Dance Award nominees, Company Chameleon rewind and fast forward in a new triple bill celebrating their 10th anniversary year.

Featuring three dance pieces, which use engaging and athletic choreography to explore human and personal issues, 10 showcases Chameleon’s trademark style of creating socially relevant dance theatre that is both powerful and original.

Rites, the first major piece of work made by the company in 2007, is a male duet about growing up on the journey from boyhood to manhood, exploring the question, what does it mean to be a man? Imprint, a new trio by Kevin Edward Turner, is unashamedly about love, romance and relationships, and the imprint they leave on us; and Anthony Missen’s new solo, Trip, takes you into the dark arena of self-deception, exploring the line between true and false identity.

See the piece that launched Chameleon onto the dance scene a decade ago, alongside two new works by the Company’s founders. Inspiring and insightful, retrospective and up-to-the-minute, 10 promises to be a triple-bill that is truly of its time.

"Beautifully revealing...unforgettably good." Judith Mackrell, The Guardian
MATHS BOOK RECOMMENDATION

I have had a chat with a few parents about helping your children at home with maths. I recommend

‘How To Do Maths So Your Children Can Too’.

It worked well for my sister and her children - similar books can also be found online.

Aaron

PHOTOS OF SCHOOL EVENTS

Did you know you can view galleries and purchase copies of professional photographs taken at selected events and performances at Bedales, Dunhurst and Dunannie throughout the academic year?

To view photos, visit the Galleries page https://www.bedales.org.uk/galleries on the Bedales website, where you can filter galleries by school and view a selection of images from each event. On each gallery page, there is the option to click through to the photographer’s site; enter the password bedales2018 to view the full gallery and purchase digital copies and physical prints directly from the photographer.

Any purchase of images from the photographers’ sites will benefit the John Badley Foundation, which offers financial support through bursaries, giving more young people a chance to benefit from the transformational opportunity a Bedales education can provide.

Fantastic Evening at House of MinaLima

29 November, 19.00-21.00

House of MinaLima,
26 Greek Street, London
£35 (over 18s only, unless accompanied by a parent/guardian)
Book tickets here (in aid of the John Badley Foundation)

Join Old Bedalian Miraphora Mina and Eduardo Lima at their House of MinaLima, home to graphic art from J.K.Rowling’s Wizarding World films and illustrated classics for Harper Collins. Miraphora and Eduardo will host a soirée for Bedales talking about their work, and will introduce a brand new exhibit of their graphic art for Fantastic Beasts and the Crimes of Grindelwald, released on 16 November 2018. Limited availability.
## DUNHURST LUNCH MENU - Week Three

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Homemade Soup</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>Soup of the Day</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Classic Main</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chilli con Carne with Sour Cream &amp; Nachos</td>
<td>Roast Beef &amp; Yorkshire Puddings</td>
<td>Creamy Chicken, Bacon &amp; Sweetcorn Pizzas</td>
<td>Theme Day</td>
<td>Fresh Buttered Cod Fillets Salmon Fish Fingers</td>
<td>Southern fried chicken salad wraps</td>
<td>---</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quorn &amp; Bean Chilli Con Carne</td>
<td>Thai Butternut Squash &amp; Green Bean Curry</td>
<td>Mediterranean Vegetable &amp; Tomato Pasta</td>
<td>Theme Day</td>
<td>Mac ‘n’ Cheese</td>
<td>Vegetable wrap pockets</td>
<td>---</td>
</tr>
<tr>
<td><strong>Jacket Potato &amp; Pasta Bar</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wholemeal Fusilli Creamy Tomato Baked Beans Grated Cheddar</td>
<td>Wholemeal Fusili Tomato &amp; Basil Baked Beans Grated Cheddar</td>
<td>Penne Arrabbiata Baked Beans Grated Cheddar</td>
<td>Theme Day</td>
<td>Wholemeal Fusilli Chunky Chorizo Baked Beans Grated Cheddar</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steamed Rice</td>
<td>Roast Potatoes Steamed Rice</td>
<td>Penne Pasta</td>
<td>Theme Day</td>
<td>Chunky Chips</td>
<td>Chunky Potato Wedges</td>
<td>---</td>
</tr>
<tr>
<td><strong>Vegetable Choice</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans &amp; Carrots</td>
<td>Broccoli Diced Swede</td>
<td>Courgettes Sweetcorn</td>
<td>Theme Day</td>
<td>Mushy Peas Baked Beans</td>
<td>Chilli &amp; Lemon Sweetcorn</td>
<td>---</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackcurrant Cheesecake</td>
<td>Fruit Salad</td>
<td>Ewe’s Pudding &amp; Custard</td>
<td>Theme Day</td>
<td>Mixed Berry &amp; Cream Tarts</td>
<td>Home Baked Giant Cookies</td>
<td>---</td>
</tr>
</tbody>
</table>

---

### A SELECTION OF HOMEMADE BREAD, SALADS, MIXED FRUITS, COLD DESSERTS & YOGURTS AVAILABLE DAILY

---

## DUNHURST SUPPER MENU - Week Three

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Homemade Bread</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
<td>Assorted Bread Basket</td>
</tr>
<tr>
<td><strong>Classic Main</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pork Meatballs in a Tomato Sauce</td>
<td>Lamb, Coriander &amp; Apricot Tagine</td>
<td>Jumbo Cod Finger Wraps with Tortare Sauce</td>
<td>Chicken New Yorker with Barbecue Sauce &amp; Cheese</td>
<td>Traditional Greek Moussaka</td>
<td>Boarders’ Choice</td>
<td>Assorted Filled Baguettes with Salad, Fruit &amp; Cakes</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetarian Quorn Bails</td>
<td>Carrot, Parsnip &amp; Squash Tagine</td>
<td>Sweet Potato, Chick Pea &amp; Feta Wraps</td>
<td>Vegetable &amp; Cous Cous Stuffed Peppers</td>
<td>Vegetarian Moussaka with Spinach &amp; Butternut</td>
<td>Boarders’ Choice</td>
<td>Assorted Filled Baguettes with Salad, Fruit &amp; Cakes</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td>Lemony Cous Cous</td>
<td>Salt ’n’ Pepper Wedges</td>
<td>Mini Marmite Petatoes</td>
<td>Herby Roasted New Potatoes</td>
<td>Boarders’ Choice</td>
<td>Assorted Filled Baguettes with Salad, Fruit &amp; Cakes</td>
</tr>
<tr>
<td><strong>Vegetable Choice</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Mild Spiced Moroccan Vegetables</td>
<td>Buttered Peas</td>
<td>Corn on the Cob</td>
<td>Southern Green Beans</td>
<td>Boarders’ Choice</td>
<td>Assorted Filled Baguettes with Salad, Fruit &amp; Cakes</td>
</tr>
</tbody>
</table>

---

### A SELECTION OF FRESH SEASONAL FRUITS & YOGURTS AVAILABLE DAILY