The Friday Report
14th September 2018

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<td>Fri 14th Sept</td>
<td>8.15-9.30am Dunhurst - Meet the FOD's - Drop off Coffee</td>
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<td>12.30-4.45pm U11 Football Tournament at Ditcham Park (leave Dunhurst at 11.45)</td>
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<td>4.30-5.30pm Dunhurst JAW - Travels - John Pilkington</td>
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<tr>
<td>Sat 15th Sept</td>
<td>9.00am Group drop-off time</td>
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<td>10.45am-1.00pm Dunhurst - Open Morning</td>
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<td>Sun 16th Sept</td>
<td>6.00-8.00pm Boarders return</td>
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<td>Mon 17th Sept</td>
<td>5.00-6.00pm Groups' Curriculum Evening</td>
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<td>Tue 18th Sept</td>
<td>8.00am-6.00pm Group 2 Trip to Osborne House</td>
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<td>Wed 19th Sept</td>
<td>1.00-5.00pm U11A + B Football Tournament at PGS (leave Dunhurst 12.00)</td>
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<td>1.30-5.00pm U13 A + B Football Tournament at Highfield (leave Dunhurst at 12.45pm)</td>
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<td>2.15-5.00pm U10A Netball v The Royal (A) (leave Dunhurst 1.30pm)</td>
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<td>2.30-4.00pm U13A + U12A Netball v St. Edmunds (H)</td>
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<td>2.30-5.00pm U11A + B Netball v Alton Convent (A) (leave Dunhurst 13.30pm)</td>
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<td>2.30-5.00pm U9 Netball v Highfield (A) (leave Dunhurst 1.30pm)</td>
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<td></td>
<td>3.30-5.15pm U9 Football v Ditcham Park (A) (leave Dunhurst 2.45pm)</td>
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<td>Thur 20th Sept</td>
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<td>Fri 21st Sept</td>
<td>2.00-5.30pm U11/U10/U9 Cross Country (A) at Seaford College</td>
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<td>(leave Dunhurst 13.00pm)</td>
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<td></td>
<td>4.30-5.30pm Dunhurst JAW - Badley - Alistair Langlands</td>
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<td>Sat 22nd Sept</td>
<td>9.00-1.30am Badley Day</td>
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<td></td>
<td>2.30-4.30pm U13 Football v Port Regis (H) Tour Match</td>
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<td>Sun 23rd Sept</td>
<td>6.00-8.00pm Boarders return</td>
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Dear Parents,

It’s been another fantastic week here at Dunhurst. I met a parent who told me a wonderful story. Their friend has twins. One ‘academic’ and one ‘arty’. They chose Dunhurst for the ‘arty’ twin and a different school for the other. To cut a long story short, the ‘arty’ twin, who had the Bedales education, is now at university studying medicine and the ‘academic’ twin is studying fashion… This is perfect evidence, showing that ‘Bedales education’ educates the whole child and with the confidence they are given to believe in themselves, the world is their oyster!

The excitement of the Cobnor activity day has probably been a highlight for me. Thank you to Aaron and Debbie who ran the day with activities focusing on ‘Living together’. Block 1 enjoyed an action packed day with raft building, high ropes and archery to name a few, whilst Block 2 focused on how to be a friend, where you sit in a team, growth mindset, blackberry picking and how we can look out for each other in our community. Lots of thought provoking conversations in the sea air and wonderful contributions from pupils. Staff said they were so proud of their classes. Everyone got stuck in and gave it a go. The fantastic spirit of the natural Dunhurstian coming to life with an ‘I can attitude’ and without fear of failure - “The only failure is not trying!” On that note, Debbie would like to recommend a fantastic book for all aged children. ‘You Are Awesome’ by Matthew Syed. (It’s a great read for adults too!)

http://www.matthewsyed.co.uk/books/

Thought of the week

Wrong is wrong, even if everyone is doing it.

Right is right, even if no one is doing it.

— William Penn

Family supper debate, just for fun!
If you take the ceiling off a room is it still a room?

The week that was…
Alongside the Blocks’ pupils having their ‘living together day’ at Cobnor, Groups pupils were also enjoying an afternoon of team building activities here at Dunhurst.

The weather just about held off for some fantastic sportsmanship during matches against other schools. I enjoyed coaching the Under 11 Football this week. Well done to all who took part. Please do take the time to read the match reports, so of which are written by the children.
Thank you to everyone who attended the Blocks Curriculum evening on Thursday. I hope you found it informative and that you can now put a name to a face.

A lovely turn out this morning for the Friends of Dunhurst (FoD’s) coffee morning. Please do use the FoD reps, they are an active group of passionate parents who volunteer to work closely with the school. Our aim is to create an environment which is the highest quality for our children to thrive in. This comes with top quality teaching and a supportive parent body. Everyone has a part to play in educating our children. ‘It takes a community to raise a child!’

This afternoon’s JAW is titled ‘Travels’. We are delighted to welcome our speaker, John Pilkington.

**Dates for your diary**

**Saturday 15 September** - Dunhurst Open Morning. We are really excited to be welcoming families to Dunhurst tomorrow to come and see for themselves what a magical place our school is. Thank you to Groups children who have offered to come in to share what we do here.

**Monday 17 September** - Groups Curriculum Evening from 5.00pm - 6.00pm. Children will be looked after at school until the end of the event.

**Saturday 22 September** - Badley Day is an annual event in which we celebrate and join together to honour John Badley’s vision for the school and, in particular, one of the concepts that we hold dear: ‘Work of Each for Weal of All’. Everyone in the community is invited to work together on a variety of tasks to help around the school and join together to celebrate the spirit of the school. For Dunhurst parents these tasks may include planting bulbs and trees, clearing brambles and paths and collecting apples to juice and cook. This year, we are joining forces with Dunannie and more information will follow in a separate letter from Victoria and myself but, for now, this is a family affair and we welcome all your family members (grannies, grandads, friends, dogs etc). The day will start with breakfast at 8.30am in the Dunhurst playground. There will be a constant flow of coffee, tea and refreshments. The annual walk to the Poet’s Stone, a ploughman’s lunch and live music will all be on offer for you to enjoy. More information will follow but please note timings and the date for your diary.

**Friday 28 September** - Macmillan’s flagship fundraising event, World’s Biggest Coffee Morning. We will be holding a cupcake sale for all pupils at break. If you wish to support this worthy course, please get baking! As they say, make it or fake it. Please remember that we are a nut free school. If there are any cupcakes left, we will resell at the end of the day. On this day, please send your child into school with cupcakes and a donation of £1. Full boarders will be making cakes to donate and provided with £1.

**Friday 28 September** - Leave weekend. School finishes at 16.00 with no Saturday school.

Have a lovely weekend and I look forwarding to seeing you and your children on Monday morning.
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Sat 15 September</td>
<td>Open Morning</td>
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<td>Badley Day</td>
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<td>Fri 28 September</td>
<td>Leave weekend begins</td>
<td>4:00 pm</td>
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<td>Macmillan Cake Sale</td>
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<td>Sun 1 October</td>
<td>Boarders return</td>
<td>6:00 pm</td>
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<td>Sat 6 October</td>
<td>Bedales Open Morning (by appointment only)</td>
<td>10:00 am-2:00pm</td>
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<td>Fri 19 October</td>
<td>Half term begins</td>
<td>4:00 pm</td>
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<tr>
<td>Tue 30 October</td>
<td>Boarders return</td>
<td>6:00-8.00 pm</td>
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<td>Wed 31 October</td>
<td>Day pupils return</td>
<td>8:15 am</td>
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<td>All School Theatre Workshop</td>
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<td>Fri 2 November</td>
<td>Dunhurst Bonfire &amp; Fireworks</td>
<td>6:00–7:30 pm</td>
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<td>Mon 5 November</td>
<td>Groups Play Week</td>
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<tr>
<td>Fri 16 November</td>
<td>Leave weekend begins</td>
<td>4:00 pm</td>
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<tr>
<td>Sun 18 November</td>
<td>Boarders return</td>
<td>6:00-8.00 pm</td>
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<tr>
<td>Tue 27 November</td>
<td>Concert - St Peter's Church</td>
<td>10:00am-2:15 pm</td>
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<tr>
<td>Sat 1 December</td>
<td>The HOPiT Fair</td>
<td>10:00am-1:00 pm</td>
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<td>Tue 4 December</td>
<td>Dunhurst Christmas Concert</td>
<td>7:00-8:00 pm</td>
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<tr>
<td>Fri 8 December</td>
<td>Term ends</td>
<td>2:30 pm</td>
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What’s Been Happening...

GROUPS - LIVING TOGETHER DAY

During the Living Together Day (Buddy-up Event) on Tuesday this week, the Groups children got to participate in a number of exciting activities. In the afternoon, as part of their carousel of activities, the children came to the Science labs to see who could build the tallest tower out of spaghetti and marshmallows. They were given 10 minutes to do this and although they were disappointed not to be able to eat the marshmallows, they worked so well in their small groups. There was a winner in each year group and the results were as follows:

1st place with a tower of 62cm were Group 1
2nd place with a tower of 49.5cm were Group 3
3rd place with a tower of 47cm were Group 2

Sam and Rachel
 What’s Been Happening...

BLOCKS - LIVING TOGETHER DAY AT COBNOR ACTIVITY CENTRE

BACK
### MATCH REPORTS

#### U9 v Seaford (A) (Training Match)
This week Dunhurst travelled to Seaford on the South Downs, West Sussex for a training match. It was a great opportunity to focus on our team work, communication and positional play. Seaford were strong in attack and soon found their way through our defensive line, we worked hard to keep in our positions and helped each other remember through great communication. Up front we used some well placed forward passing to create space and enable us to fire some serious shots on goal.

As coach I was really pleased to see some great communication and teamwork from this new team, though we have a long journey ahead, we can take heart from the progress so far and look forward to making some great leap forwards as a team.

Really well done to the whole team.
David

#### U10A Netball v The Royal U10A
A promising start for the U10s who played very well in their opening match of the season. The score does not reflect the quality of the game. There were plenty of positive passages of play on court. Marlie J was effective in her role as centre and Paige W worked hard in our defensive circle, cutting out options for The Royal attackers. Passing was much improved and although further practice is needed, passing was much cleaner. The team now need to work hard to protect the ball and keep possession and feed the ball to our shooters. Valentina successfully converted the goals, and when we had the ball in the circle we looked quite the threat. Practice, practice, practice is required, and with much needed focus throughout the game, it will be interesting to see how the girls progress during the season. Well done to Paige and Valentina who were nominated for the Bees’ Knees and to Paige who gets to look after our new mascot, Bumble, for the next week having impressed this week. Well done to all who participated.
Heather

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Heather
U11A Netball Tournament
On Wednesday the U11A’s played a netball league tournament at Mayville School. Our first match was against Ditcham Park School where we won 4-0. We had a good start, Tilly B drove forward quickly and intercepted the ball. Annabel P and Ella FH were brilliant at driving into space, intercepting and marking all the time. Charlotte B was on a roll, scoring in 2 matches. Phoebe L and Izzy R were good at WA as they intercepted the ball and helped the shooters. Poppy D and Maia J worked hard stopping goals as GK and GD. Jazz D also achieved goals in game 2. Overall Dunhurst came 6th out of 8 teams but we played better than we have before. Well played girls! Thanks to Shelley and Annika for taking us.
Annabel and Izzy R

U11B Football v Ditcham Park
With the sun deep behind the clouds, the breezy and wet pitches at Ditcham did not stop an open and competitive game. Some early to-and-fro did not result in a goal for either side, but chances were there with both sides hitting the target early on. It took five minutes in the second half for the deadlock to be broken with a powerful shot coming in from the top of the box to put Ditcham in the lead. Despite their best efforts and expansive passing football, the Dunhurst boys were unable to clinch an equaliser. Even though the score line did not go our way, the boys played some excellent football that will put us in good stead for later on in the season.
Duncan

U11C Football v Ditcham Park
As the rain slowly trickled down at Ditcham Park, the U11C’s kicked off. In a gruelling test of strength and endurance the match started off extremely fast paced. The Dunhurst boys were unlucky to concede first, however after strong attacking pressure from the whole team, Wulfie was able to intercept the ball and successfully equalise shortly before half time. The second half was full of attacking opportunities with many close shots and great pieces of teamwork. As the final whistle blew the scores were tied. All of the team should be very proud of the effort they put in and fun that they had.
Connor

U12 and U13 Netball v Portsmouth High
The U12 and U13 A and B netball teams travelled to Southsea on Wednesday, for their first league matches of the season. The U13Bs took a little time to settle, but gradually became used to playing together as a team again. PHS were very strong in attack, however Jazzi, Josie and Maya defended well and at half time the score was 0-6. In the second half the Dunhurst girls battled in vain to try to gain possession, and in their enthusiasm, gave away too many penalties. They will need to tighten up their defensive skills for future matches.
In the second half, the High School pulled away – the final result was 0-15. A rather tough start to the season for the girls. Lots to work on, but with a great deal of potential.
Bee’s Knees player – Jazzi

As captain of U12s, Georgie K took responsibility for warming up her team. Unfortunately, they too took a while to get going on court and PHS took full advantage of this, accumulating 7 goals to Dunhurst’s 2, in the first half. At the half-time team talk the girls decided to be more positive by taking the time to make sensible passing decisions and by trying to mark more effectively. They changed positions which, although didn’t make a huge difference to the score, gave the players a different perspective on the game. The final score was 3-18. A somewhat difficult match to start the term, but again, the team showed potential and we look forward to seeing them develop throughout the term.
Bee’s Knees player – Sophie K-D
Debbie P
U13A Netball v Portsmouth High School
We played away at Portsmouth High School against a solid team and we were pretty determined to make our mark. The match was physical and fast from the outset. This had advantages with our attacking play but occasionally we rushed our passes when trying to leave the oppositions attacking D, which meant that we threw straight into their hands. Our defence was solid in the first half with many interceptions being read quickly. At half time the game was even and everything was to play for in the second half. We remained focussed and determined which allowed us to monopolise on most interceptions. We still needed to drive wider for the ball but our quick accurate passing meant that we held the majority of possession. Abi and Lola, our shooters were much more confident in the second half which allowed them to successfully convert about 80% of their attempts at shooting. It was great game to umpire and a fantastic start to the season. Well done to Candice for some excellent defending and congratulations to Sage who got Bees Knees. Keep it up girls!

What a fantastic start to the season!
Sam

U13A Football v Boundary Oak
The U13A team made a cautious start on Wednesday afternoon. Although they were passing the ball well, they could not quite find the final ball to make their possession count. Boundary Oak set up with a 5 man defence and worked well to crowd our attackers as soon as they reached the final 3rd. Eventually the dominance in possession paid off and Jago made the break-through with a determined run and finish. Unfortunately, Boundary Oak, who looked threatening on the counter attack got back into the game just before the break with a well taken drive from the edge of the box.

After half time, the Dunhurst team took a while to get back into the game, slipping behind within the first 5 minutes. They did well to raise their game however and quickly turned the game back on it's head with a great solo run by Sol, followed by an outstanding piece of work down the right wing by Jago, who found a full stretched Rhomey in the middle to slot home. From here the team never looked back. Another great run by Jago, this time finding Sol, put the result beyond doubt, before 2 further goals meant the final score was 6-2. It was great to see the boys stick together and work hard, keeping their cool after being on the receiving end of some heavy challenges. A great result against a very physical opposition and certainly one to build on as the season progresses.

Will

U13B Football v Boundary Oak
A really encouraging start to the football season for the B team – that is the headline!! Wednesday 12th September saw the B team in their first match on the lovely flat footballing surface of Steephurst.

Dunhurst kicked off and were soon dominating every aspect of play including possession and territory. Despite this at times they seemed to be playing as if they were 1-0 down with only five minutes of the game left, rushing and with too much of a sense of urgency whereas a calmer more measured approach that their skills and dominance would have allowed and would surely have paid greater dividends. Throughout the second half Dunhurst pushed and pushed for a goal but it was not until the very end of the half that Hector D-I was able to force the ball over the line to put Dunhurst 1-0 up at half time.

The second half kicked off with the same Dunhurst pressure. Again this pressure did not quite turn into goals until midway through the half when Will H coolly finished to put Dunhurst 2-0 up. Jack O’C then came on and turned out to be poacher extraordinaire with two goals well taken from following up on previous shots. Overall a thoroughly deserved victory – well done to all of the players who contributed to a very entertaining game.

Man of the Match – Dom R
Steve
My name is Meg and I’m a 6.2 at Bedales. This year I want to put on a new play for Dunhurst and Bedales. This crossover play is a brand new project. A chance for students of different ages (Block 1,2,3,4). To learn from one another and have fun doing it. Ollie (Head Boy) and I want to help them create a unique piece of theatre, unlike many other performances they will be creating characters and scripts. We want to guide them with a theme and rough story about Space and Time. We are open to all ideas and suggestions, we want this piece to be created and loved by the students involved. The performance will be in March in the Lupton Hall. Rehearsals will be run from 6:15-7:15 on Thursdays, with the exception of events such as concerts. If you need or want any more information please e-mail me at mallin05@bedales.org.uk
Meg

SPORT4KIDS CHARITY

Once again it has been great to see so many of you out on the pitches and netball courts in smart new trainers and soccer boots. Before you dispose of your outgrown pairs, please take a minute to read the following: Some of you may remember that I am involved with a charity in South Africa called Sport4Kids, which aims to make sport accessible for children in the poorest areas of the country. We send coaches and teachers into shanty towns and other deprived areas to help coach, promote games and organise matches. The children love to play games, as it breaks down barriers and lets them forget their often shocking home lives, if only for a while. Sadly though, many do not have footwear for these activities, and this is where YOU could help. Please have a look in the cupboard, or under the stairs, to see if you have any old pairs of trainers, or football boots. If you find any which won’t be useful for any younger siblings, please could you send them in to school for me to take to South Africa? Please just make sure they are clean and pop them into a bag with my name on. There will be a labelled box in Reception where you will be able to drop them off for me to collect. Thank you so much, in advance.

Debbie Payne
GIANT SUNFLOWER COMPETITION

Each year we hold a competition to see who can grow the tallest sunflower. Children collect seeds from school, and grow them at home – or they buy established plants from our stall. If you managed to grow a sunflower this year, I would love to have a photo of you and your sunflower (and a measurement if you’d like to enter the competition). In fact, I’d love to see photos of any flowers that you have grown this year! I will be showing the photos, and announcing the results, in assembly on Thursday 20th – so please send your images ASAP! (to rwalsh@bedales.org.uk)

If you are new to the school, and didn’t know about the competition (it was launched back in April!), but have grown sunflowers/flowers - you are still very welcome to enter!

All entries will receive a small prize.

Finally, as you walk up the steps to school, look up at the corner of the building – above the science lab, where you will see a sunflower pinned to the wall. It is 9.17m high – the current tallest sunflower world record!

Ryan

BADLEY DAY DOGGY CRECHE

As part of Badley Day I will once again be running a ‘Doggy Creche’. This is to enable those that want to come and work hard as part of our collective Badley Day efforts and then will be taking their dog on the walk afterwards. If oversubscribed I will need to put some sort of selection process in place, probably favouring those that did not get to use this service last year. Please do not ask us to look after your dog if it is not good with children or other dogs!

Olly
MACMILLAN COFFEE MORNING
Friday 28th September

At Dunhurst, we know how much you like cake.
And, we know how much you like to support HOPiT.

So:
1. Bake some cupcakes.
2. Bring them to the Dining Room on the morning.
3. Wait patiently in the break queue.
4. Drop a donation in the pot at brake.
5. Eat wonderful cake as your snack!
Extras will be sold after JAW.

Recommended

TRAIN TIMES

Friday
Depart Petersfield 17:48
Arrive Waterloo 18:59

Saturday
Depart Petersfield 13:48
Arrive Waterloo 14:57

Sunday
Depart Waterloo 18:30
Arrive Petersfield 19:40

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

SCIENCE
If you get the chance I have it on very good authority that the New Scientist Festival, of ideas and discovery, is awesome. For details and tickets see https://live.newscientist.com.
Be quick it is all over by 23rd September!

Olly
YOU ARE AWESOME

FROM THE AUTHOR OF BLACK BOX THINKING AND BOUNCE

Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.

‘An inspiring, uplifting read. I wish I’d had it as a kid’
DERMOT O’LEARY

‘How inspiring it is to know that there’s a path to awesomeness and that anyone – absolutely anyone – can go down that path. This book shows you how.’
PROFESSOR CAROL DWECK

‘I read You Are Awesome in one go, and then read it again! It answered so many questions I had about how to get better at some of the things I struggle with. It has stories of how others have been successful and makes you feel that you can do it too. After reading You Are Awesome I’ve changed how I approach difficult things. I’ve told all my friends to read it!’
FREDDIE, AGE 10

Available to pre-order now from amazon.co.uk
For bulk orders please contact speaking@matthewsyed.co.uk
# Menus Next Week

## DUNHURST LUNCH MENU - Week Three

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<td><strong>Homemade Soup</strong></td>
<td>Soup of the Day</td>
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<td><strong>Classic Main</strong></td>
<td>Chilli Con Carne with Sour Cream &amp; Nachos</td>
<td>Roast Beef &amp; Yorkshire Puddings</td>
<td>Creamy Chicken, Bacon &amp; Sweetcorn Fricassee</td>
<td>Theme Day</td>
<td>Fresh Buttered Cod Fillets</td>
<td>Salmon Fish Fingers</td>
<td>Southern fried chicken salad wraps</td>
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<td><strong>Vegetarian</strong></td>
<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>Carbohydrates</strong></td>
<td>Steamed Rice</td>
<td>Roast Potato 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>Green Beans 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>Blackcurrent Cheesecake</td>
<td>Fruit Salad</td>
<td>Eve’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></th>
<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>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>Pork Meatballs in a Tomato Sauce</td>
<td>Lamb, Coriander &amp; Apricot Tagine</td>
<td>Jumbo Cod Finger Wraps with Tartare 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>Vegetarian Quorn Balls</td>
<td>Correct, 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>Spaghetti</td>
<td>Lemony Cous Cous</td>
<td>Salt ’n’ Pepper Wedges</td>
<td>Mini Marron Potatoes</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>Broccoli</td>
<td>Mild Spiced Moroccan Vegetables</td>
<td>Buttered Peas</td>
<td>Corn on the Cob</td>
<td>Salted 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*