Enjoying the Harvest Festival Lunch in Outdoor Work

At a Glance

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### The Week Ahead

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Fri 12 Oct</td>
<td>09.00-17.00</td>
<td>Three Schools' Concert Rehearsals in Lupton Hall</td>
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<td></td>
<td>16.30-17.30</td>
<td>Dunhurst JAW - Vision Aid Overseas - Graham Coates</td>
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<td></td>
<td>18.30-19.45</td>
<td>Three Schools' Concert in Lupton Hall</td>
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<td>Sat 13 Oct</td>
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<td>Sun 14 Oct</td>
<td>18.00-20.00</td>
<td>Boarders return</td>
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<td>Wed 17 Oct</td>
<td>14.30-16.00</td>
<td>U11A, B + C Football v Sherborne House (H)</td>
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<td></td>
<td>14.30-16.00</td>
<td>U13A + B Football v KESW (H) (League)</td>
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<td>14.30-17.00</td>
<td>U13A + U12A Netball v Amesbury (A) (leave Dunhurst 13.30pm)</td>
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<td>14.30-17.00</td>
<td>U11A + U10A Netball v Amesbury (A) (leave Dunhurst 13.30pm)</td>
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<td>14.30-17.00</td>
<td>U11B + U10B Netball v Alton Convent (A) (leave Dunhurst 13.30pm)</td>
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<td></td>
<td>14.30-17.30</td>
<td>U13 Girls' Hockey v Westbourne House (H)</td>
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<td>Thur 18 Oct</td>
<td>09.00</td>
<td>Group 1 - Flu injection</td>
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<td>09.00-16.00</td>
<td>Block 1 and 2 - Dance Workshops</td>
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<td>Fri 19 Oct</td>
<td>14.15-15.25</td>
<td>Groups' Celebration and Exhibition</td>
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<td>15.30</td>
<td>Groups finish for half term</td>
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<td></td>
<td>16.00</td>
<td>Blocks finish for half term</td>
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<td>Sat 20 Oct</td>
<td>10.00-14.00</td>
<td>Great South Run</td>
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<td>Tue 30 Oct</td>
<td>18.00-20.00</td>
<td>Boarders return</td>
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<tr>
<td>Wed 31 Oct</td>
<td>08.15</td>
<td>Term starts</td>
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<td>Whole School Theatre Trip - no fixtures</td>
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Dear Parents,

I’m delighted to report that following some preliminary training at Cobnor at the start of term, we have a team of Block 2 pupils who have stepped up and shown an interest in becoming a ‘RAK-tivator’. A RAK-tivator (Random Act of Kindness spreader!) is someone who is prepared to take some time out of their day to help others. In our community, we all have a duty to look out for each other, but the RAK-tivators will come up with activities and themed projects to help us all be the best version of ourselves. These pupils are passionate about creating an environment for us all to flourish in and to spread ‘Kindness is the Dunhurst way’ word. When we all have healthy wellbeing, we flourish and, in turn, we learn!

The RAK-tivators’ first task was to introduce the ‘Hidden rocks’. Everyone in Block 2 painted a rock. These have now been hidden around Dunhurst and Dunannie. A group of RAK-tivators visited Dunannie and shared the ‘Hidden rock’ rules and Sage explained it to the Dunhurst children. If you find a rock, pick it up, hold that warm fuzzy feeling in your heart, then pass on the kindness by hiding the rock for someone else to find.

In addition to the RAK-tivator, we have a fantastic new School Council Committee. With Josie Flood at the helm as Chair, and Nikita Kadhim and Primrose Gunther-Bushell as Treasurers, 2018/19 promises to be an exciting year ahead!

As we break up for half-term, a team of 31 pupils, parents, staff and Old Bedalians are running in the Great South Run 10 mile and 5k/junior races over the weekend of 20/21 October. It is one of the biggest running events in the UK with over 20,000 entrants and is usually televised live.

We are raising funds for two worthy education charities:

John Badley Foundation and Cecily’s Fund

It would be wonderful if you would consider giving the runners extra motivation to complete the course by donating to these two good causes. Online donations can be made here. The first £1,000 donated will be matched, with thanks to The Country House Company and the Pledgit donation platform - founded by Bill Jenks Old Bedalian and his father Philip. The runners range in age from 8 upwards, and from novice to experienced. Good luck to all, especially Dunhurst pupils Charlie Clarke, Josie Flood, Madeleine McNeill, Benny McNeill and Annabel Rowell.

Thought of the week

When asked if my cup is half-full or half empty, my only response is that I am thankful I have a cup.
Letter from Colin

Family supper debate, just for fun!

Can you ever really know what it’s like to be someone else?

The week that was…

Our keen U13 footballers got up extremely early on Saturday 6 October to prepare for the IAPS football. I am proud to say that they won the IAPS Plate competition. Slightly soaked and freezing cold but a great morning. Well done boys!

Children who may be interested in coming to Dunhurst, joined the Dunhurst Taster Day on Monday. Our Block 2 pupils welcomed them confidently and showed great manners and maturity. Group 3 then hosted our visitors, also doing a sterling job!

Wednesday was Mental Health awareness day. Some interesting, but shocking facts…One in ten young people experience a mental health issue at any one time. A record number of children contacted Childline in 2016/17. Record levels of young people are struggling with academic pressure, social media, bullying, poverty, lack of availability of professional mental health support. In Wellbeing lessons this week, Block 1 and 2 have been challenged to have a ‘technology fast’ this Sunday. Switch off and look up!

Following on from Dunannie’s beautiful Harvest celebration in The Well on Wednesday, we all joined together for a ‘ploughmans’ style lunch in the gorgeous harvest sunshine in ODW.

Four years ago, ODW planted foot long willow. This week, we were weaving our willow into a tunnel! It looks great - Well done to Block 2!

Today was another busy day in ODW, where the children made delicious soup. Thank you very much for all your generous donations.

Thursday’s assembly was DEAR time- Drop Everything And Read- wonderfully explained by Nichola as Head of English with her personal story about reading as a child.

Graham Coates, from Vision Aid Overseas, will be speaking to us this afternoon in JAW.

During the week, I have enjoyed hearing snippets of rehearsals for the Three Schools’ Concert. The performance is this evening in the Lupton Hall at Bedales. This promises to be another wonderful musical feast!

Dates for your diary

Friday 12 October - Three Schools Concert in the Lupton Hall, 18.30 at Bedales.

Friday 19 October - Group’s Celebration and Exhibition.

Friday 19 October - Half term begins- Groups - 15.25, Blocks - 16.00

Friday 2 November - Dunhurst Bonfire night!

The cost is £12 per adult ticket. Children are free. All children must be accompanied by an adult (boarders will be accompanied)

17.30 – Event starts Dunhurst Playground, food and drinks served (cash bar and stalls)
18.15 – Fire lighting
18.30 – Fireworks
18.45 – Event finishes

Please purchase tickets via the Bedales events https://www.bedales.org.uk/events page using password DFFOD. The cost will be added to your school bill.

The week of 11 November – The Book Fair
A few reminders

Please can we remind parents that if you want to collect your children on a Wednesday afternoon at 13.00, you need to email Reception. dunhurstreception@bedales.org.uk

Please could Block 1 parents remember to return their child’s January assessments forms. This needs to be done by FRIDAY 19 OCTOBER.

Please do follow Dunhurst on Twitter. It’s a great way to see what goes on day to day. The children have such a varied curriculum and the tweets are a wonder to follow! https://twitter.com/DunhurstSchool

Have a lovely weekend and I look forwarding to seeing you on Monday morning for the final week of this half-term.

Colin
WHAT ARE YOU EATING (AND DRINKING)?

Group 2 are studying ‘Keeping Healthy’ in Science. Over the last couple of weeks, we have looked at the food groups. We are now experts on carbohydrates, proteins and fats! We then studied how much of these were in the common foods we eat, and had an exciting time looking at sugar and measuring it out. Seeing it ‘for real’ was eye-opening! It was lurking everywhere. All this information culminated in us making our own ‘smoothies’ where we tried to ensure that we added some of each food group! The results were varied but a good time was had by all. Watch out though, if the children see you eating something sugary you might be in for a lecture!

Gill

BACK
GROUP 1 VISIT THE BEDALES LIBRARY
This morning Group 1, as part of our ‘Bedales, Badley and Me’ topic, went across to see the impressive Bedales Library. Here, we learnt about the history of the building, and Bedales, from the Librarians and the books that the library holds.
Duncan

HARVEST FESTIVAL LUNCH AL FRESCO IN OUTDOOR WORK
**MATCH REPORTS**

**U9 Netball v Boundary Oak 2-4**
A large squad of U9 netball players travelled to Boundary Oak and started the match well, in beautiful sunshine. Despite strong defending from Georgie and Liberty, Boundary Oak scored the first two goals in quick succession but some excellent work in the attacking half from Marlowe, Peyton and Jemima resulted in Dunhurst equalising by the half time whistle.

In the second half Annabel, Lyra and Libby tried new positions and gained in confidence throughout the game. Despite Chloe making some excellent interceptions in defence Boundary Oak scored 2 more goals. We had some chances to score but we were a little unlucky and the final score was 4 – 2 to Boundary Oak. Lots more movement needed next week Dunhurst.

Karen

**U10A Netball v Mayville 5-0**
This game was played at a high tempo from the start. Bella and Vava combined well together in the shooting circle and were unlucky not to convert more of their chances. Marlie and Poppy were dynamic in the centre court; they created space on the court and passed the ball well. Emily C showed her versatility, playing GK and GS, and she was effective in both positions! Paige’s defending was excellent; she marked her player well and limited Mayville’s shooting opportunities. Millie played well as GK and WD, passing the ball well and marking her player tightly. The game ended 5-0 to Dunhurst. This was a great game for the girls and they showed good team cohesion. Well done to Paige for being named the Bee's Knees by the opposition and well done to Poppy for being given Bumble, the mascot, for her movement on the court and her passing skills. Well done girls!

Shelley

**U11B Netball vs Boundary Oak L 6-3**
We were blessed with tropical conditions on Wednesday and well done to all those who braved the unusually hot conditions. Boundary Oak were first to take the centre pass and looked nimble across the court, scoring in the opening minutes of the game. Emily M worked hard at centre and made some good drives to receive the ball. Polly D scored the opener for Dunhurst with a well taken shot nearly at the edge of the circle. Tactically moving Daisy M to GD after the first quarter we were able to utilise Daisy’s height to great effect and only one more goal was scored coming into half time with the score being 3-1. Still in the game, Dunhurst grew in confidence with Charlotte L converting a fab shot, taking the game to 3-2. Dunhurst rallied but a further press from Boundary Oak took the Boundary Oak score to 6. Dunhurst kept battling and took a further goal with a peach of a shot from Raffi but sadly the game finished 6-3 to Boundary Oak. Well done to Emily D and Mattie A who played really well and held their own in an U11 team. A special mention to Emily M who was awarded the Bee’s Knees.

Shelley

**U11A Netball v Mayville 4-11**
With the majority of Mayville’s players being a foot or so taller than us, we ended the first quarter 0-1. In the second quarter we came back stronger. Maia scored 3 goals, but in return Mayville scored 5 more. Ella and Jazz has great shooting opportunities but narrowly missed out converting these. Charlotte B defended well as GK and Mayville scored no more goals. Tilly defended excellently in the defending circle and in the centre court. In the final quarter Phoebe and Poppy worked well to get the ball into the shooting circle, Izzy R and Izzy N created pace off the ball but despite everyone’s best efforts, Mayville scored some more goals. Luckily we kept attacking and scored another goal, meaning the end score was 4-11 to Mayville. Thank you to Shelley and Nina for taking us. Well done to Jazz and Maia for getting the Bee’s Knees. Well played everyone!

By Izzy R

**U11 ISFA Regional Football Tournament**
For the third year running, Dunhurst hosted the Independent Schools Football Association U11 qualifying tournament for the Hampshire region. Knowing the winning team would head off to the national finals at St. George’s Park, the Dunhurst team set about the day with great excitement. Unfortunately, it was not to be their day. Up against some incredibly strong opposition, we always knew it would be tough to make it beyond the group stage. It was fantastic to see the boys work hard to implement the tactics we had worked on in training. One of the toughest tasks when results are not going your way, is to ensure as a team, that you stay positive and keep playing the way you know best. I was delighted that the boys managed this and stuck to their game plan. They were eventually rewarded with two fine goals in their final game, that were celebrated with huge enthusiasm and showed just how pleased they were to get their reward after working so hard. Well done.

Will
**U9 Football v Prebendal 2-3**

On Wednesday afternoon the U9 football team, joined by 4 incredibly keen Year 3s from Dunannie, made the trip to Chichester to take on Prebendal. Split into two 6-a-side games, both teams set about their matches with great flair and enthusiasm. Team 1 enjoyed an incredibly close first half, with the few chances created quickly being snuffed out by the defence and William in goal for Dunhurst ensuring that anything that did come his way was quickly scooped up. The half ended with the scores still tied at 0-0. In the second half, a little reshuffle of positions aimed to create a bit more space in the final third of the pitch. This almost seemed to have worked as Duncan broke free on goal, only for his shot to narrowly pass the post. Unfortunately, two break away goals by Prebendal gave them victory late in the game.

Meanwhile Team 2 faced an incredibly well organised team of footballers and went down a goal early in the game. They kept their heads high, however, and were soon back in the match as George W fired into the top corner from just inside the area. Chances were created either end before half time, with Prebendal being the more clinical in front of goal and taking a 2-1 lead into the break. During the second half, both teams were eager to get the all important goal which would set the tone for the rest of the game. Despite the team’s best efforts it was Prebendal who snuck further ahead. The Dunhurst team didn’t quite manage to get back into the game, despite their ongoing determination and perseverance.

Although the score line went Prebendal’s way in both matches, the games were incredibly close and on another day, Dunhurst could well have come out on top. Great work and well done to all who played.

Will

**U10B Football - Seaford College Tournament -7th Place**

Dunhurst were straight on to the pitch claiming the high ground on the sloping pitch. With 4 matches ahead of them, they really wanted to make their mark on the tournament. First match was against St. Edmund’s A who were incredibly strong. Sadly we were a bit disjointed, still warming up’ and before we knew it we were 2-0 down and the 10 min horn hooted. After a pep talk about team spirit and working together we were ready for the next match against West Hill Park A. Though they were a very strong team, we held our own for the first 5 minutes and then there was a flurry of goals. Though we lost 3-0 we felt we actually played better with more passing and better support and communication. Then, after a short break ,we were on again against Seaford A. Now we were really determined to play even better and wow didn’t we just! Seaford pushed and pushed but just couldn’t get through and Dunhurst pushed back with a couple of shots at goal, but sadly Seaford managed to get a single goal just before the final whistle and we lost 1-0. We were very pleased with ourselves and were even more determined in the play-offs for 7th and 8th place against Seaford B. The whistle went and we were straight in with the ball flying from end to end,. All of the players played to their maximum capacity and through great determination, commitment, control and communication, held to a 0-0 draw and a joint 7th place.

Arthur D was nominated MVP (most valued player) through his amazing energetic playing style which saw him covering all of the pitch at full speed throughout the games and for an amazing positive attitude to all of the matches.

David
SPORT NEWS

MATCH REPORTS

U13B Netball v Boundary Oak L 8-2
I was really pleased with the tenacious and hardworking ethic applied to this game. With a few adjustments to the team at late notice, the girls adapted well and from the whistle it was a competitive match. Mia VR really impressed at GA and took a tremendous shot from the edge of the circle. Josie F also influenced the game and made some fab interceptions and challenged for the ball. Special mention to Lola H who stepped in at the last minute and worked her socks off as WA, feeding the attack well with some clinical passes. Debuts from Layla K, Anna K and Miranda K. All these girls really stepped up in the match and worked hard to link passes together and keep possession. Well done to Layla K who was nominated as Bee’s Knees.

Heather

U13A Football v Perrins 4-0
The U13A team kicked off against Perrins and were straight away on the attack. Rhomey smashed the ball in after only a minute to put Dunhurst 1-0 up. Dunhurst then dominated play, though found it difficult to put the ball in the back of the net and squandered several gilt-edged opportunities to add to their tally. It wasn’t until well in to the half that Jago scored a well-taken brace and Stan added a header from a corner for Dunhurst, to eventually go in to the half time break 4-0 up.

At the start of the second half some forceful play from Perrins was rewarded with a goal of their own. Jago then scored his hatrick goal before Sol and Ed also scored, to complete the Dunhurst goal tally and finish off a fine 7-1 victory.

Man of the Match – Stan – composed at the back and a well headed goal.

Steve

U13B Football v Perins, 0-6
Perins brought a strong and powerful group of players up to Dunhurst on yet another stunning day. The Dunhurst boys played with great spirit and got the ball moving early but found themselves under pressure from the start. Perins managed to take the lead during the first half and went into half time 2-0 up. Despite some good chances, Dunhurst were unable to get onto the scoreboard. Perins then pushed on in the second half converting four more chances.

A tough experience playing under such pressure for the majority of the game but Dunhurst held themselves high, up until the last minute.

Duncan
U13 IAPS REGIONAL QUALIFIER

Winners of the Plate Competition

On Saturday morning, the U13 football team made the long journey to Moulson Prep School in Oxfordshire to compete for a place in the IAPS national finals. It was a bitterly cold morning and the rain set in early and fell persistently throughout the morning, making playing conditions incredibly difficult.

The boys were eager to get going after a quick warm up and took on Crossfields in the opening match. An early corner by Rhomey found Sol unmarked at the back post, who headed home for the opening goal of the tournament. The team held firm, aided by a fantastic save by Theo in goal and held out for an opening victory. Next up were a very big and strong team from the Oratory school. Despite taking the lead in the first half, the opponents struck back in the second half to level the game 1-1. Twyford were up next and the Dunhurst team needed a point from their final group game to guarantee a place in the quarter finals. Unfortunately, a renewed Twyford team, from the tournament at Highfield a few weeks ago, entered the pitch. They passed the ball consistently well and deservedly beat Dunhurst 2-0.

The team eagerly awaited the result from the other group game. Unfortunately, victory for the Oratory, meant Dunhurst came 3rd on goal difference in the group and entered the plate competition.

The team were disappointed not to have qualified, which made the rest of the morning even more impressive. They quickly picked themselves up and got back onto the pitch for a quarter final match with Highfield. A fantastic passing move put Sol in on goal who made no mistake. Highfield pulled the score level after the break, which sent the game into a penalty shootout. What came next were 3 of the most impressive penalties I have seen, fired into all corners of the goal by Sol, Jago and Rhomey. This was capped off by two incredible saves by Theo in goal, sending Dunhurst through to the semi finals. The team were tiring, yet pulled themselves together for one last big push to the finish line. Another neat finish by Sol, gave them a 1-0 lead, before Ed slotted home late in the second half to seal victory and with it, the Plate competition.

A fantastic achievement by the team, to come out on top against some of the best teams in the region.

Group Stage

Dunhurst 1-0 Crossfields
Dunhurst 1-1 Oratory
Dunhurst 0-2 Twyford

Knock Out Stages

QF: Dunhurst 1-1 Highfield (Dunhurst win 3-1 on penalties)
SF: Dunhurst 2-0 St. Neots
F: Dunhurst 2-0 Crossfields
TRAIN TIMES

**Friday**
Depart Petersfield 17:48
Arrive Waterloo 18:59

**Sunday**
Depart Waterloo 13:48
Arrive Petersfield 14:51

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

THE BOOK FAIR

Please note that the Book Fair will be on the week commencing 11th November. Details to follow
Gill

ENGLISH CLUBS DURING THE SCHOOL DAY

**Blocks** - Thursdays 13.30-14.00 in the English Room
**Groups** - Mondays 13.30-14.00 in the English Room
(if Nichola is available).

OUTDOOR WORK
PARENTS’ GARDENING GROUP

During the Badley Day effort, several parents asked me if a parent led gardening group would be useful in ODW. I think it’s a fantastic idea and would be extremely grateful of the help. It would also enable me to focus our efforts in lessons on sowing, planting etc. which the children find far more interesting!

I can provide all of the tools that would be required. The best times – when ODW is less busy - would be Tuesday morning, and Saturday mornings. The end of the day on Saturdays might be a good option too – parents could pop in slightly early, and finish at 13.00 in time for pick up.

Ryan

NEW STAFF

Welcome to our new LAMDA Teachers;

Rosie Sloan
and Jack Freeman
DUNHURST PLAYGROUND / COBBS FIELD
Friday 2 November
5.30PM – 6:45PM

£12 per Adult - Children Free
www.bedales.org.uk/events (password: DFFOD)

Cost will be added to your school bill
Ticket includes food  ~  Cash Bar
Glow sticks and other goodies for sale in aid of HOPIT

5.30 – Event starts Dunhurst Playground – food served
6.15 – Bonfire lit – Cobbs Field
6.30 – Fireworks
6.45 – Event finishes

All children not boarding must be accompanied by an adult
No sparklers please.
### DUNHURST LUNCH MENU - Week One
Sept 3rd, 24th Oct, 15th Nov, 12th Dec 3rd

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tr>
<td><strong>Homemade Soup</strong></td>
<td>Soup of the Day</td>
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<tr>
<td><strong>Classic Main</strong></td>
<td>Mixed Beef and Sweet Tomato Lasagne</td>
<td>Roast Pork Loin with Apple Sauce &amp; Crackling</td>
<td>Assorted Stone Baked Pizzas</td>
<td>Creamy Mushroom and Chicken Carbonara</td>
<td>Fresh Battered Cod Fillets, Salmon Fish Fingers</td>
<td>Spicy Beef Fajitas with Sour Cream and Tomato Salsa</td>
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<tr>
<td><strong>Vegetarian</strong></td>
<td>Vegetable and Quorn Lasagne</td>
<td>White Wine, Spinach &amp; Parmesan Risotto</td>
<td>Assorted Stone Baked Pizzas</td>
<td>Pesto Pasta with Parmesan Shavings</td>
<td>Asparagus &amp; New Potato Frittata</td>
<td>Vegetable &amp; Feta Fajitas with Sour Cream and Tomato Salsa</td>
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<tr>
<td><strong>Vegetarian</strong></td>
<td>Wholemeal Fusilli Tomato &amp; Basil Baked Beans Grated Cheddar</td>
<td>Wholemeal Fusilli Tomato &amp; Basil Baked Beans Grated Cheddar</td>
<td>Penne Arrabbiata Baked Beans Grated Cheddar</td>
<td>Penne Peperoni &amp; Tomato Baked Beans Grated Cheddar</td>
<td>Wholemeal Fusilli Chunky Chorizo Baked Beans Grated Cheddar</td>
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<tr>
<td><strong>Carbohydrates</strong></td>
<td>Roast Garlic &amp; Oregano New Potatoes</td>
<td>Roast Potatoes</td>
<td>Saute Potatoes</td>
<td>Buttered Pasta</td>
<td>Thick Cut Chips</td>
<td>Cajun Wedges</td>
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<tr>
<td><strong>Vegetable Choice</strong></td>
<td>Corn Cake Nutmeg Spinach</td>
<td>Baked Carrots Spiced Red Cabbage</td>
<td>Sweetcorn Sliced Courgettes</td>
<td>Green Beans Roasted Peppers &amp; Tomato</td>
<td>Mushy Peas Baked Beans</td>
<td>Mixed salads</td>
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<tr>
<td><strong>Dessert</strong></td>
<td>Mixed Berry Cheesecake</td>
<td>Lemon Sponge &amp; Custard</td>
<td>Pear &amp; Chocolate Crumble &amp; Cream</td>
<td>Sticky Toffee Pudding</td>
<td>Mixed Fruit Jellies</td>
<td>Homemade Chocolate Bovine</td>
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### DUNHURST SUPPER MENU - Week One

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tr>
<td><strong>Homemade Bread</strong></td>
<td>Assorted Bread Basket</td>
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<tr>
<td><strong>Classic Main</strong></td>
<td>Sweet Chilli Chicken with Sesame, Peppers &amp; Broccoli</td>
<td>Seafood, Tomato &amp; Parsley Linguine</td>
<td>Homemade Cajun Chicken Burger in a Brioche Bun</td>
<td>Homemade Sausage &amp; Sage Rolls</td>
<td>Pulled Pork Pita Pockets with BBQ Sauce</td>
<td>Boarders' Choice</td>
</tr>
<tr>
<td><strong>Vegetarian</strong></td>
<td>Stir Fried Quorn &amp; Green Peppers in Black Bean Sauce</td>
<td>Macaroni Cheese</td>
<td>Vegetable &amp; Bean ½ Founder Burger</td>
<td>Cheese &amp; Tomato Turnovers</td>
<td>Roasted Vegetable Halloumi Pittas</td>
<td>Boarders' Choice</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>Egg Fried Rice</td>
<td>Rosemary Ciabatta</td>
<td>Onion Rings</td>
<td>Mashed Potato</td>
<td>Lemon &amp; Coriander Rice</td>
<td>Boarders' Choice</td>
</tr>
<tr>
<td><strong>Vegetable Choice</strong></td>
<td>Broccoli &amp; Sesame Seeds Vegetable Spring Rolls</td>
<td>Peas</td>
<td>Potato Salad Mixed Salad Coleslaw</td>
<td>Baked Beans</td>
<td>Mixed Salads</td>
<td>Boarders' Choice</td>
</tr>
</tbody>
</table>

**A SELECTION OF FRESH SEASONAL FRUITS & YOGURT AVAILABLE DAILY**

[BACK]