

Good afternoon,

Whole School Information: none

Class Information:

Wednesday 31st January - Yoga starts P4-5

Thursday 1st February - Hockey P4-7 3.30-4.30 (booking has been reopened till Monday as only 3 people have signed up and Active Schools need more interest for it to go ahead)

Friday 2nd February - P4 Swimming

Please find attached: none

Lunch Menu:

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Soup	Soup	Soup	Soup	Cold Packed Lunch

<b>Hot Option 1</b>		<b>Hot Option 1</b>		<b>Hot Option 1</b>		<b>Hot Option 1</b>			
Chicken Burger in a Bun, Mashed Potatoes & Mixed Salad		Roast Beef in Gravy with Yorkshire Pudding, Baby Boiled Potatoes & Broccoli		Salmon Fish Fingers, Seasoned Wedges, Peas & Carrots		Chicken Savoury Rice with Mixed Vegetables			
<b>Hot Option 2</b>		<b>Hot Option 2</b>		<b>Hot Option 2</b>		<b>Hot Option 2</b>			
Quorn Cottage Pie with Baked Beans		Baked Bean Baked Potato with Mixed Salad		Macaroni Cheese with Peas & Carrots		Pizza with Chips & Mixed Vegetables			
<b>Sandwich Option</b>		<b>Sandwich Option</b>		<b>Sandwich Option</b>		<b>Sandwich Option</b>		<b>Sandwich Option</b>	
Tuna Mayo		Sliced chicken		Sliced Chicken		Tuna Mayo		Sliced Chicken	
Egg Mayo		Egg Mayo		Tuna Mayo		Egg Mayo		Tuna Mayo	
								Egg Mayo	
<b>Dessert Option</b>		<b>Dessert Option</b>		<b>Dessert Option</b>		<b>Dessert Option</b>		<b>Dessert Option</b>	
Yoghurt with Apple		Tiffin with Banana		Fruit Cocktail		Ice Cream with Melon Slices		Madeira Cake Slice Gluten Free or	
<b>Drink</b>		<b>Drink</b>		<b>Drink</b>		<b>Drink</b>		<b>Drink</b>	
Water		Water		Water		Water		Water	
Milk		Milk		Milk		Milk		Milk	
Fresh Fruit	✓	Fresh Fruit	✓	Fresh Fruit	✓	Fresh Fruit	✓	Fresh Fruit	✓
Salad Pot	✓	Salad Pot	✓	Salad Pot	✓	Salad Pot	✓	Salad Pot	✓

kind regards

*Louise Ferguson*

Head Teacher

Tynewater Primary School

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