



Message from the Principal



Once again, we are able to reflect on a busy term full of many successes and achievements both for students and for staff.

- ⇒ 52 of our students went away to the Brecon Beacons to practise for their Bronze and Silver Duke of Edinburgh award. See more inside the newsletter.
- ⇒ Many of you will have enjoyed the fantastic performance of Legally Blonde which was staged in March by 40 students from Years 7-10, assisted by the Expressive Arts Team. It is a joy to be able to stage live performances again. Their hard work really paid off.
- ⇒ We welcomed our new Year 7 students onto site after their places had been confirmed. It was lovely to meet them and their parents and carers; our student exec and ambassadors did a wonderful job of hosting them and putting them at their ease.
- ⇒ We have successfully secured our Inclusion Quality Mark Flagship school status in recognition of all the hard work we do to support students and ensure equity of opportunity and provision across the school. The report will be available for you to read on the website once it has been published.
- ⇒ As part of our responsibility for supporting young people to show empathy and understanding in order to become positive global citizens in modern Britain, our assembly programme has allowed students to reflect on a diverse range of issues across the half term including: Lent; International Women's Day; Holi; Mutual Respect and Tolerance and World Autism Awareness.

Following feedback from our parent survey, we are going to endeavour to keep this newsletter shorter. However, you will be receiving a letter from your child's pastoral leader with specific celebrations, messages and reminders for their year group. Please feel free to give us feedback on how helpful this is. In addition, next term, we hope to showcase some of the hard work of Year 7 and 8 students and arrange a drop-in for their parents and carers to come on site to share in this.

At the end of this term we are saying goodbye to two members of staff: Sophie Allen who has been a DT teacher here for 8 years, and Daniela Pinger who has been the SENCo for 6 years. We wish them all the best in their new roles.

May I take this opportunity to wish you all a happy Easter break and Ramadan Mubarak for those of you observing this holy month.

Best wishes
Mrs Angus



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Sir Jonathan North College



www.sirjonathannorth.org.uk

EXPRESSIVE ARTS DEPARTMENT

And that's a wrap! The Expressive Arts team lit up the stage at Judgemeanow Theatre last month with their sell out musical production of Legally Blonde Jr. It was great to see the performing arts back on stage after such a disruptive 2 years. The cast of over 40 students have been rehearsing weekly since September and their commitment and dedication truly paid off with their professional and enthusiastic performances.

**LEGALLY
BLONDE**
The Musical
JR.

At Sir Jonathan North Girls' College we pride ourselves on nurturing respectful, resilient and resourceful students and we are so proud of all the cast as they demonstrated all of these skills and more! A £90 donation was also made to the Red Cross to support Ukraine from contributions from the sale of the programme. Thank you to all who purchased a programme.

"I've never felt confident enough to perform in front of an audience, however, I'm so glad I did. I have met so many nice people during rehearsals and it's been so fun to do something like this. Playing a bubbly character like Elle has been an amazing experience and I am so, so glad I did the show and it's definitely an experience I'll never forget. I can't wait till the next year!" - Seyi Year 8

"We had the pleasure of watching 'Legally Blonde' last night and wanted to congratulate you all on putting together a brilliant show! A few girls from Karen Loomes Dance Academy were part of your cast and asked if we'd come to watch them perform - boy are we glad we did! It's clear how much work and dedication had been put into the production by both staff and pupils and it was so lovely to see the enthusiasm radiating from those girls faces" - Karen Loomes Dance Academy.

The Expressive Arts Team



CURRICULUM NEWS...

SCIENCE DEPARTMENT

Within the topic of space, Year 7 students were given the opportunity to make models of the solar system. Here are some amazing examples from our talented students.



Our Year 10 Science students took the opportunity to live chat with primary health care workers. This was a fantastic opportunity to ask any questions about their lives and careers.

Maariya really made the most of this experience.



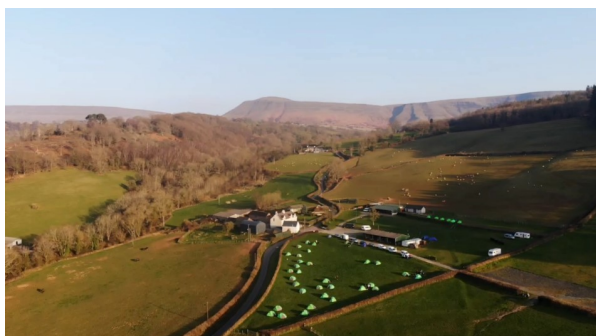
"A medic has introduced me to many aspects in the medical fields that I was unaware of. It was a great opportunity to collect many primary responses and see the perspectives of different healthcare workers within the primary health field."

DUKE OF EDINBURGH AWARD

In March, 26 of our Year 9 students and 26 of our Year 10 students completed the Duke of Edinburgh expedition training. The students learned how to read a map and plot their walking route, how to put up a tent, how to use a camping stove and cook in the outdoors, and then a 1 or 2-day walk following their planned route.

The students were amazing and despite the freezing temperatures, survived the great outdoors, slept in their tents and trekked across muddy fields, up and down hills, with just a map and compass. Their next mission is the full expedition at the end of June.

Mr Moosa



SKILLS FOR LEARNING, SKILLS FOR LIFE DEPARTMENT**A Focus on the Future – A Leicestershire Cares project****Employability workshop**

On the 9th and 18th March, 2 of our students attended an employability workshop supported by the **Specialist Teaching Service Visual Impairment team and staff from Sir Jonathan North** .

The workshop was designed to help visually impaired students' discover their rights and responsibilities and those of potential employers and empower them through being able to talk about their visual impairment in a positive solution focused way.

The 2 sessions included **career talks, support and guidance on how to create their CV, advice on how to prepare for an interview and students completed a mock interview** with volunteers from business.

Three star awards were issued by the business volunteers to students who participated and two of these awards went to our students at Sir Jonathan North Girls College. Well done to Shehezana and Joanna who both gave brilliant interviews and confidently presented themselves and their answers. The girls were complimented for speaking passionately about their interests, displaying positive body language and their mature conversational skills.

"Joanna and I, went on a workshop that informed young people with visual impairments about how to get a job, write a CV and what kind of support we can get.

At our first session at Soar Valley we had speakers who were visually impaired who talked to us about their experiences of getting a job.

At our second session we had speakers who informed us about writing a good CVs and disclose our visual impairments.

At our third session, we talked about interviews and we did a sample interview, we both got a Distinction. Both Joanna and I were very proud of ourselves."

*By Shehezana
Year 9 student*



WELLBEING ...



Safeguarding: Sources of support and guidance

SIR JONATHAN NORTH GIRLS' COLLEGE
Lionheart Educational Trust

Emergency! Ambulance, Fire, Police: 999

Safeguarding concerns: Leicester city council – 0116 4541004

Childline: Free, confidential advice & support for those 18 & under 0800 11 11	NHS: 111 FRANK: Confidential drugs information and advice 03001236600	Samaritans: Confidential, emotional support. 116123 www.samaritans.org
Victim support: Helping victims of crime 08 08 16 89 111	Kooth: online mental health services for young people and adults. https://www.kooth.com	Rape Crisis line 0808 802 9999 (12:00-14:30 and 19:00-21:30)
Anxiety UK 03444 775 774	LGBT+ helpline: 3.00pm - 5.00pm Tuesdays & Wednesdays, 1:00pm - 3:00pm Thursdays 07935 669611	CRUSE Bereavement counselling: 0333 554 9157
Crimestoppers: Give crime information anonymously - 0800 555 111	Leicester Sexual Health clinics: To book an appointment 0300 124 0102 (Haymarket Health Centre)	Domestic abuse Helpline www.nationaldahelpline.org.uk 0808 2000 247
Forced Marriage unit: 020 7008 0151	Karma Nirvana: Honour-based violence & forced marriage 0800 5999247	Homelessness: 0116 2211857
Drinkaware: Alcohol support services 0300 123 1110	BEAT: Eating disorders Helpline: 0808 801 0811	Mind: Mental health charity: 0300 123 3393



SIR JONATHAN NORTH GIRLS' COLLEGE
Lionheart Educational Trust

Resources to support your wellbeing:

The apps below are all designed to promote well-being. Most have free trial packages and whilst they do not claim to solve any concerns you may have, they do provide alternative and additional resources to support your overall sense of well-being. Remember, if you have any significant concerns about your wellbeing, you should always speak to a trusted adult and consult with your GP.

Done: A habit tracker <i>Done</i> helps you create healthy routines by helping you to set goals, track your progress and then motivating you with streaks/chains. It lets you set a goal and track it multiple times a day (useful for revision!). It can help you to build and quite habits/activities. The free version helps you to create 3 habits or goals.	Couch to 5K Exercise can make you feel better both physically and mentally. C25K is a running app that takes you from 0 to being able to run 5K in 8 weeks. It gradually builds you up to this providing 3 guided sessions per week which can be played over your favourite playlists to inspire you to keep going. Works even for the most reluctant athlete! How many km can you cover?	Sleep Cycle: Do you worry about your sleep, feel you don't get enough of it or that your quality of sleep isn't great? This app claims to track your sleep cycle throughout the night, based on movement and sound analysis. It works to wake you up when you are at your lightest sleep which means you'll be much less groggy and grumpy rising.
Headspace: Literally giving users a workout for the brain - led by former Buddhist monk Andy Puddicombe - the premise is to take ten minutes a day to listen in and clear your mind. So what are the benefits? Users report better attention spans, alertness and instant calm.	My possible self: If your mental health is a concern, My Possible Self may help. Use the 'moments' function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help 'modules' to tackle issues such as stress, anxiety, loss or major life changes.	Wakeout: Exercise is good for the mind and the body, but sometimes finding the time to workout can seem next to impossible. Luckily, Wakeout has you covered with a library of over 300 free exercises which can be done in 30-second chunks in the places where you spend most of your time.
Other activities: <ul style="list-style-type: none"> Listen to audio books Watch a film Bake/cook Make something Draw/colour Speak to a friend Help others Organise your room Play sport Social media detox Go for a walk Read Listen to music/make a playlist Organise your files Play board games Write a letter/journal www.healthforteens.co.uk 	Calm: Provides guided meditations in different lengths of time (from three minutes to 25 minutes) to help you relax, de-stress, and sleep. There are also Sleep Stories, bedtime stories that can help you catch some z's.	Mindshift: An app designed to help young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.
	Meditopia: Meditopia's library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath.	Calm Harm: Developed by a Clinical Psychologist, it provides tasks to help you resist/manage the urge to self-harm. You will be able to track your progress and notice change.

SCHOOL NURSE

The school nurse service can still be contacted by text:

07520 615387



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

LEARNING RESOURCES CENTRE...



World Book Day **DESIGN A BOOK TOKEN** competition was offered to all the students along with £1.00 tokens to get a free book. This is an annual nationwide contest which encourages children of all ages to share their creativity, and their love for books and reading, by designing their own fabulous gift cards! The winning entrants, their schools and their teachers can bag **HUNDREDS of pounds worth of National Book Tokens** – just imagine all those beautiful new books for your school's bookshelves... plus, **ONE OVERALL WINNER will be able to give a £10/€10 National Book Token to every child in their class**, featuring their winning design! We had one entry which was submitted to the organisers'.



Well done Dena (Year 8). Good luck!

TUESDAY MARCH 8, 2022
INTERNATIONAL WOMEN'S DAY

Will you help #BreakTheBias?



Strike the IWD #BreakTheBias Pose Mini Collage – March 2022

As well as assemblies during this week to mark International Women's Day, we encouraged students, staff and parents to take a photo in the pose shown below and post on link below and to send one to the school for our display collage.



<https://www.internationalwomensday.com/Theme>

2021 Bookbuzz National Competition for YEAR 7S

Students were asked to design a cover for one of the Bookbuzz books. **CLOSING DATE WAS FRIDAY 25th MARCH 2022.**

We had 1 entry for this competition...well done Umeyma, Year 7. Good luck!



British Science Week was 11-20 March 2022 and there is poster competition on 2022 theme which is 'Growth'. Please encourage students to design a poster and enter this competition. **Closing Date is 15 April 2022.**



The Librarian, Mrs Vegas, also arranged an 'Owl Pellet' session which took place on Thursday 17th March 2022 during lunch time in library. It was delivered by Museum Learning Services allowing students hand on experience to discover 'what the owl had eaten?' through owl pellet dissection and careful identification and classification of the bones within the pellet. We are really proud of the girls who took part: Iman 7.1, Aishah 7.3, Aamna 7.5, Olivia 7.5, Ruby 7.5, Alicia 7.6, Emily-Leigh 7.6, Rhiannon 7.6, Kodie-Leigh 7.6, Remii-Lou 7.6, Anika 7.6, Remie-Grace 7.8, Rugaia 8.6 and Asneet 10.9.

Asneet, 10.9 remarked that *'this was a great session as I want to be a doctor, dissecting the owl pellet to discover various bones of what the owls ate was interesting'*. Everyone really enjoyed the session.

Poster competition

The British Science Week competition is back for 2022

Yes, it's true – our poster competition is BACK in 2022!

The theme for British Science Week 2022 poster competition is 'Growth'. The deadline for entering the competition is open on the 15 April 2022. The link to submit your entry and details on the prizes on offer will be available soon. Your poster could explore a subject's journey into a fully grown adult frog, or look at the ways populations grow in affording the planet. For inspiration on poster ideas, check out the [2022.BRITISHSCHOOLSONLINE](https://2022.britishschools.org)



LEARNING RESOURCES CENTRE...

Recommended Reading List for Easter is in honour of Stephen Lawrence Day on 22 April 2022

Stephen Lawrence day is **Friday 22nd April 2022** and the theme is **“Who Am I?”** which celebrates the life and legacy of a young man murdered in a racist attack when he was just 18 years old. This is an opportunity for children and young people to have their voices heard, make the changes they would like to see and create a culture that treats everyone with fairness and respect. There will be a focus on the theme “Who Am I?”, show casing resources that celebrate diversity, positive visions for the future, as well as the difficult issues of identity. The display will be up from end of March to end of April in the library. There will be a place where students can stick up a ‘post-it’ answering the theme question “Who Am I?” A Speech Writing and an evening of public speaking is being encouraged for school students who will be invited to read their speeches out. Please take part and be the voice of change.

WHO AM I? WALL IN THE LIBRARY TO PUT YOUR ANSWERS ON THIS TOPIC. EVERY STUDENT WHO LEAVES A POST-IT NOTE WILL GET 1 ACHIEVEMENT POINT. THE WALL WILL BE UP UNTIL THE END OF APRIL.

YOU ARE ALSO INVITED TO SEND IN YOUR 3 MINUTE SPEECH ON THIS THEME AS SHOWN ON THE POSTER. IF YOU ENTER COPY MRS. VYAS IN AND GET A PRIZE.



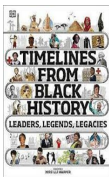
Twelve-year-old Jerome is shot by a police officer who mistakes his toy gun for a real threat. As a ghost, he observes the devastation that's been unleashed on his family and community in the wake of what they see as an unjust and brutal killing.



50 famous inspirational and under-celebrated women from Afghanistan, Pakistan, India, Bangladesh, Nepal and Sri Lanka. South Asian girls will have a chance to dream about lives for themselves that radically differ from the limited narratives and stereotypes written for them by their culture, wider society and the mainstream media.



Historian and broadcaster David Olusoga, tells the rich and revealing story of the long relationship between the British Isles and the people of Africa and the Caribbean, discussing the Windrush scandal and the Black Lives Matter protests of 2020, events which put black British history at the centre of urgent national debate.



Amazing visual timelines take readers through the people and the issues that have shaped Black History. From Frederick Douglass to Oprah Winfrey, and the achievements of ancient African kingdoms to those of the US Civil Rights Movement, Timelines takes kids on an exceptional journey from prehistory to modern times, boasting 30 visual timelines, which explore the biographies of the famous and the not-so-famous - from royalty to activists, and writers to scientists, and much more.



Exploration of diversity problems in education, by two young Cambridge graduates, Chelsea Kwakye and Ore Ogunbiyi. As a minority in a predominantly white institution, taking up space is an act of resistance, and, in higher education, you constantly have to justify your existence within institutions that weren't made for you, is an ongoing struggle for many people. Taking Up Space is a guide and a manifesto for change: tackling issues of access, unrepresentative curricula, discrimination in the classroom, the problems of activism, and life before and after university.



Hate crime can take many forms including cyber bullying on social media, homophobia and racism. This is the story of Eve, whose older sister Rosie was killed when walking home one night with her boyfriend.

Working together towards good attendance:



It has now been 2 years since the first lock down, 2 years of disrupted education for our young people. Now is the time that consistency is key, and students need to be in school in lessons in order to catch up on lost time for face to face learning. If your child has the odd day off school this could be detrimental to their future as it can lead to further anxiety and a feeling of being behind.

When it comes to attendance, a problem shared is usually a problem we can help to resolve. A great place to access support if you do have any concerns regarding your daughter's attendance is via their form tutor as first point of contact or you can attend our drop-in attendance support meetings in your local area. Education is a partnership that needs us to pull together in order to give our students the best chance to succeed in school. Please see our Attendance Matters booklet on the school website for top tips on what you can do to help your daughter's attendance.

<https://www.sirjonathannorth.org.uk/current-students/student-information/attendance-and-punctuality/>

Attendance should not be a barrier to education; we are here to work together.

HYGEINE PRODUCTS

In case you are not aware, the Government currently fund sanitary pads for all, to ensure that periods should not be a barrier to attendance or being in lessons. Pastoral teams are happy to provide your child with free sanitary packs, they just need to ask.

We also run a hygiene pack initiative for pupil premium students. If you are interested, please email the relevant Pastoral team on contactus@sirjonathannorth.org.uk

Year 7: Mr Pope and Mrs Sidpara
 Year 8: Mrs Montgomery and Mrs Hatwell
 Year 9: Mrs Carrington and Miss Wilson
 Year 10: Mrs Goodwin and Mrs Lambat
 Year 11: Miss Wiltshire and Mrs Dunn



REWARDS

Our aim is to ensure we support ALL students to become "Good People" so, it is important that we reward and recognise students for their achievements on their journey with us to success.

What a fantastic term this has been in recognising this. We have seen an increase in the number of points students are being awarded by staff which are linked to our Core Values:

RESOUREFULLNESS, RESILIENCE, RESPECT & REFLECTIVENESS

This has made the termly reward for the TOP 25 students in the school a competitive race. However, we are pleased to announce that the following students have been presented with a certificate and celebration breakfast for being in the TOP 5 students in their year group and the TOP 25 students in the whole school.

7	Charlotte 7.2 Prabjot 7.2 Sara 7.3 Flo 7.2 Katelan 7.2	8	Husnaa 8.8 Iisla 8.8 Dena 8.2 Evie 8.5 Lola 8.6	9	Keksha 9.9 Fajr 9.6 Frances 9.6 Seanna 9.6 Ayesha 9.4
10	Fatima 10.2 Annabelle 10.2 Ayesha 10.4 Avis 10.6 Daniah 10.5			11	Prema 11.9 Asmita 11.1 Amrit 11.3 Tiffany 11.1 Zahra 11.2

IMPORTANT DATES...



- ⇒ **8 April** — College Closes
- ⇒ **11-14 April**—Year 11 Study Support Sessions
- ⇒ **25 April**—College Opens
- ⇒ **2 May**—Bank Holiday (Closed)
- ⇒ **4 May**—Year 9 Booster and Meningitis Vaccinations
- ⇒ **27 May**—College Closes
- ⇒ **6 June**—College Opens

Academic Year 2021 – 2022 Term Dates

Summer Term 2022	
College Opens	Monday 25 April 2022
May Day	Monday 2 May 2022
School Closes	Friday 27 May 2022
Half Term	Monday 30 May – Friday 3 June 2022
School Opens	Monday 6 June 2022
College Closes	Wednesday 13 July 2022
Holiday starts	Thursday 14 July 2022

Academic Year 2022 – 2023 Term Dates

Autumn Term 2022	
Training Days	Friday 26 August and Tuesday 30 August 2022
Bank Holiday	Monday 29 August 2022
College Opens	Wednesday 31 August 2022
Half Term	Monday 17 October to Friday 21 October 2022
College Closes	Friday 16 December 2022

Spring Term 2023	
Bank Holiday	Monday 2 January 2023
Training Day	Tuesday 3 January 2023
College Opens	Wednesday 4 January 2023
Half Term	Monday 20 February to Friday 24 February 2023
College Closes	Friday 31 March 2023

Summer Term 2023	
College Opens	Monday 17 April 2023
May Day	Monday 1 May 2023
Half Term	Monday 29 May to Friday 2 June 2023
School Opens	Monday 5 June 2023
College Closes	Friday 14 July 2023
Holiday starts	Monday 17 July 2023

KNIGHTON TENNIS CENTRE...

SIR JONATHAN NORTH GIRLS' COLLEGE

SUMMER CAMP

AT KNIGHTON TENNIS CENTRE

Fun sports activities for boys and girls aged 6 - 11 years old.
Staff are First Aid trained and have full DBS checks.
£150 for a full week or £40 per day. Sibling discount offered. Payment to be made via bank transfer.
Contact Greg Goddard to register your interest.

DATES
25th - 29th July
1st - 5th August
8th - 12th August
15th - 19th August

TIMES
8:00am - 3:00pm

Knighton Tennis Centre, Sir Jonathan North Girls' College, Knighton Lane East, Leicester LE2 6FU
greg.goddard@sirjonathannorth.org.uk
0116 2708 696 lionheartvenues

SIR JONATHAN NORTH GIRLS' COLLEGE
Leicester Education Trust

*Summer camp will only run with viable numbers

EVOLVE DANCE

FIRST CLASS FREE!

JOIN ME ON WEDNESDAY THE 27TH OF OCTOBER FOR STREET DANCE CLASSES

And every Wednesday after that...

TIME: YR 7, YR 8 & YR 9 - 6PM TILL 7PM
YR 10, YR 11, YR 12 & YR 13 - 7PM TILL 8PM

VENUE: KNIGHTON TENNIS CENTRE @ SIR JONATHAN NORTH COLLEGE
KNIGHTON LANE EAST, LEICESTER, LE2 6FU

Please register your interest to
evolvedance8@outlook.com

LTA YOUTH

SKILLS FOR ON AND OFF THE COURT

LTA Youth isn't just about tennis. It's about racking up physical and mental skills for life. Whether that's balance for ballet or footwork for football. From concentration and cooperation to self-confidence for the classroom and beyond, LTA Youth can take them to the next level.

MOTOR
Agility, balance and coordination: what they need to play tennis (and all sports) with skills for life.

MENTAL
Commitment, concentration, confidence and control of their emotions when things get tough.

TECHNICAL
Skillful serves, forehands, backhands and net shots. Technique is efficient, effective, repeatable, and adaptable to any game or opponent.

TACTICAL
How to rally, attack and defend at the right time, in singles and doubles.

COMPETITION
How to serve, rally and score - and get stuck into healthy competition with a focus on personal best, not just winning the game.

SOCIAL
Communication and cooperation - so they get the most out of group activities.

SKILLS TAGS

LTA YOUTH

SKILLS FOR ON AND OFF THE COURT

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SOCIAL
Communication and cooperation - so they get the most out of group activities.

THE SHUTTLE CLUB

BADMINTON WITH A PURPOSE!

LEARN BADMINTON THROUGH ENERGETIC AND FUN GAMES!

BEGINNERS BADMINTON: SIR JONATHAN NORTH COLLEGE THURSDAYS JUNIORS FUNDAMENTALS 5-6PM ADULTS FUNDAMENTALS 6-7PM

BOOK AT WWW.THESHUTTLECLUB.CO.UK

MUSIC, FUN AND FITNESS

with this tennis workout

Thursday 19:30 - 20:30

Find a session near you www.lta.org.uk/rally

LEARN TO PLAY

Pick up a racket today

Sunday - 09:00 - 10:00

Find a session near you www.lta.org.uk/rally

LUNCH MENU WEEK 1 ...



Traditional Menu – April 2022 SIR JONATHAN NORTH



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Pork meat balls in a tomato sauce Served with spaghetti	Chicken & vegetable pie with New potatoes	Lamb lasagne with Garlic bread	Pork sausages with mashed potato & onion gravy	Chips with Chinese curry sauce or Egg fried rice
VEGETARIAN	Quorn balls in a tomato sauce Served with spaghetti	Cheese & potato pie with malted baguette	Vegetable lasagne with Garlic bread	Quorn sausages with mashed potato & onion gravy	French bread pizza with mixed peppers
VEGETABLES	Coleslaw Peas Sweetcorn Mixed Salad	Coleslaw Baked beans Sliced carrots Mixed salad	Coleslaw Mixed salad Broccoli Sweetcorn	Coleslaw Baked beans Garden peas Mixed Salad	Coleslaw Baked beans Corn on the cob Mixed salad
DESSERT	Chocolate biscuit Apple sponge & custard	Jam & coconut sponge Flapjack	Chocolate brownie Butter scotch cookie	Shortbread Fresh Fruit with yoghurt & granola topping	Haystacks Ice cream
JACKET POTATOES, SANDWICHES, SALAD BAR & PASTA KING BAR AVAILABLE DAILY					
FRUIT & YOGURT AVAILABLE DAILY					

FOR ALL ALLERGENS PLEASE ASK A MEMBER OF CATERING STAFF



SIR JONATHAN NORTH MENU

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza/Panini	Curry	Build a Wrap	Burgers	Chinese & Chip shop Friday
<p><u>Pizza slice with:</u> Cheese & sweetcorn or Roasted vegetable or Cheese & tomato</p> <p><u>Panini fillings:</u> Cheese or Cheese & baked bean</p>	<p>Chicken tikka curry with rice & naan</p> <p>Paneer & sweetcorn curry with rice & naan</p>	<p>Cajun chicken</p> <p>Roasted vegetables</p>	<p>Chicken burger served with coleslaw and side salad</p> <p>Quorn burger served with coleslaw and side salad</p> <p>Vegetarian burger served with coleslaw and side salad</p>	<p>Fish cake</p> <p>Salmon fillets</p> <p>Quorn dippers</p> <p>Served with Chips, beans or Chinese curry sauce</p>

FOR ALL ALLERGENS, PLEASE ASK A MEMBER OF CATERING STAFF

LUNCH MENU WEEK 2 ...



Traditional Menu – April 2022 SIR JONATHAN NORTH



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT 1	Roast chicken, mashed potatoes, stuffing & gravy	BBQ chilli with paprika wedges	Lamb lasagne with garlic bread	Cheese flan Half jacket	French bread pizza: - Vegetarian - Chicken with half jacket potato
VEGETARIAN	Macaroni Cheese with malted baguette	Quorn dippers with paprika wedges	Vegetable lasagne with garlic bread	Vegetable & tomato pasta bake	
VEGETABLES	Coleslaw Garden peas Mixed salad Broccoli	Coleslaw Mixed salad Baked beans Sweetcorn	Coleslaw Mixed salad Baton carrots Broccoli	Coleslaw Sweetcorn Mixed salad	Baked beans Coleslaw Mixed salad
DESSERT	Chocolate muffin Coconut cookie	Banana & oat cookie Rice krispie cookie	Apple sponge & Custard Cherry Shortbread	Chocolate brownie Fruit & granola with yoghurt	Haystacks Ice cream
JACKET POTATOES, SANDWICHES, SALAD BAR & PASTA KING BAR AVAILABLE DAILY					
FRUIT & YOGURT AVAILABLE DAILY					

FOR ALL ALLERGENS PLEASE ASK A MEMBER OF CATERING STAFF



SIR JONATHAN NORTH MENU

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza/Bagel	Curry	Build a Wrap	Burger & Hot Dog	Chinese & Chip shop Friday
<p><u>Pizza slice with:</u> Cheese & mixed pepper or Cheese & tomato</p> <p><u>Hot bagel fillings:</u> Chicken or Cheese</p>	<p>Chicken Rogan josh with rice & chapatti</p> <p>Vegetable Rogan josh with rice & chapatti</p>	<p>Chicken fajita</p> <p>Roasted vegetables fajita</p> <p>Quorn & vegetables fajita</p>	<p>Homemade lamb doner burger with yogurt & mint dip</p> <p>Pork hotdog with fried onions</p> <p>Quorn hotdog with fried onions</p>	<p>Battered fish</p> <p>Pork sausage</p> <p>Quorn sausage</p> <p>Served with Chips, beans or Chinese curry sauce</p>

FOR ALL ALLERGENS, PLEASE ASK A MEMBER OF CATERING STAFF