Chislehurst School for Girls

Weekly News 20th November 2026



Dear parents, carers,

The School's 130th Birthday has been celebrated this week, with a trip down memory lane from the archives. **The lighting of the Birthday Cake candles** was deftly handled by the **Year 7 Form Captains**, as per tradition. The Choir sang the traditional school hymn, *Rejoice*! and the School Prayer was read by our **Head Girl, Ella. Akshita and Aktan** opened the assembly and then this student-written and led assembly took us through a gallery of wonderful old photos and faces of yesteryear.

There is much evidence, however, to support the notion that putting on shows, sports and music has always been at the heart of our school life. We then unveiled our new panoramic photograph, and **Tomi** delivered a stunning rendition of *Your Daddy's Son* from Ragtime the Musical. Valentina treated us to a great performance on the clarinet entitled, Andante Espressivo, Mendelssohn and **Lily** sang us out with a beautiful performance of *Love In the Dark* by Adele.
Student confidence in public speaking and performance was most certainly a highlight of this assembly and we thank **Ms Harding** for organising the birthday cake and the traditional giving of **cupcakes to every Year 7 girl, Mrs Godly** for dressing the table so beautifully and organising balloons (even if the rather stubborn # 3 preferred to turn the other way!) and **Miss Mackintosh** for all things Music. Well done to every young person who took part in this assembly and Happy Birthday Chislehurst School for Girls!

In other news, our **Careers Fair** this week was superbly organised by **Ms Robertson** with a wide variety of providers present and sharing their words of wisdom and advice to all of our students who got to visit.

With my very best wishes to you all,
Mrs French,
Headteacher




Emma and Lily


Autumn 1949, Year 7s
planting bulbs
Ava and Sophie


Emma and Lily
KS4 in 1934
All of the photographs that you will see are from our school


Autumn 1949, Year 7s
planting bulbs
Ava and Sophie


HONOURS





Careers Fair – A World of Opportunities!

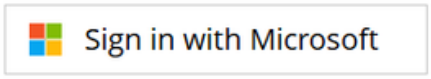


What a fantastic Careers Fair! We were delighted to welcome a wide range of employers, colleges, universities and organisations into school, giving pupils the opportunity to explore different career paths, discover new possibilities and speak directly to people working in a variety of industries.

There was plenty to inspire, with pupils able to ask questions, find out about different routes into employment and further education, and perhaps discover a career they hadn't previously considered. A huge thank you to all our exhibitors for giving up their time and sharing their knowledge and experience with us. We hope everyone enjoyed the opportunity as much as we did!

Now it's time to reflect!

The Careers Fair doesn't end when the exhibitors leave. All pupils who attended are reminded that they need to log in to **Unifrog** and complete their feedback about the event. This is an important opportunity to think about what you discovered, which organisations caught your attention, what surprised you and whether the experience has changed or influenced your thoughts about future possibilities.



Please help your child to login to Unifrog (www.unifrog.org) using their Microsoft Single Sign On information (look for the logo above on the homepage). Then just scroll down to "Unfinished Business" and you will be able to see the interaction about the Careers Fair- alternatively follow the link in the email that all pupils have received from Unifrog.

Remember, careers education is about keeping an open mind, exploring opportunities and discovering that there is no single route to success. Your future, your choices – make the most of the opportunities available to you!















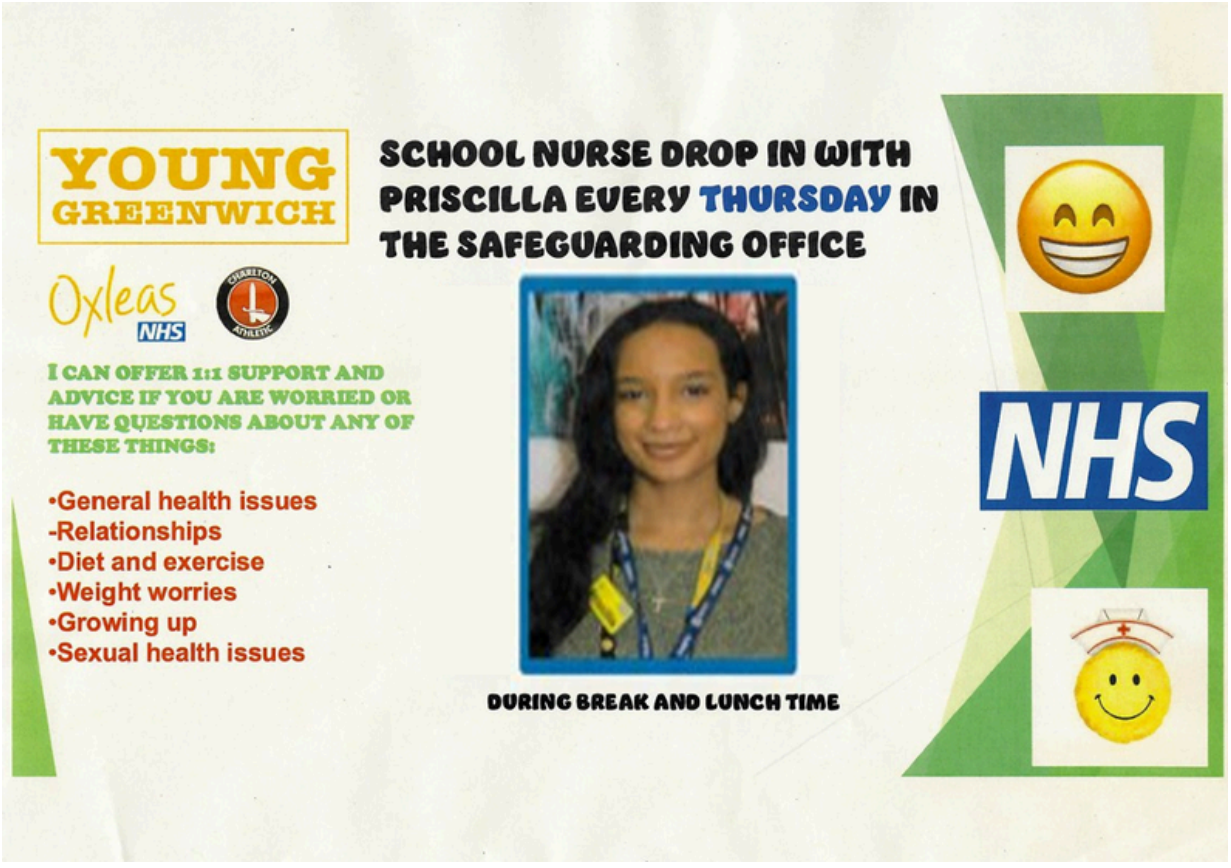


Ms Robertson

Headteacher's Breakfast Club



A bumper breakfast this week as Mrs French welcomed the participants from last week's Bar Mock Trial. **Amelia, Jessica, and Emma, Year 10, Poppy, Annabelle, Annabell, and Jayna-Emmanuelle, Year 11, and Ellen, Isla, Parnia, Lucia and Andrej, Year 12,** were all great company for Mrs French during break.



Post-16 Students Welcome MP Louie French for a PSHE and Citizenship Visit



Our **Post-16 students** recently had the opportunity to welcome **Louie French, Member of Parliament for Old Bexley and Sidcup**, as part of their PSHE and Citizenship programme.

The visit provided a valuable opportunity for students to explore the world of politics, democracy and public service, while gaining a greater understanding of how our democratic system works in practice.

Students engaged enthusiastically in the discussion, asking a range of thoughtful and important questions about the UK's voting system, the day-to-day responsibilities and experiences of an MP, and some of the key issues surrounding voting and elections. The questions demonstrated students' curiosity about the political process and their interest in understanding how decisions are made and how citizens can make their voices heard.

The visit offered a fascinating insight into life as an elected representative and encouraged students to think critically about the importance of democracy, participation and having a voice in society.

We are extremely grateful to Louie French for taking the time to visit our school, share his experiences and answer students' questions so openly. Opportunities like this bring learning to life, helping our young people develop the knowledge, confidence and understanding they need to become informed and active citizens.

A thoroughly engaging and valuable experience for our Post-16 students!







Miss Singer

U14 Rugby vs Langley Girls





On Wednesday, our girls' rugby team took to the field against Langley Girls in their first fixture of the season as part of an exciting new Rugby League competition being introduced across Bromley. Organised by our rugby coach, Aidan, the league has been created to provide regular competitive opportunities for local schools and help continue the growth of girls' rugby in the borough.

The afternoon featured three formats of the game: touch rugby, touch-and-tackle rugby, and full-contact rugby. Our girls secured an impressive victory in the touch-and-tackle game and competed brilliantly throughout the other two matches, narrowly missing out in both the touch and full-contact fixtures.

While the results were pleasing, what stood out most was the enthusiasm and commitment shown by every member of the squad. When it came to the full-contact element of the afternoon, all 14 of our players were keen to get involved and test themselves, demonstrating tremendous courage, determination and a real appetite for the challenge. It was fantastic to see the team embrace the opportunity and continue to support one another throughout.

A special congratulations goes to **Mya S**, who was named **Player of the Match** by Aidan for her outstanding all-round performance, commitment and contribution across all three games.

We would also like to give a huge shout-out to **Freya W and Izzy W**, who both played their first-ever full-contact rugby match. They showed great bravery, adapted quickly to the demands of the game, and should be extremely proud of their performances.

The fixture was made even more memorable as the team proudly wore their new rugby shirts for the first time. Combined with the incredible support, encouragement and positivity shown throughout the squad, it created a fantastic atmosphere and a brilliant way to begin the season.

This was an excellent opening fixture for the team and a fantastic start to what promises to be an exciting rugby season. I am incredibly proud of the way the girls represented the school and cannot wait to see how they continue to develop and progress throughout the year. Well done to everyone involved!







Miss Harper

Sports Workshops

A big shout out to the students who had attended our This Girl Can Move for 10 sessions this week in Boxercise and Just Dance! There are many more activities over the next few weeks, please sign up on SOCs















Mrs Walker



£326 raised for Sarai's Light Foundation!

A heartfelt thank you to our parents and carers for helping us raise **£326** so far for Sarai's Light Foundation, our chosen charity this year. Your generosity means so much as we come together in memory of Sarai, our much-loved student, and support the important work her family are carrying forward in her name.
Our Christmas appeal continues, so if you have not yet donated and feel able to, we would be grateful for your support. Every contribution, however small, is warmly appreciated.

https://www.justgiving.com/page/chislehurst-school-for-girls-sarai-light-foundation?utm_medium=FA&utm_source=CL

Thank you for the kindness and care you continue to show as a school community.

Ms Mensah

Christmas Concert and Carol Service

We would like to remind all parents and carers that tickets for this year's Christmas Concert on **Tuesday 15th December go on sale today, Friday 20th November, at 6.00 pm**. We are asking all families to restrict their purchases to two tickets each in order that as many students as possible are able to have support from their own family or friends in the audience. If you require an accessible seat without steps, please email Miss Lowing to arrange this directly. The link required to purchase tickets is:

https://www.eventbrite.co.uk/e/chislehurst-school-for-girls-christmas-concert-2026-tickets-2003804891371

Please could we remind all students to return their reply slips for the Christmas music events, so that we can make final logistical arrangements for both the concert and the service. Spare copies of the letter are available from the Music Office, and this was also sent out online to all parents and carers.

Our students have been working so hard to prepare their performances, and this week we particularly congratulate those who were brave enough to audition for solos in our Christmas Concert, to be readers in our Carol Service, and, for **Year 7**, for the *Once in Royal David's City* solo at the start of the Carol Service. We were so impressed with the standard of auditions, and it really was a very tricky decision to narrow it down; we could easily have had a 3-hour Christmas Concert and 10 verses of Once in Royal David's City! Everyone who auditioned should be proud of themselves, and please do remember that there are many other opportunities to perform, including our Informal Concert later in the year.

Music Department

CHISLEHURST SCHOOL FOR GIRLS

CHRISTMAS CONCERT

TUESDAY 15TH DECEMBER, 7PM

Chislehurst Schoolfor Girls

All Choirs, Band, Orchestra, Steel Pan Bands and soloists
£5 adults and £4 concessions
Tickets available from Eventbrite only
Tickets restricted to 2 tickets per student

NINE LESSONS & CAROLS

THURSDAY 17TH DECEMBER, 6PM

St. John's Church, Sidcup

All Choirs
Free to attend, no parking on site

ALTIORA SEQUAMUR



All Saints Day - Guadeloupe

Guadeloupe is a small speck of an island in the Caribbean. Otherwise known as the "Island of beautiful waters", Karukera, by the indigenous people.
All Saints' Day is like a lot of festivals. It falls on the first of November every year and is like the French version of Day of the Dead or Halloween. The period between late October and early November is said to be when the border of the living and the dead world are at its thinnest. This is why there are ghosts and skeletons on Halloween nights. The same goes for the Day of the Dead. You can speak to your loved ones who have passed because the border is so thin. These days are spooky & supernatural because of the border.
BUT Guadeloupe's All Saints Day has a little flare of its own. Their country, I like to think, is built for this festival and they do take it really seriously. Their cemeteries are beautifully decorated with this checkerboard pattern. The checkers are supposed to represent both African and European countries as a union.
The festival starts days before with families cleaning and refreshing the family's tombs, laying flowers and maybe even a fresh new coat of paint. As the 1st of November approaches, families gather for All Hallows night for the first vespers on the 31st marking the formal opening of the festival. On the day you will have no work nor school and you'll find venders carrying warm drinks. A loved one is the special Creole hot chocolate sprinkled with lime zest, cinnamon, and freshly grated nutmeg. But overall, the festival brings families together with love and remembrance of each other.

Written by Lily R, 7H

Mock Trial Application

This is a valuable opportunity for **Year 8 and Year 9 students** at Chislehurst to develop their public speaking, critical thinking, and teamwork skills while gaining a unique insight into the legal system.
As part of the application process, students should submit an analysis of the case, including a well-reasoned and detailed explanation of their views and conclusions. Applications must be submitted by **Wednesday 18 November**. Please see more information on Classcharts announcements.
The Mock Trial competition will take place at **Bromley Magistrates' Cour**t, where the school team will compete against other schools for the chance to progress and achieve success in the competition. Throughout the preparation and competition process, students will develop their confidence, public speaking abilities, and analytical skills. The experience also provides an excellent opportunity to learn more about the justice system and the role of the courts in society.
We strongly encourage students with an interest in debating, law, public speaking, or performing to apply here:

Magistrate Mock Trial Team Application 26/27 – Fill in form



Mr Viljoen

What's on at the Library?

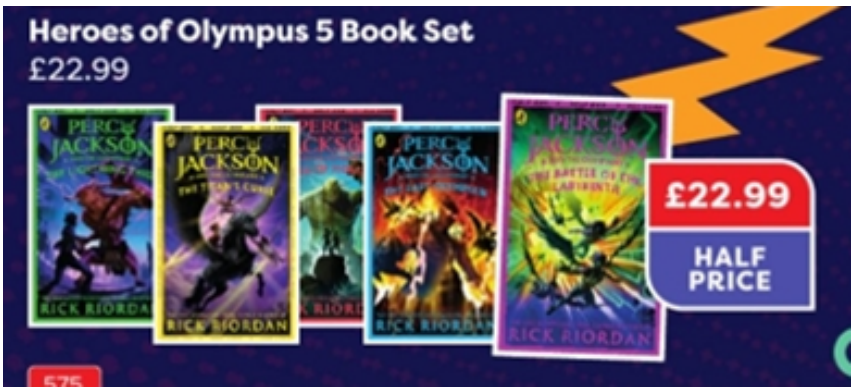


Our Scholastic Book Club closes on Sunday – don't miss out!

Up to 40% off books, up to 70% off series & box sets
No shipping costs (all books ordered are delivered to school)
Help us earn free books for the library

Just go to https://clubs.scholastic.co.uk/C-L11PQ41Z to browse the latest books and place your orders.
Every £1 you spend via the Book Club earns 20p for our school in Scholastic Rewards.
Please place your orders online by November 22nd, 2026.
We hope you find many books you love ~
Thank you for supporting our Book Club and helping us get free books for our library!
Ms Sturge







Library Opening Hours

The Library is open to students outside of school hours. Timings are:

8.00 am - Open for students
4.45 pm - Closed for students

Are you passionate about making a difference in education?

Lumero Educational Trust is seeking enthusiastic and committed individuals to become Co-opted Governors. If you are interested in contributing to the success of a Lumero Trust school that your child does not attend, we would be delighted to hear from you.

As a governor, you will play an important role in supporting school leadership, contributing to strategic decision-making, and helping to ensure the best possible outcomes for pupils across our Trust. Whether you bring professional expertise, community experience, or simply a desire to give back, we would love to hear from you.

If you are interested in becoming a Co-opted Governor at a Lumero school, please contact **clerk@lumero.org** for further information.





THE SUPPORT SIGNPOST

A regular guide to help you find the right support, advice and resources for yourself or someone you care about.

This week the focus is on finding information f**or supporting study and school anxiety:**

NHS

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/

YOUNGMINDS

Advice for what to do if your child is anxious about school or is unable to go at times.

https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/

Charlie Waller

A guide designed to support parents and carers in helping their children manage exam stress and maintain good mental wellbeing. It provides practical advice on how to create a balanced approach to studying, recognise signs of anxiety, and offer encouragement

https://charliewaller.org/mental-health-resources/supporting-your-child-with-exam-stress

mind

Information for young people on exam stress and where to go for support.

https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/

THE MIX
Essential support for under 25s
☎ 0808 808 4994

kooth
Kooth is an online mental wellbeing community for young people
For ages: 11-18

Bromley, Lewisham & Greenwich mind
Blgmind.org.uk 01689 811 222

Chislehurst School for Girls

Bronze DofE Planned Training Schedule 2026-27

	Date	Timing	Content
HT1	Thursday 08/10/26	Enhancement Day	Groups, intro to DofE and eDofE, tent pitching and care, using a compass to navigate, cooking & food
HT2	Thursday 05/11/26	3:30-4:30pm	First aid (basic, expedition-based)
	Thursday 12/11/26	3:30-4:30pm	First aid (DR ABC, recovery position, resuscitation)
	Thursday 26/11/26	3:30-4:30pm	Kit care, suitable clothing and footwear, packing a rucksack
	Thursday 03/12/26	3:30-4:30pm	Countryside code, Highway code, awareness of surroundings
HT3	No after school sessions due to Guys and Dolls Jr. – please continue with your sections!		
HT4	Thursday 11/03/27	3:30-4:30pm	Compass use and skills, intro to OS maps
HT5	Thursday 15/04/27	3:30-4:30pm	Navigation skills, intro to map reading, set up route planning
	Thursday 29/04/27	3:30-4:30pm	Route plan 1 practice & qualifying expedition
	Thursday 06/05/27	3:30-4:30pm	Route plan 2 practice & qualifying expedition
	Thursday 13/05/27	3:30-4:30pm	Route plan 3 practice & qualifying expedition
HT6	Thursday 10/06/27	1:15-4:15pm	Collect expedition equipment, final briefing
	Friday-Saturday 11-12/06/27	**WEEKEND**	**PRACTICE EXPEDITION**
	Thursday 24/06/27	3:30-4:30pm	Evaluation of Practice Expedition, apply to Qualifying Expedition
	Friday-Saturday 02-03/07/27	**WEEKEND**	**QUALIFYING EXPEDITION**
	Tuesday 06/07/27	8:30-11:15am	Kit return

Please let us know if you do need to miss a session for a good reason. Your attendance is expected every week; failure to attend regularly could mean that you are not permitted to complete the expedition with your group, as DofE rules state that all participants must be appropriately trained and prepared. Any necessary changes to this schedule will be communicated in advance.

Year 11 Support Programme
M4 Supervised silent study room, Ransley Suite - Quiet group study,
Conference Suite- Year 11/Year 12 Academic Tutoring

Subjects	Teacher	Time	Venue
Maths	Mrs Bankova	Wednesday lunchtime - **Week A & Week B**	E2
	Mrs Ramesh	Friday lunchtime – **Week B**	E1
	Mrs Robinson	Monday after school – **Week A** Friday lunchtime – **Week B**	E6
	Mrs Tutt	Friday lunchtime – **Week A & Week B – GCSE Higher Maths**	E8
	Mrs Hing-Bekoe	Monday after school – **Week A & Week B**	E3
	Mrs Patran	Tuesday lunchtime - **Week A & Week B - Foundation**	E7
	Mrs Counihan	Friday lunchtime – **Week A & Week B**	E4
English			**TBC**
Drama			**TBC**
Biology			**TBC**
Physics	Mr Copper	Wednesday lunchtime – **Week A & Week B**	N2
Business	Ms Pascoe	Wednesday lunchtime – **Week A & Week B**	M2
Food Technology	Mrs Murty	Wednesday after school (3:30 p.m. – 5:00 p.m.) - **Week A & Week B (Revision and Recap only)**	N23
Design Technology			**TBC**
Computer Science	Ms Robinson	Friday after school – **Week A & Week B** (3:30 p.m. – 4:30 p.m.)	SF
	Ms Robinson Mr Hu	Wednesday lunchtime – SOCS – Week A & Week B	S1
French	Miss O'Donnell	Wednesday lunchtime - **Week A & Week B**	M7

Spanish	Miss Gallego Fernandez	Wednesday lunchtime - **Week A & Week B** Thursday & Friday - **Week B only** **(08:00 a.m. – 08:30 a.m.)**	M5
Geography	Ms Hilderly	Friday lunchtime – **Week A & Week B** **Invitation only -** exam technique sessions	M22
History			**TBC**
Year 11 - Study & Revision skills session	Ms Pryce	Wednesday lunchtime- **Week A & Week B**	M20
Religious Studies	Miss Cohen	Tuesday lunchtime - **Week A** (7+ Targets)	M18
	Miss Barnett	Tuesday lunchtime – **Week B** 1-6 Targets	M15
Music	Miss Lowing & Miss Mackintosh	Friday after school (3:25 p.m. – 4:30 p.m.) **Coursework support**	N11
Art	Mrs Garland	Monday after school – **Week A & Week B**	N15
Physical Education	Mrs Walker	Wednesday lunchtime – **Week A & Week B** **(GCSE & Revision Coursework Support)**	M17
Dance	Miss McRoberts	Year 11 GCSE Wednesday lunchtime **Theory and practical**	Dance Studio
	Miss McRoberts	Year 10 & Year 11 GCSE Dance Mornings (08:00 a.m. – 08:30 a.m. or 3:25 p.m. – 4:30 p.m.) **Permission needed**	Dance Studio

Music Clubs 2026-27

MONDAY

Choir 12:45-1:15 N10 ALL Y8-13 WELCOME - COME AND SING!

TUESDAY

String Orchestra 12:45-1:15 N11 STRING PLAYERS WELCOME

Senior Steel Pans 12:45-1:15 N12

KS4 WITH STEEL PAN EXPERIENCE WELCOME

Practice Club 12:45-1:15 N10 ALL KS3 WELCOME TO PRACTISE

Guys & Dolls Jr. Rehearsals 3:15-4:30 MAIN HALL FULL CAST

WEDNESDAY

Wind Band 12:45-1:15 N11 WOODWIND & BRASS PLAYERS WELCOME

Junior Steel Pans 12:45-1:15 N12

ALL Y7 WELCOME, NO EXPERIENCE NECESSARY

Guys & Dolls Jr. Rehearsals 3:15-4:30 MAIN HALL FULL CAST

THURSDAY

Intermediate Steel Pans 12:45-1:15 N12

Y8-9S WITH STEEL PAN EXPERIENCE WELCOME

Practice Club 12:45-1:15 N10 ALL KS3 WELCOME TO PRACTISE

Coursework support 12:45-1:15 N11

ALL GCSE/A-LEVEL MUSIC STUDENTS WELCOME

FRIDAY

Year 7 Choir 12:45-1:15 N11 ALL Y7 WELCOME - COME AND SING!

Chamber Choir 12:45-1:15 N10 Y8-13 WELCOME BY AUDITION

Coursework support 3:30-4:30 N11

ALL GCSE/A-LEVEL MUSIC STUDENTS WELCOME

Be part of our music family

Collect achievement points

Perform in concerts, our first carol service, & the Bromley Schools Prom

Get invited on trips & tours

Make friends

Enjoy making music

JOIN IN!

Astroturf Footwear and Rules

We would like to take this opportunity to remind you of the rules and procedures that we are putting in place to ensure the safety of the students, and also the longevity and care of the astroturf itself.

Footwear

Students must have and wear correct footwear in order to be permitted to use the astroturf at any time, both in PE lessons and in extra-curricular PE activities. Please see the table below:

Students without correct footwear will need either to borrow correct footwear or will not be able to participate. Sports trainers therefore remain the most versatile footwear for all sports and activities, whether these are being taught and played on the astroturf, the field, or inside.

Footwear must also be clean in order to use the astroturf; there are boot scrapers at the entrance which must be used if trainers/boots are muddy.

Please be aware that external hirers of our astroturf are being expected to wear only football boots or moulded studs. We are permitting sports trainers in school so that the astroturf is accessible to all students, as it should be, within our lessons and extra-curricular activities.

Additional rules

Students must not leave litter in the astroturf enclosure, either on the pitch or in the spectator area.



Permitted	Not Permitted
· Sports Trainers (any colour) · Football boots (plastic studs) · Moulded boots (plastic studs)	· Flat-soled fashion trainers (e.g. Converse/Vans/basketball trainers) · Bladed boots or metal studs · School shoes

· Water bottles etc. must be cleared after lessons/extra-curricular activities.
· No chewing gum to be brought into the astroturf area, either the pitch or the spectator area.
· No food to be eaten in the astroturf area, either the pitch or the spectator area.
· No jewellery to be worn in the astroturf area, either the pitch or the spectator area.

We would appreciate it if you could discuss these rules with your child before school resumes next term. We will be reinforcing these expectations within PE lessons so that our whole school community is aware of them.

Thank you very much.

The PE Department

ROYAL ACADEMY OF MUSIC

TRANSISTION TO TUNED PERCUSSION CLUB

An opportunity for Grade 3 Trinity / ABRSM drum and piano players – to try out tuned percussion, meet other young musicians and perform at the Royal Academy of Music.

Session Dates: January 10th, 17th, 24th 10.30am – 1.30pm and final performance January 31st

- Three intensive half-day sessions led by Rosie Bergonzi, whose credits include Neneh Cherry, English National Opera and Chineke! Orchestra and Beth Higham-Edwards, whose work includes the National Theatre and the Royal Shakespeare Company.
- Hands-on workshops and practical seminars exploring a range of percussion instruments and playing techniques.
- Collaborative music-making with young musicians from across London and the Southeast, with opportunities to try percussion instruments and make music together.
- Inspiring demonstrations and interactive sessions with professional musicians, offering insight into their practice and experience.
- A performance opportunity at St Mark's Church, Marylebone Rd, to share what you've learned with friends and family

Requirements:

Participants must be between 11-14 years old working at Trinity / ABRSM Grade 3 level or above in piano or drums.

We are committed to increasing economic, ethnic and cultural diversity in classical music and warmly encourage applications from young people who are currently under-represented in the sector. We are especially keen to hear from looked after children, care-experienced young people, and young people with SEND, as well as from those who may not otherwise have access to opportunities like this.

The session will take place at St Marks Church, Old Marylebone Rd. **Sessions are free of charge and travel costs can be reimbursed**

To book a place or for more information please contact the Participation Team on participation@ram.ac.uk
Application deadline: Monday 30th November

TARIFF SEPTEMBER 2026

Cucina IFG

BREAKFAST	PRICE
Breakfast Roll	£1.60
Mini Breakfast Baguette	£1.60
Breakfast Pot – 3 Piece	£2.30
Bagel	£2.75
Toast with Butter or Jam	£0.40
Homemade Pancakes with Fruit Toppings	£1.45
Toasted Teacake	£1.45
Cereal + Milk 8oz	£1.05
Porridge for Students	Free
Porridge for Staff	£1.05
Porridge Toppings	£0.50

COLD GRAB & GO	
Chill Deal Roll	£1.50
Deli Sub Roll	£2.40
Wrap	£2.95
Premium Salads	£3.00
Whole Sandwiches	£2.40
Half Baguette	£1.60
Cold Pasta Pot – 16oz	£2.60
Houmous & Vegetable Crudites	£1.70
Protein Pots	£1.00
Salad Pots	£2.00
Jelly/Yoghurt/Fruit Pots	£1.00
Whole Fruit	£0.55

HOMEBAKES	PRICE
Muffins	£1.45
Small Cakes/Cookies	£1.15
Cookies/Brownie	£1.45
Traybakes	£1.45

HOT GRAB & GO	
Bagel	£3.00
Panini – Half/Whole	£1.60/£2.90
Toastie – Whole	£3.20
French Toast	£1.45
Twister	£3.00
Chicken Wings	£2.45
Hot Pasta Pot – Medium/Large	£2.05/£2.60
Pizza Slice (Break Time)	£1.70
Giant Sausage Roll	£2.20
Soups & Broths	£1.90
Quesadilla	£1.45
Jacket Potato – 1 Topping	£2.25

ALL POWER BITES	
Range of Nutritious Rice & Noodle Dishes	£1.45

VAT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2026

Cucina IFG

DRINKS	PRICE
Water 500ml	£1.20
Fruit Slush	£1.50
Capri Sun	£1.35
Dalston Cans	£1.50
Radnor 200ml Carton	£1.20
Milk/Flavoured Carton	£1.20

HOMEBAKES	
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Porridge for Students	Free
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Houmous & Vegetable Crudites	£1.70
Protein Pots	£1.00
Salad Pots	£2.00
Jelly/Yoghurt/Fruit Pots	£1.00
Whole Fruit	£0.55

VAT on hot food and beverages will be charged at the current rate for all staff members

WEEK 1

Cucina

Week Commencing;
07/09/26 28/09/26 19/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Beef & Lentil Bolognaise with Pasta & House Salad	**MONDAY** Plant Based Bolognaise with Pasta & House Salad (V)
TUESDAY Bang Bang Chicken with Soy & Mixed Rice	**TUESDAY** Bang Bang Eat Curious with Soy & Mixed Rice (V)
WEDNESDAY Glazed Gammon, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Vegetable 'Squashage' Roll with Crispy Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Chicken Tikka & Chickpea Masala, Braised Rice & Kachumber Salad	**THURSDAY** Cauliflower, Courgette & Chickpea Rosti with Braised Rice, Kachumber Salad & Minted Yoghurt Dressing (V)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Vegan Chickpea & Coriander Burger with Fries (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spiced Pineapple Cake	Chocolate & Banana Brownie	Sticky Ginger Cake	Oaty Apple Crumble	Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

Street Vibes – MADE YOUR WAY!

CHOOSE IT! ADD IT! TOP IT!

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday.**
With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Roasted Butternut, Sweetcorn & Chipotle Pasta (VE)	Maple & Chilli Cauliflower Wings with Cajun Wedges (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

WEEK 2

Cucina

Week Commencing;
24/08/26 14/09/26 05/10/26 26/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Pork Sausage (Beef Casing) & Mashed Potatoes with Onion Gravy	**MONDAY** Vegan BBQ Boston Bean Sausage Casserole & Mash (VE)
TUESDAY Cajun Chicken, Tomato & Sweetcorn Wholewheat Pasta Bake with House Salad	**TUESDAY** Lentil & Chickpea Dahl with Roasted Tikka Cauliflower & Steamed Rice (V)
WEDNESDAY Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Cheese & Potato Pie with Roast Potatoes, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Sweet & Sour Chicken with Carrot Rice	**THURSDAY** Crunchy French Onion & Leek Macaroni Cheese with House Salad (V)
FRIDAY Chip Shop "Fryday" Fish, Salmon Fishcake or Pizza with Chips, Peas & Tartare Sauce	**FRIDAY** Vegan Moroccan Spiced Butternut Squash Pasty with Chips & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Sponge with Chocolate Sauce	Pear & Apple Orchard Crumble	Cocoa Bread & Butter Pudding	Jam & Coconut Sponge	Apple Traybake

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic and Chilli Noodles (VE)	Singapore Fried Rice (VE)	Lentil & Chickpea Dahl with Crispy Bombay Potatoes (VE)	The Big Plant Burger (VE)	Vegan Singapore Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

WEEK 3

Cucina

Week Commencing;
31/08/26 21/09/26 12/10/26

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Mexican Beef Nacho Pasta Bake	**MONDAY** No Waste Cauliflower Cheese Pasta Bake (V)
TUESDAY BBQ Chicken with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas	**TUESDAY** Chipotle Quorn Dippers with Salt 'n' Pepper Wedges, Asian Slaw & Garden Peas (V)
WEDNESDAY Roast Pork, Crisp Roasties, Seasonal Vegetables & Roast House Gravy	**WEDNESDAY** Roasted Vegetable & Chickpea Pastry Roll with Crisp Roasties, Seasonal Vegetables & Roast House Gravy (V)
THURSDAY Fragrant Lemon & Herb Chicken with Spicy Rice	**THURSDAY** Hot Maple & Cajun Quorn Fillet with Spicy Rice (V)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce	**FRIDAY** Crispy Chickpea & Vegetable Pakora Burger with Mango Slaw, Chips & Peas (V)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Lemon Sponge	Mixed Berry & Apple Crumble	Chocolate & Whole Banana Puff Pastry Pinwheel	Nut Free Bakewell Sponge	Hot Chocolate Rocky Road & Custard

Fruit and Jelly Pots Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily

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NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegan Singapore Noodles (VE)	The Big Plant Burger (VE)	Pesto Pasta with Roasted Tomatoes (VE)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta in Cheese Sauce	Tomato & Basil Pasta	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza