

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Silver Menu
Autumn 2018

caterlink
feeding the imagination

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
03-Sep	Main Sausage Pasta Bake With Garlic Bread Vegetarian Risotto Baked Tomatoes Peas Apple Crumble & Custard Yoghurt Fresh Fruit Platter	Main Chicken Stir Fry with Noodles Mac and Cheese with Garlic Bread Peppers Green Beans	Roast (as advertised) with Roast Potatoes and Gravy Quorn Roast with Roast Potatoes and Gravy Swede Mash and Carrots Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Spaghetti Beef Bolognaise Sweet & Sour Vegetables with Noodles Sweet corn Broccoli	MSC Salmon Fishcake/ Fishfingers with Chips Vegetable wraps with Rice or Chips Baked Beans Garden Peas
24-Sep					
15-Oct					
12-Nov	Dessert 	Yoghurt Fresh Fruit Salad	Fresh Fruit Platter	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Chocolate Cocoa Cookie Yoghurt and Fruit Station
03-Dec					
Week 2					
10-Sep	Main Beef Meatballs in Tomato Sauce with Rice Vegetarian Lasagne Jacket Wedges Coleslaw Sweet corn Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chicken and Broccoli Pasta Bake Vegetarian Bolognaise with Spaghetti Peas Carrots Pineapple Loaf Yoghurt Fresh Fruit Chunks	Roast Turkey with Roast Potatoes and Gravy Mixed Vegetable Loaf with Roast Potatoes and Gravy Broccoli Cauliflower Chocolate & Banana Oaty Square Yoghurt Fresh Fruit Salad	Chicken Curry With Rice Mac and Cheese with Garlic Bread Sweetcorn Roasted Mixed Vegetables Oaty Peach Crumble with Custard Yoghurt Fresh Fruit Platter	MSC Battered Fish with Chips Cheese & Tomato Quiche with Chips Baked Beans Garden Peas
01-Oct					
22-Oct					
19-Nov					
10-Dec	Dessert 	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Salad	Vanilla shortbread biscuit Yoghurt and Fruit Station
Week 3					
17-Sep	Main Chicken Pizza With Wedges Cheese and Tomato Pizza with wedges Sweet corn Mixed Peppers Mandarin Upside Down Cake Yoghurt Fresh Fruit Platter	Cottage Pie with Gravy Shepherdess Pie Green Beans Glazed carrots	Roast Chicken with Stuffing with Roast Potatoes and Gravy Vegetable Wellington with Roast Potatoes and Gravy Savory Cabbage Sweetcorn	Beef Lasagne with Garlic Bread Red Pepper Fritata with New Potatoes Broccoli Tomato Salad	MSC Battered Fish with Chips Chilli with Rice or Chips Baked Beans Garden Peas
08-Oct					
05-Nov					
26-Nov					
17-Dec	Dessert 	Fresh Fruit Salad	Fresh Fruit Chunks	Yoghurt Fresh Fruit Salad	Chocolate Sponge with Chocolate Drizzle Yoghurt and Fruit Station



Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily
Daily salad selection





Falmouth Parish Church of
King Charles the Martyr

Renaissance Fare

A Concert of (mainly)
Renaissance Music

King Charles Singers
Wheal Jane Recorder Players
King Charles Church Choir

Directed by Richard Bailey

Saturday 7th July at 7.30pm

Admission by programme £5
Refreshments Available



CUSGARNE PRIMARY SCHOOL

Cusgarne Fest

Come and join us for some

FROLICS, FROCKS & WELLIES

WITH LIVE MUSIC FROM 'THE RITZY BELLES'

BYO PICNIC AND DRINKS

FRIDAY 6 JULY

4.30PM - LATE

RICHARD JORY PLAYING FIELD

£10 FOR UP TO 6 PEOPLE, £3 EACH EXTRA

TICKETS AVAILABLE ON THE NIGHT AT THE GATE



ZENARTH
SPORTS COACHING

SUMMER HOCKEY FUN



ZENARTH Sports Coaching are offering summer hockey days. The emphasis will be on enjoying skills, games and building friendships.

Dates: Tuesday 31st July, Wednesday 1st August
Tuesday 14th August, Wednesday 15th August

Times: 9am – 3pm

Cost: £15 per player per day.

Children must attend with gum shields, shin pads, weather appropriate clothing, lunch and drinks.

Please contact Kelly for further details and a booking form; info@zenarth.co.uk / 07554 004877.

GAMES & SKILLS

GOALKEEPING &
GOALSCORING

MINI TOURNAMENTS

FUN TEAM BONDING

SUITED TO PLAYERS
FROM 6 YEARS OLD

LEVEL 2 ENGLAND
HOCKEY COACH

INSURED, DBS AND
FIRST AID TRAINED

LOCATION

TRURO HIGH SCHOOL
FOR GIRLS
FALMOUTH ROAD,
TRURO, TR1 2HU

Book with
info@zenarth.co.uk
07554 004877

DIARY OF ACTIVITIES w/c 2nd July 2018 Breakfast Club runs daily on school days			
	ACTIVITY	TEACHER	ADDITIONAL INFO
MONDAY	Guitars	Mr Collington	Payment per term
	Keyboards	Mr Clapp	Payment per term
	Woodwind	Miss Sampson	Payment per term
TUESDAY	Wake and Shake	Mrs Ireson/Y6's	8.30am—8.45am
WEDNESDAY	Violins	Miss Hewitt	Payment per term
	Drums	Mr Robinson	Payment per term
	Brass Club	Mr Pope	3pm—3.30pm
THURSDAY	Wake and Shake	Mrs Ireson/Y5's	8.30am—8.45am
	Recorders	Ms Hawken	

After school clubs have now finished for the school year. Thank you for supporting these clubs and we will be running a variety of clubs again next year.



Our Country Dancers!

Follow us on
 Twitter! It's a
 really good way to
 stay up to date!



Please remember sun hats, sun cream and your drinks bottle!

If you would like a copy of the weekly newsletter emailed to you, or know of anyone who would like a copy, please contact reception who can arrange this.

Email: secretary@cusgarne.org

Website: www.cusgarne.org

Telephone: 01872 863563

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