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29th September 2023

Dear Parents and Carers,

We are pleased that the sun is still shining on us as we reach the end of September! Our next Community Club gardening session of the year is on Sunday 1st October from 10.00-12.00 and we hope that many of you will join us; many hands makes light work! Daniel Ricketts sent details out about this earlier this week—the fire pit will be fired up to make some brunch for us all as well as other refreshments.

Our Reading Breakfasts for Years 2, 3 and 4 this week have been very popular and greatly enjoyed by the children and parents/carers alike. Next week, we have a Reading Breakfast for Year 5 and Year 6. Parents/carers can join their children on Friday 6th October from 8.45-9.20 in the main hall to share in some reading and learn more about our reading curriculum.

This year we will be working towards gaining the British Council International Award. We will be linking the work in school with a focus on international history this term as part of Black History Month and will provide a showcase and information event on Wednesday 18th October for all parents and carers. This will be a great opportunity to share in some of the work your children have been covering this term as well as looking at some of the plans we have for the year ahead to link our learning with an international focus. Refreshments will also be available so do come along and join us. More information about this event will follow shortly.

We are pleased to see an increase in children having a freshly prepared school meal each day since we returned to school. Just a reminder that this year there is a fantastic offer for **all of our pupils in Years 3-6** to have a free school lunch every day in addition to the longstanding free meal offer for all children in Reception to Year 2. There will be an extension to the current menu cycle for school meals. The current cycle will now run until the week beginning 18th December 2023. Please see the attached menu and check the website for any further information regarding school meals.

Last Friday, staff and pupils came drenched in denim to help raise awareness and funds for the charity

Jeans for Genes. The charity helps support those impacted by genetic conditions. We raised a fantastic **£214** for the charity through online donations alone. Cash donations are being counted and we will update the total as soon as possible. Thanks again to our wonderful school community for the support.



Please do check the school website 'Latest News' section to keep up to date with what is going on in school and check the calendar regularly for any new dates.

Wishing you all a lovely weekend.

Kind regards,

Helen Carvall

Let's see what's for lunch...

Week 1

	Main Meals	Vegetables	Dessert
Monday	BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V Pasta (G) with Roasted Tomato & Basil Sauce Ve	Sweetcorn Ve Chocolate Rice Krispie Cake (G) V	
Tuesday	Beef & Potato Keema (g) with Yellow Rice Halal Beef & Potato Keema (g) with Yellow Rice Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve Jacket Potato with Cheese (MK) V	Peas Ve Carrot Cake (G,E) V	
Wednesday	Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Seasonal Greens Ve Vanilla Ice Cream (MK) V	
Thursday	Chicken Fajita Wrap (G) Halal Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) Ve Jacket Potato with Salmon Mayonnaise (E,F)	Steamed Carrots Ve Maryland Cookie (G,mk) V	
Friday	Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V Sponge (G,E) V	Chips & Baked Beans Ve Chocolate & Courgette	

Freshly Baked Bread: Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:
20th Feb, 13th Mar, 3rd Apr, 24th Apr, 15th May, 5th Jun, 26th Jun, 17th Jul, 28th Aug, 18th Sep, 9th Oct, 30th Oct, 20th Nov, 11th Dec

Pabulum Salad Bar
Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Available Every Day
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

	Main Meals	Vegetables	Dessert
Monday	Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Carrot Sticks Ve	Lemon Drizzle Sponge (G,E) V
Tuesday	Beef Lasagne (G,MK,e) Halal Beef Lasagne (G,MK,e) Vegetable Fajita Wrap (G,SO) Ve Jacket Potato with Cheese (MK) V	Sweetcorn Ve	Flapjack (G) Ve
Wednesday	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	Pan Fried Leeks Ve	Orange Shortbread Biscuit (G) Ve
Thursday	Chicken Paella Halal Chicken Paella Butternut Squash & Chickpea Paella Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Broccoli Ve	Apple Crumble (G) Ve with Custard (MK) V
Friday	Battered Fish (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	Chips & Baked Beans Ve	Apple & Parsnip Cake (G,E) V

Freshly Baked Bread:
Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:
27th Feb, 20th Mar, 10th Apr, 1st May, 22nd May, 12th Jun, 3rd Jul, 4th Sep, 25th Sep, 16th Oct, 6th Nov, 27th Nov, 18th Dec

Made Fresh Every Day
All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

	Main Meals	Vegetables	Dessert
Monday	Chicken and Beef Sausages with Mashed Potato & Gravy Halal Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	Peas Ve	Apple & Carrot Flapjack (G) Ve
Tuesday	Beef Biryani (MU,g) Halal Beef Biryani (MU,g) Vegetable Biryani (MU,g) Ve Jacket Potato with Cheese (MK) V	Steamed Carrots Ve	Chocolate & Beetroot Brownie (G,E) V
Wednesday	Sticky Glazed Chicken Halal Sticky Glazed Chicken Mushroom & Butternut Squash Filo Parcel (G,MK) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Spicy Potato Wedges Ve & Coleslaw (E) V	Cherry Cornflake Cake (G,SU) V
Thursday	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Vegetable Pasta Bake (G,MK,C) V Jacket Potato with Baked Beans Ve	Pan Fried Leeks Ve	Vanilla Ice Cream (MK) V
Friday	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Chips & Baked Beans Ve	Chocolate Shortbread Biscuit (G) Ve

Freshly Baked Bread:
Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:
6th Mar, 27th Mar, 17th Apr, 8th May, 29th May, 19th Jun, 10th Jul, 11th Sep, 2nd Oct, 23rd Oct, 13th Nov, 4th Dec

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM2 Halal Non Rockmount
February 2023
All products are subject to availability

HONESTLY GOOD FOOD