

WAPS WEEKLY NEWSLETTER

WEST ACTON PRIMARY SCHOOL

A welcoming community, growing and learning together

COURAGE • CONSIDERATION • COLLABORATION



Friday 2nd October 2026

WEBSITE

westactonprimaryschool.org

FACEBOOK

@westactonpri

TELEPHONE

020 8992 3144

A MESSAGE FROM MISS KONDO

Headteacher's Message

It has been another busy week at West Acton, and as we reach the end of our first month back at school, I would like to thank our children, families and staff for all they have done to help us settle so positively into the new school year.

We enjoyed a wonderful **assembly celebrating poetry by Quince class today**. The pupils confidently performed for the whole school. Standing up and performing in front of so many people takes real courage, and it was a lovely opportunity to see our school values of **Courage, Consideration and Collaboration** in action.

We also launched **Black History Month**, which we will be marking throughout October. Our assembly gave us an important opportunity to celebrate Black history, culture and achievement, while continuing to reinforce our very clear message: **racism is never acceptable or tolerated at West Acton**. We reminded children that everyone has a responsibility to show consideration and respect, to challenge unkind or discriminatory behaviour and to speak to a trusted adult if they hear or experience something that is wrong.

As always, it has been lovely to see so much learning taking place across the school. Our children continue to impress us with their enthusiasm, curiosity and willingness to work together. Our school values are not simply words on our walls – we see examples of them every day in classrooms, on the playground and around our school.

Finally, **please don't forget our Harvest Festival collection on Monday 5th October**. We will once again be supporting **Ealing Foodbank**, helping local families who need a little extra support. Thank you in advance for your generosity – every donation, however small, makes a difference. A reminder of the items currently needed by Ealing Foodbank can be found below.

We would also like to remind families about the Felix Project, through which we are able to offer families a selection of fresh food each week. What is available varies from week to week, depending on the fresh produce received. If receiving this food would be helpful to your family, please do let us know. We want to make sure that the food available to us reaches families who can make use of it.

Thank you, as always, for your continued support. I hope all our children and families have a lovely and restful weekend.

Miss Kondo

Year 5&6 boys football competition



Our year 5/6 boys football team recently participated in a competition at Featherstone High School sports centre. The initial group stage was points based with 4 teams per group – with teams being awarded 5 points for a win and 3 for a draw. We won the first two games 1 -0. Our opponents for the third game were challenging but we still secured a draw. In the last group game (an Acton derby against Acton Gardens) we achieved a 2 – 0 victory. With an amazing 18 points West Acton were announced the winners of group 1. Next came the knock out stage quarter finals. Unfortunately our opposition were just too strong on the day and it was here that we sadly exited the competition with a 2-0 loss. All in all the boys gave a great account of themselves and represented West Acton impeccably.



During their Forest School afternoon, Year 6 enjoyed a fascinating hands-on learning experience exploring how birds' beaks are adapted to suit different diets. The children investigated how the shape and size of a bird's beak helps it find and eat particular foods. They then became wildlife detectives as they dissected owl pellets to discover what owls have been eating. The pupils were excited to uncover a variety of remains, including bones, tails and teeth, carefully examining the evidence to identify the owl's prey. It was a memorable and engaging session that brought science to life and helped deepen the children's understanding of adaptation, food chains and the natural world.



Last week Tamarind class took part in forest school looking at birds and how they eat and capture prey. They also looked inside their stomachs and examine the bones of shrews and mice which owls eat.



DATES FOR YOUR DIARY

Important dates coming up



West Acton Primary School, Noel Road, Acton. W3 0JL

admin@west-acton.ealing.sch.uk www.westactonprimaryschool.org Tel: - 020 8992 3144

Head Teacher: Miss K Kondo

24th September 2026

Dear Parents/Carers,

Re: Harvest Festival collection for Ealing Food Bank- Monday 5th October

There will be a Harvest assembly for the children on Monday 5th October.

Traditionally in the Autumn there was a Harvest festival, huge feasts were shared among family and friends but in more recent years the festival has become about sharing with those less fortunate than ourselves or raising money for charity. *Therefore, we would welcome donations to take to our local Ealing Food bank.*

Please send in any donations with your child on Monday 5th October . Below, you will find the Food bank's 'shopping list' – please do stick to that where possible but definitely please do not send in perishable items such as fresh fruit and vegetables.

Thank you in advance for any food you may be able to donate on this occasion.

Yours faithfully,

Karen Kondo
Head teacher



Harvest Collection

- Crackers
- Tinned Fish
- Tinned Fruit
- Vegetable Curry
- Peanut Butter
- Tinned Vegetables



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Head Teacher: Ms K Kando

Dear Parents/ Carers,

22nd September 2026

Re: October 2026 is Black History Month which we celebrate each year in West Acton.

We are honoured to once again celebrate **Black History Month** at West Acton Primary School. This special month is a vital opportunity for our school community to reflect on the rich history, culture, and contributions of Black people in Britain and around the world.

The theme for Black History Month UK 2026 is **"Honouring Our Communities"**, this theme invites us to recognise the individuals whose everyday contributions shape, support and sustain Black life across the United Kingdom. The theme highlights the everyday people whose contributions shape, support, and sustain Black life across the UK—including volunteers, teachers, nurses, carers, and grassroots community leaders. <https://www.blackhistorymonth.org.uk/>

History of the Celebration

All over the UK, Black History is celebrated during the month of October (BHM). Black History Month has become an important date in the cultural calendar of many of the UK's schools, museums, galleries and local authorities. Although BHM has been celebrated every February in the USA since 1970, it was not officially celebrated in the UK until 1987. The first Black History Month took place in London.

Black History in West Acton

In West Acton, we learn about the inspiring contributions of a range of significant Black individuals, through an interesting and diverse curriculum within different subjects. Additionally, to this, Black History Month is celebrated through stories, discussions and creative activities. This means that the children are learning about a broader range of people who greatly contribute to our society.

Who We Are Learning About

Each year group is focusing on key individuals or books that highlight Black excellence and achievement:

Nursery - Stories and Identity

- *Mami's Surprise, The Leopard's Drum, Kech's Hair Does Every Which Way / Daddy Do My Hair* - Exploring stories and characters that celebrate African culture and identity.

Reception - Courage and Achievement

- *Baby Bridges* - The first Black child to desegregate an all-white school in the USA.
- *Tessa Sanderson* - Olympic gold medalist and role model in sports.



Year 1 - Breaking Barriers

- **Mae C. Jemison** – First Black woman in space.
- **Barack Obama** – First Black President of the United States.
- **Trish Cooke** – British author and playwright.
- **Walter Tull** – Footballer and WWI soldier.



Year 2 - Inspiring Change

- **Lenny Henry** – Comedian and co-founder of Comic Relief.
- **Katherine Johnson** – NASA mathematician.
- **William (Robbie) Clarke** – First Black pilot to fly for Britain.
- **Sislin Fay Allen** – Britain's first Black female police officer.



Year 3 - Creativity, Science and Service

- **Faith Ringgold** – Artist and author.
- **Trevor MacDonald** – Pioneering British newsreader.
- **Maggie Aderin-Pocock** – Space scientist and broadcaster.
- **John Alcindor** – Doctor and WWI medical hero.



Year 4 - Community and Change

- **Claudia Jones** – Founder of the Notting Hill Carnival.
- **Benjamin Banneker** – Inventor and mathematician.
- **Frank Bailey** – One of Britain's pioneering Black firefighters in the UK.
- **Margaret Busby** – Britain's youngest and first Black female book publisher.

Year 5 - Invention, Leadership and Activism

- **Lewis Howard Latimer** – Inventor who improved the lightbulb.
- **Dame Eugenia Charles** – First female Prime Minister of Dominica.
- **Paul Stephenson** – Civil rights activist in Bristol.
- **Phillis Wheatley** – First published African American poet.



Year 6 - Literature, Leadership and Legacy

- **Malorie Blackman** – Author and former Children's Laureate.
- **Charles Ignatius Sancho** – Writer and abolitionist.
- **Beryl Gilroy** – First Black headteacher in the UK.
- **Chadwick Boseman** – Actor and role model for young people.

ARP (Additional Resource Provision)

Pupils in Elm, Birch, and Oak classes will be learning from the same year group selections, adapted to meet their individual learning needs and abilities



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Head Teacher: Ms K Kondo

Why We Celebrate Black History Month

Celebrating Black History Month is part of our commitment to:

- **Courage** – Learning about brave individuals who stood up for what is right, often in the face of adversity.
- **Consideration** – Understanding and valuing the experiences, perspectives, and contributions of others.
- **Collaboration** – Working together as a school community to build an inclusive and respectful environment.

We also uphold **British Values**, including:

- Mutual respect and tolerance of different cultures and beliefs.
- Individual liberty and the right to be proud of one's identity.
- Democracy and the rule of law, recognising those who fought for justice and fairness.



Through Black History Month, we honour **the Equality Act 2010**, which protects all individuals from discrimination and promotes equal rights and opportunities for everyone, regardless of race, background, or heritage.

You are invited! Tuesday 3rd November 2026 at 2.30pm



Following Black History Month, we warmly invite all parents and carers to join us in school for a celebration of our learning. Come and take part in **BHM coffee afternoon** where there will be refreshments and a time to chat, a presentation, displays showing children's learning about significant people in history, quizzes and prizes to be won. This event is a fantastic opportunity to:

- See what your children have been learning with
- Celebrate our shared values of courage, consideration, and collaboration
- Continue the conversation about equality, diversity, and inclusion at home and in the community



We look forward to welcoming you into school for an engaging and inspiring afternoon.

Let's celebrate and continue to grow together!

Thank you for supporting our continued journey in making West Acton a truly inclusive school where every voice is valued, and every child can make a positive impact on their community and the wider world.

Yours faithfully

Miss James
RE Leader and Birch Class Teacher

Miss Kondo
Headteacher





Dear Parents and Carers,
You are warmly invited to:



Black History Coffee Afternoon

- ❖ Find out about inspirational people
- ❖ Build your BH knowledge

*Join us on Tuesday 3rd November 2026 at 2.30pm
in the Victoria Hall*

All Welcome! Let's celebrate and continue to grow together!



Medical

Important Reminder: Nut-Free School and Food Allergies

West Acton Primary School is a **nut-free school**. Please do not send any nuts or products containing nuts into school, including in packed lunches or snacks. This is extremely important as we have children with serious allergies.

We also have children with a range of other food allergies. To help keep everyone safe, we ask all families to reinforce the following with their children:

- **Children must not share or swap food with one another.**
- Children should **not touch other children while they are eating or have food on their hands.**
- Children should get into the habit of **washing their hands thoroughly after eating snacks and meals.**
- In **Key Stage 2, the only snacks that should be brought from home are fruit or vegetables.**

Even a small amount of an allergen transferred from food, hands or surfaces can cause a reaction for some children. These simple routines help us to keep all members of our school community safe.

Thank you for your cooperation and for reinforcing these important messages at home.

TERM DATES & PARENTS' EVENINGS

Harvest Assembly – Monday 5th October please donate to Ealing Food bank
Parents Evening will be Tuesday 20th October and Thursday 22nd October –
booking details to come.

School closed on Friday 23rd October for INSET day.

School closed for half term from Monday 26th October to Friday 30th
October

Pupils return to school Monday 2nd November

Black History Coffee Afternoon – Tuesday 3rd November

Individual school photos Monday 16th November

Class assembly dates



West Acton Primary School, Noel Road, Acton. W3 0JL

admin@west-acton.ealing.sch.uk www.westactonprimaryschool.org Tel: - 020 8992 3144

Head Teacher: Miss K Kondo

7th September 2026

Dear Parents /Carers,

Re: Come and Join Us for Your Child's Class Assembly!

We are delighted to invite you to your child's **Class Assembly** during the 2026–2027 school year. Class assemblies are always a lovely opportunity for our children to take centre stage and share some of the learning, achievements and experiences they have enjoyed in school. We know how proud the children are to have their families there to watch them, and we hope that as many of you as possible will be able to join us.

All class assemblies begin at 9:00am, in the Elizabeth Jubilee Hall.

Please make a note of your child's class date:

Class	Date
Quince	Friday 2 October 2026
Willow	Friday 9 October 2026
Elder	Friday 16 October 2026
Mulberry	Friday 15 January 2027
Sycamore	Friday 22 January 2027
Pine	Friday 29 January 2027
Guava	Thursday 4 February 2027
Damson	Friday 5 February 2027
Katsura	Thursday 11 February 2027
Juniper	Friday 12 February 2027
Chestnut	Friday 5 March 2027
Ash	Thursday 18 March 2027
Rowan	Friday 23 April 2027



Class	Date
Holly	Friday 30 April 2027
Ivy	Friday 7 May 2027
Olive	Friday 14 May 2027
Fir	Friday 21 May 2027
Banyan	Friday 28 May 2027

We are sharing all of the dates now so that you have plenty of notice and can hopefully arrange to join us.

The children will be very excited to welcome you into school and show you what they have been doing. **We look forward to seeing you and celebrating their learning together!**

Yours faithfully,

Miss Kondo
Headteacher

Our WAPS values



West Acton Primary School Weekly Values Rewards

w/c 21 st September 2026	Courage	Consideration	Collaboration
Acorn	Marika	Julie	Zoelle
Banyan	Reika	Yekta Uzay	Aya
Olive	Bradley	Isla	Ella Rose
Fir	Yasmin	Louise	Lina
Ash	Ghalia	Chihiro	Rommel
Guava	Genaa	Aziz	Emily
Katsura	Ito	Erica	Aly
Chestnut	Sofia	Hanan	Kurt Mavis
Damson	Jona	Zakariye	Mohammad
Juniper	Mamiya	Mona	Mika
Holly	Adam	Alaa	Fatiha
Ivy	Alea	Anis	Ezaz
Rowan	Wren	Maho	Afmaa
Mulberry	Azaiah	Saad	Yasmine
Pine	Yazn	Leen	Ibrahim
Sycamore	Harraz	Rosanna	Amy
Elder	Emma	Alia	Firdaus
Quince	Lana	Sumaya	Itsuki
Willow	Sana	Rena	Anu
Lime	Miku	Ayyah	Adam
Tamarind	Dima	Mira	Mohamed
Zaytouna	Keishi	Chiaki	Emilie
Birch	Adam	Zaiba	Hakeem
Oak	Abdikadir	Abdurrahman	Qasim
Elm	Christopher	Ilyas	Gabriella

🌟 Beat the Gate – Let's Keep Improving!

A huge well done to our Beat the Gate winners last week! 🌈 Ash and Fir led the way 93.3%, with Ivy (92.9%), Elder (92.6%), Juniper and Katsura (92.3%) also showing fantastic commitment. 🌟

But our goal is bigger than a percentage – we want every child through the gate on time, every day! Every child counts, and just one or two late arrivals can make a big difference to a class. Let's keep working together, with children and parents making those morning routines count. Can we get every class closer to 100% this week? 🌟 Come on everyone – beat the gate!

Class	How many children beat the gate ALL five days! 07.09.26 - 11.09.26		How many children beat the gate ALL five days! 14.09.26 - 18.09.26		How many children beat the gate ALL five days! 21.09.26 - 25.09.26	
Total Children in class.						
Ash (30)	26	86.7%	28	93.3%	28	93.3% ★
Banyan (27)	26	96.3%	19	70.4%	25	92.3%
Chestnut (27)	22	81.5%	22	81.5%	23	85.2%
Damson (29)	24	82.8%	23	79.3%	26	89.7%
Elder (27)	24	88.9%	23	85.2%	25	92.6%
Fir (30)	30	100% ★	27	90%	28	93.3% ★
Guava (29)	24	82.8%	25	86.2%	24	82.8%
Holly (27)	23	85.2%	22	81.5%	21	77.8%
Ivy (28)	25	89.3%	26	92.9%	26	92.9%
Juniper (26)	25	96.2%	22	84.6%	24	92.3%
Katsura (26)	25	96.2%	22	84.6%	24	92.3%
Lime (30)	28	93.3%	29	96.7% ★	27	90%
Mulberry (29)	24	82.8%	20	69%	25	86.2%
Olive (27)	25	92.6%	24	88.9%	24	88.9%
Pine (29)	24	82.8%	27	93.1%	25	86.3%
Quince (28)	26	92.9%	23	82.1%	24	85.7%
Rowan (29)	25	86.2%	22	75.9%	26	89.7%
Sycamore (26)	21	80.8%	20	76.9%	22	84.6%
Tamarind (29)	24	82.8%	24	82.8%	23	79.3%
Willow (30)	29	96.7%	27	90%	27	90%
Zaytouna (28)	25	89.3%	24	85.7%	18	64.3%
Birch (12)	6	50.0%	7	58.3%	9	75%
Elm (10)	9	90%	8	80%	8	80%
Oak (11)	7	63.6%	5	45.5%	10	90.9%

Weekly attendance

Weekly attendance: WE 25 th September 2026		
Acorn 95.92% 	Whole School 95.90%	Woodlands 94%
Olive 85.57%	Banyan 95.33%	Fir 90%
Ash 95.52%	Guava 96.83%	Katsura 98.48%
Damson 98.57%	Chestnut 93.33%	Juniper 99.61% 
Holly 94.62%	Rowan 99.31%	Ivy 96.43%
Mulberry 94.83%	Pine 93.10%	Sycamore 98.53% 
Willow 95.67%	Elder 94.44%	Quince 93.21%
Lime 93.67%	Tamarind 96.21%	Zaytouna 97.24%

WEEKLY REMINDERS The information families need every week

ARRIVAL AT SCHOOL

School starts at 8.45am. Children may line up between 8.30am and 8.45am and should be ready to enter the classroom at 8.45am. Please do not bring children onto the school site before 8.30am.

****Important Reminder to Parents and Carers****

We need to remind all parents and carers about expected behaviour and safety on the school site at drop-off and collection times.

Unfortunately, we have had incidents of disrespectful behaviour between adults, as well as adults and children sitting on staff members' cars. This is not acceptable. Please model the respectful and considerate behaviour that we expect from our pupils at all times.

For everyone's safety, parents, carers and pupils must not enter the school site before the gates have been officially opened by a member of staff.

Morning: Do not enter the school site before 8:30am.

Afternoon: Do not enter until a member of staff opens the gate, shortly before 3:15pm.

Please do not follow or sneak in behind staff members or vehicles when gates are opened to allow authorised access.

Children and adults must not sit, lean or climb on staff vehicles.

A gate being temporarily open for a vehicle or member of staff does not mean that the school site is open to parents and pupils.

These arrangements are in place for safeguarding and site security. Please wait outside the gates until a member of staff opens them for general access.

Thank you for your cooperation and for helping us keep our school site safe, respectful and welcoming for everyone.

Best wishes

Miss Kondo

Headteacher

PE days

Day	Year groups
Tuesday	Year 6
Wednesday	Year 2 and Year 5
Thursday	Reception and Year 3
Friday	Year 1 and Year 4

PE KIT REMINDER

Children should come to school in their house-colour T-shirt on their PE day with Miss Murphy. If a house-colour T-shirt is unavailable, please provide a plain white T-shirt. Please return outgrown donated T-shirts, washed, so that they can be recycled for another child.

On the day of their second lesson, with their class teacher, pupils can wear their colour T shirt or a white T shirt, however you may purchase a second colour T shirt from the office for £2.00.

HEALTHY SCHOOL REMINDER

Please wait until your child is off the school site before giving them food or snacks at collection time. We are a Sugar Smart school. Thank you for helping us keep the school site neat, clean and healthy.

A tip from Mrs Ahmad, School Therapist

Thank you to all who attended our first Parents/carers coffee morning of the year!

It was lovely to meet you all, to sit and think with you about your child/children and your experiences of parenting.

We thought about the new beginnings that a new term brings for the children and what that means for them in the way they act and respond.

We discussed that you are your child's first teacher and that working together and learning together will be very helpful to the children.

We thought about further Parent/carers Coffee Mornings and what they might look like.

There was opportunity to stay at the end of the Coffee Morning and speak individually about any concerns or thoughts parents/carers had about their child.

I look forward to meeting with you all at the next Parent/carers Coffee Morning. Future dates are - 18th November 2026, 20th January 2027, 17th March 2027, 5th May 2027 and 23rd June 2027

Emma Ahmad

Routines to help manage change...

Just like us, children go through challenges and changes every day, which can cause them to have some worries and fears. Children can handle change best if they know it is coming and if it happens within a familiar routine. Routines help children feel safe and secure. It also helps them to develop self-discipline. Routines are especially important at times when children are learning to manage bigger challenges.

How can routines help parents/carers?

Routines help to avoid power struggles. You are not bossing your child around: doing our homework before we get to watch TV and brushing your teeth before bed is just what we do at this time of day. Routines also reduce anxiety – it helps us all to know what we are going to be doing next! Reducing your child's anxiety means that children are more able to listen and cooperate with you. They also help children become more independent and feel empowered, leading to less power struggles.

Having routines at home that are clear to everyone will also help you to build in some very precious quality time to connect with your child.

LUNCH AT WAPS School menu



**WEST ACTON
PRIMARY
SCHOOL**

WEEK 1 MENU

Weeks commencing:
13th April
15th June
7th September
19th October

4th May
6th July
28th September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoky BBQ Protein Bites with Herb Couscous BBQ sauce coated veggie protein pieces served with herb couscous.  	Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy Pepper and mixed bean enchillada with roasted potatoes and gravy.  	Tangy Chilli Fajita with Fluffy Rice Low-carbon veggie chilli fajita served with rice.  	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup. 
Green Earth Curry with Fluffy Rice Low-carbon veggie curry with rice.  	Chicken Meatball Penne in Rich Tomato Sauce 	Roast Chicken with Golden Roasted Potatoes & Gravy 	Chicken Fajita with Mexican Rice  	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & Roasted Courgette 	Peas & Red Cabbage Slaw 	Carrots & Herby Green Beans 	Mexican Sweetcorn & Broccoli 	Peas & Baked Beans 
Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 	Strawberry Frozen Yoghurt	Fresh Fruit & Yoghurt 	Fresh Fruit & Yoghurt 







Unless specified, all our desserts are vegetarian.



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu Key:

 Plant Based

 Vegetarian

 At least 1 of your 5 a day

 Boosted

 Low Carbon

 Halal option available upon request



WEEK 2



**WEST ACTON
PRIMARY
SCHOOL**

WEEK 2 MENU

Weeks commencing:
 20th April 11th May
 1st June 22nd June
 13th July 14th September
 5th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hoisin Protein Bites with Egg Noodles Hoisin sauce coated veggie protein pieces served with egg noodles. 🌱🌱	Chef's Special Pasta Bolognese with Garlic & Oregano Focaccia Low-carbon penne pasta with veggie packed bolognese sauce served with garlic & oregano focaccia bread. 🌱🌱🌱	Garden Sausage with Mash & Gravy Quorn sausage served with mashed potato and gravy. 🌱	Plant-Power Curry served with Rice Cauliflower, chickpea and potato curry served with pitta bread. 🌱🌱	Cheese & Tomato Puff with Chips & Ketchup 🌱
Chow Mein with Egg Noodles Chinese veggie stir fry with egg noodles. 🌱🌱	Lamb Penne Bolognese with Garlic & Oregano Focaccia 🌱🌱🌱	Chicken Sausage with Mash & Gravy 🌱	Chicken Tikka Masala served with Rice & Pitta Bread 🌱🌱	Quorn Burger in a Bun with Chips & Ketchup 🌱
Broccoli & Coleslaw 🌱	Sweetcorn & Red Cabbage Slaw 🌱	Carrots & Peas 🌱	Mediterranean Veggies & Green Beans 🌱	Peas & Baked Beans 🌱
Fresh Fruit & Yoghurt 🌱	Fresh Fruit & Yoghurt 🌱	Chocolate, Orange & Carrot Brownie	Fresh Fruit & Yoghurt 🌱	Fresh Fruit & Yoghurt 🌱



AVAILABLE DAILY



AVAILABLE DAILY



PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu Key:

🌱 Plant Based

🌱 Vegetarian

🌱 At least 1 of your 5 a day

🌱 Boosted

🌱 Low Carbon

🌱 Halal option available upon request



Feeding Hungry Minds

WEEK 3



**WEST ACTON
PRIMARY
SCHOOL**

WEEK 3 MENU

Weeks commencing:
 27th April 18th May
 8th June 29th June
 31st August 21st September
 12th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Planet-Friendly Chinese Rice Low-carbon Chinese vegetable rice. 🌱🌱	Stir Fry & Egg Noodles Stir fried veggies with egg noodles. 🌱🌱🌱	Flaky Garden Plait with Golden Roasted Potatoes Butternut and vegetable puff pastry plait served with roasted potatoes. 🌱🌱	Mighty Quorn Meatball Spaghetti in Rich Tomato Sauce 🌱🌱	Homemade Margherita Pizza with Chips 🌱
Tarka Dhal with Coriander Rice Traditional Indian lentil dish served with coriander rice. 🌱🌱	Singapore Chicken Noodles 🌱🌱	Caribbean Brown Chicken Stew with Golden Roasted Potatoes 🌱	Chicken Meatball Spaghetti in Rich Tomato Sauce 🌱	Sweet Potato & Pepper Frittata with Chips & Ketchup 🌱
Mediterranean Veggies & Green Beans 🌱	Sweetcorn & Broccoli 🌱	Carrots & Cauliflower 🌱	Sweetcorn & Coleslaw 🌱	Peas & Baked Beans 🌱
Fresh Fruit & Yoghurt 🌱	Fresh Fruit & Yoghurt 🌱	Fruit Ice Lolly 🌱	Fresh Fruit & Yoghurt 🌱	Fresh Fruit & Yoghurt 🌱



AVAILABLE DAILY



AVAILABLE DAILY



PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
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Menu Key:

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🌱 Vegetarian

🌱 At least 1 of your 5 a day

🌱 Boosted

🌱 Low Carbon

🌱 Halal option available upon request



Feeding Hungry Minds