APPLETON C OF E SCHOOL AD 1837
Respect Responsibility Kindness
Weekly Update
Building wisely for life
Friday 16th October 2026

Dear parents, carers and our wider school community,

Ofsted Visit - Thank You for Your Feedback and Support
Firstly, I would like to thank parents and carers who took the time to respond to Ofsted and share their views about our school. We really appreciate your feedback and the time you have taken to contribute to the inspection process. The inspectors wanted to send their thanks to the children who represented the school so well. We are all very proud of them.

The Ofsted report will be shared with parents and carers as soon as it is officially published. This usually takes several weeks following the inspection, although timescales can vary. We will keep you informed and send the report out as soon as it becomes available.

In the meantime, if you have any questions, please do not hesitate to send me an email or catch me at the school gate.

PE Days
From the start of next term, children in Year 2 and above are asked to come to school wearing their PE kit on their designated PE days. If you are unsure which day your child has PE, please speak to their class teacher.

We have made this decision for two main reasons. Firstly, it will reduce the time children spend getting changed during the school day, allowing more time for learning. Secondly, we have listened to feedback from the children themselves. Some children have shared that they feel uncomfortable changing in front of others, and we want to ensure that everyone feels happy and comfortable in school.

Please ensure that PE kit follows the expectations set out on our school website. Children should wear:

- Black shorts, black joggers or black leggings
- A plain white T-shirt (available with the Appleton School logo)
- Appleton School sweatshirt or school fleece (or plain green alternative)
- Trainers

Please note, football tops are not school PE uniform and therefore should not be worn to school on PE days (but can be worn at the football after school club).

Earrings will also need to be removed (or taped if they cannot be removed). This is for safety purposes. Thank you for your support in helping us to maintain our school uniform expectations while ensuring that the children feel comfortable and ready to take part in their PE lessons.

Parents' Evening

Thank you to everyone who attended Parents' Evening on Thursday. We hope you found the meetings informative and useful. I must also add a huge thank you to the teachers for holding these despite two very long and tiring days on Tuesday and Wednesday!

We look forward to welcoming those of you whose appointments have been rescheduled to next week. Please contact your child's class teacher or Miriam in the office if you have forgotten the time.

Children's books will be available to view in the hall, so you are very welcome to look through your child's work before and/or after your meeting. We hope you enjoy seeing the learning that has been taking place and the progress your child is making.

Maple Class Report

This week, our teachers' report comes from Mrs Lee in Maple Class (Y3/4). We hope you enjoy reading all about their learning further on in this newsletter.

School Success – Partnership Cross Country

A huge well done to our Year 3/4/5/6 children who took part in the Partnership Cross Country event at Tilsley Park on Monday and to the many spectators who came along to cheer them on.

All the children performed wonderfully well, showing determination, resilience and fantastic sportsmanship throughout the event. We are incredibly proud of the effort they put into their races and the way they represented our school.

A particularly strong performance was our Year 3/4 boys' team, who placed first overall in the West Oxford Schools category! This is a fantastic result, and the team will now go on to represent Appleton in the Vale finals in November.

In the individual placings for West Oxford Schools, a special mention must go to Lily and Benj, who came 1st and 2nd respectively in their age groups - fantastic running from both!

Thank you, as always, for your continued support, feedback and partnership.

Have a wonderful weekend.

Emma King
Headteacher

HARVEST GIFTS - MANY THANKS!
Your harvest gifts were taken to the Abingdon Food Bank at Christ Church in Northcourt Road earlier this week, where they were received with many thanks.
About 45 families are regularly using that facility, so the fruits of your kindness, respect and responsibility will be put to very good use!
Thank you so much! It was also great to celebrate Harvest with so many of you in St Laurence's last Friday afternoon.
Wealands Bell.

- 🎄 **Friends of Appleton School** 🎄

- We'll be meeting on **Thursday 22nd October** for our AGM, and to start planning this year's Christmas Fair! 🎅

- Everyone is very welcome; please come along and join us! It's a great chance to hear what's happening and get involved, whether you're able to help a little or a lot.

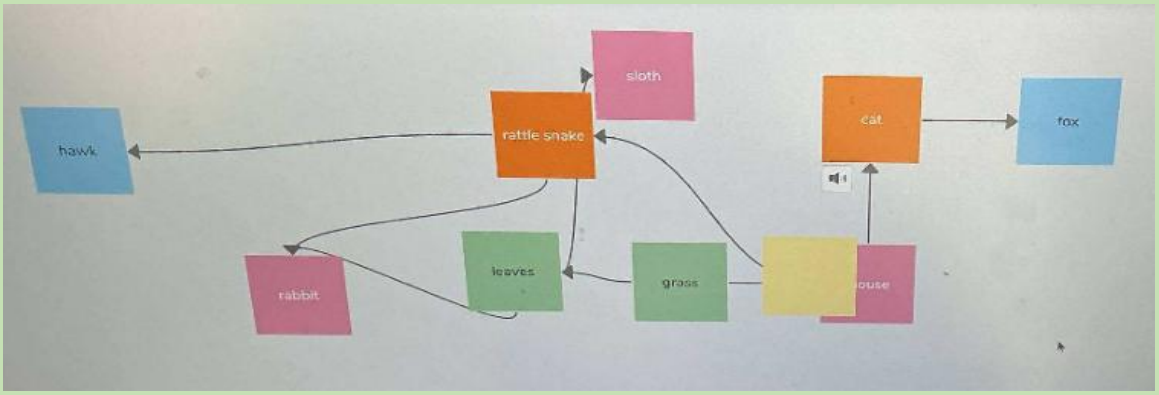
- 🗓️ Thursday 22nd October
- ⏰ 7:15pm
- 📍 The Plough, Appleton

- We'd love to see you there!

Maple Class has been exploring the question, What do animals, including humans, need to survive?" We created our own animal masks and discussed the special features of different animals, exploring how these adaptations help them survive in their habitats. We also used Purple Mash and 2Connect to create food chains, learning how living things depend on one another for food. The children are becoming increasingly confident in using the program to add images and sounds to represent each stage of their food chains. We are very proud of their creativity and growing digital skills!







Partnership Cross Country event at Tilsley Park









Key Dates for Autum Term 1

Monday, 19th - Wednesday, 21st October - Teacher - Parent meetings (10min slot)

Tuesday 20th October – Appleton CofE school **OPEN DAY** (9:15-11am)

Thursday, 22nd October – School and after school club finish as normal

Thursday, 22nd October – Friends of Appleton School AGM (planning Christmas Fair)

Friday, 23rd October – INSET day

Sunday, 25th October 2026 – The clocks go back one hour at 2am to 1am

Monday 26th – Friday 30th October – Half term

Monday 2nd – Friday 6th November – Y6 Bikeability

Wednesday 4th November – Whole School Immunisation Flu Vaccination

Thursday 5th November – MF Mini Dance club starts **3:15-4:15pm**

Friday 6th November – Individual School photo

Friday 6th November – Remembrance service for children only

Monday, 9th November – Reception Vision Screening

Tuesday 10th November – Appleton CofE school **OPEN DAY** (9:15-11am)

Tuesday 24th November –Y6 Business Challenge at Abingdon School (TBC)

Wednesday, 25th November – Year 2 Oxford Castle trip

Thursday, 3rd December – Christmas Fair

Wednesday, 9th December – Y2 Christmas show **2pm** for parents

Tuesday, 10th December – R/Y1 Nativity (10-11am)

Wednesday, 16th December – Christmas lunch

Wednesday, 16th December – Rocksteady concert **2:30pm** for parents

Thursday, 17th December – Pantomime trip Oxford Playhouse - Snow White

Friday, 18th December – School finish 1:15pm (JAG closed this afternoon)

Further information about any events listed will be available closer to the time.
Please do not use Parent Pay anymore.

Please remember to keep your child's school meal account on Arbor up to date. Any outstanding debt over £50 will mean that school meals cannot be provided until the balance is paid.

Thank you for your cooperation and support.

Appleton Chess Club

My Background

My name is Rob Willmoth. I have played chess for 35 years. I am currently ranked in the top 100 players in the UK and have played in 17 consecutive British championships. I run chess coaching services that provide professional chess coaching in schools

What can Chess offer to Children.

- Potential for better performance in academic studies
- Enhanced problem solving
- Enhanced strategic thinking
- Enhanced self esteem
- Friendly forum for making friends
- Healthy competition in a safe environment

School Chess Club Lesson.

- Structured lesson plan by term ,from basic play to advanced play
- Regular grading system to assess performance.
- Weekly coaching on demonstration board
- Graded weekly games against other children
- Weekly recap on knowledge learnt.

Sign up For Chess Club

ONLINE REGISTRATION ONLY

12 lessons commencing Afterschool from Wed 16th Sep, ending Wed 9th Dec at.....

Chess Club is for years one to six from 3.15pm to 4.15pm.....

Cost:- £8.5 (including V.A.T) per lesson. **Total cost for term is £102**.(12 Sessions).....

Online payments at https://www.chesscoachingservices.net/online-payments/school-club

Website: chesscoachingservices.net email admin@chesscoachingservices.net Tel 07956 297329

OXFORDSHIRE SKILL ACQUISITION ACADEMY

TERM 1 SESSIONS

APPLETON CoFE SCHOOL AD 1837



AFTER SCHOOL FOOTBALL SESSIONS

Appleton Primary School

TUESDAY AFTERNOONS 3.15-4.15PM YEAR 3 - 6

Our after school sessions are open to players in year 1 to 6. Each session will be fun, inclusive and player centred and players will experience a variety of fun games, warm ups, challenges & matches.

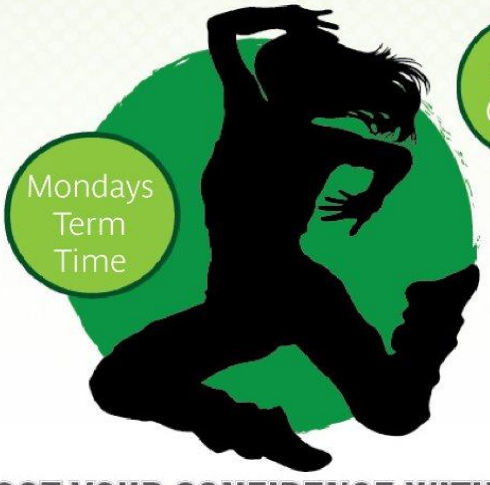
FRIDAY AFTERNOONS 3.15-4.15PM YEAR 1 & 2

FOR MORE INFORMATION : WWW.OSAACADEMY.CO.UK

TO BOOK YOUR SPACE INFO@OSAACADEMY.CO.UK

MF DANCE
THE FUTURE OF DANCE

LOOKING TO BECOME MORE CONFIDENT?



BOOST YOUR CONFIDENCE WITH OUR MF DANCE AFTERSCHOOL CLUB

SCAN TO BOOK YOUR PLACE TODAY

MF DANCE
THE FUTURE OF DANCE

LOOKING TO BECOME MORE CONFIDENT?



BOOST YOUR CONFIDENCE WITH OUR MF DANCE AFTERSCHOOL CLUB

SCAN TO BOOK YOUR PLACE TODAY





Premier Soccer Centres

4 Howden Green
Steventon
OXON, OX13 6FY
Mobile: 07795 342509
E-Mail: mark@premiersoccercentres.co.uk

October Half Term Football Course

- Professional Coaching Courses
- 10 am - 2.30 pm each day
- All abilities welcome
- Children to bring their football/sports kit, clothing to suit weather conditions, a packed lunch, and a drink
- Open to boys & girls aged 5 - 13
- Structured skills and technique sessions
- Fun games, competitions, and small sided matches

***Application forms must be emailed or sent back, and payment made before we can confirm!**
E-mail - mark@premiersoccercentres.co.uk

*** Sessions will always be outside unless conditions are unsafe so, please dress appropriately.**

- Great value - Only £65 for 4 days or £17 daily rate

BACS: Nat West Bank. A/C No: 53505697. Sort Code: 60 - 21 - 21

(Please use course reference plus your child/children's surname)

DATE			VENUE	COST	TICK BOX
Mon 26th	-	Thurs 29th Oct	John Mason School, Abingdon – **Code JM**	**£65**	

NAME OF CHILD ..... AGE: .....

ADDRESSS .....

.....

HOME TEL: .....

EMERGENCY TEL: .....

E-MAIL ADDRESS .....

MEDICAL CONDITIONS .....

.....

SIGNED (Parent/Guardian) .....

* In line with GDPR we have updated our privacy policy, to view please visit our website for more details.
* Refund policy: We do not issue refunds for any reason. Credit notes will be issued at the discretion of the directors which can be used on any future Premier Soccer Centres course. * Please note: PREMIER SOCCER CENTRES LTD or the organisation providing the facility cannot accept any liability whatsoever in respect of any personal loss or damage caused whilst attending any course.





The Library
Oxfordshire

SHORT STORY COMPETITION 2027

Up to 3,000 words for adults & young adults and up to 1,000 words for children.

The winning story in each category will be published as an ebook for library members to borrow!

ENTRIES OPEN: 14 SEPTEMBER
CLOSING DATE: 15 NOVEMBER

Adults: 18+
YA: 12-17
Children: 7-11

www.oxfordshire.gov.uk/shortstorycompetition

School holidays just got more exciting!

Fresh air, freedom and adventure!



Ready for a school holiday full of excitement?

Active Adventures at Youlbury is the ultimate outdoor adventure club for children aged 8-16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

www.scoutadventures.org.uk/events



Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwoods cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.

When is it:

- Running throughout February, Easter, May, Summer and October school holidays (see website for dates).
- 8.30am - 5.30pm daily (activities run 9am - 5pm)
- Participants can attend individual days, or the entire week.

Pricing:
£35 per day, per child. Save 10% on a 5-day block and each additional child.

Book now and join the adventure!

www.scoutadventures.org.uk/events

activeadventures@scoutadventures.org.uk

Scout Adventures Youlbury,
Boars Hill, Oxford OX1 5HD

Scout Adventures is owned and operated by The Scout Association. Reg.Charity number 306101 (England and Wales). Registered address, The Scout Association, Gilwell Park, Chingford, London, England E4 7QW





October Half Term!

Come and enjoy the great outdoors at wonderful Hill End

Family Days

Weds 28 & Thurs 29 October
10am - 2pm

Make natural crafts, explore the Halloween trail, and enjoy campfire and s'mores.
PLUS! Discover the incredible world of Harris's Hawks & Homing Pigeons with the University of Oxford's Dept of Biology. Featuring a live hawk flying demonstration!

Wild Days

for 7-12 years

Mon 26 & Tues 27 October
9.00am - 4.30pm

Get hands-on in the stunning surroundings of Hill End and Wytham Woods.
From campfire cooking to mini-beast hunting, our expert tutors will lead exciting hands-on activities, while kids connect with nature and make new friends.

Booking essential: https://hill-end.org/activities/upcoming-events

Hill End
A place of possibilities

hill_end_centre
HillEndOEC
Hill_End

Hill End Centre, OX2 9NJ
01865 863510

Registered charity: 1173987

Emma Boor presents:

Sensory SUITCASE STORIES

- Relaxed, sensory performance
- Suits children aged 2-7 and their families
- Reduced audience capacity



The Hare & The Tortoise

Saturday 17th October

BOOK HERE

THE STORY MUSEUM

ARTS COUNCIL ENGLAND
Funded by UK Government
supported by
Registered charity 1107809

Discover Bucks Museum
& Roald Dahl Children's Gallery

Discover Bucks Museum
Church Street
Aylesbury HP20 2QP
discoverbucksmuseum.org
01296 331441

October Half Term

24 October - 1 November 2026

This October half term, enjoy frightfully fun family activities at Discover Bucks Museum! Get creative with Halloween crafts and spooky science! Brave families can take on the Creepy Doll Hunt around the museum and no visit is complete without a trip to the Roald Dahl Children's Gallery and our SAXONS exhibition.

Discover more at discoverbucksmuseum.org
or scan the QR code

SCAN ME





The Oxford & Cambridge Singing School

The Oxford and Cambridge Singing School is for boys and girls aged 7 - 13 who love to sing. Established in 2013, the Singing School provides the opportunity to experience great classical music with world class coaches in a relaxed and fun environment and to develop confidence in singing and performing.

Pupils will learn some beautiful carols and seasonal music from around the world, led by our regular team of expert coaches.

To join our mailing list and for more information on our courses, please see www.oxbridgesingingschool.com or email oxbridgess@gmail.com

21 & 22 December 2026
St Barnabas Church, Jericho, Oxford
St Catharine's College, Cambridge

www.oxbridgesingingschool.co.uk

Play, Discover, Learn! this October Half Term in the Roald Dahl Children's Gallery

Spiders & Webs
Monday 26 October
Make a colourful yarn-wrapped spider and weave a hanging web. 10am – 3pm, drop in.
Suitable for ages 4-11

Ghouls and Ghosts
Tuesday 27 October
Make a 3d haunted scene for a moveable ghost to fly through. 10am – 3pm, drop in. Suitable for ages 4-11

Clay Monster
Wednesday 28 October
Sculpt yourself a terrifying (or not so terrifying) Halloween monster. 10am – 3pm, drop in.
Suitable for ages 3-11

Spooky Science
Thursday 29 & **Friday 30 October**
Our popular Spooky Science workshop is returning for 2026! Join us for some spooky science: make a bubbling witches brew, create ogre slime and more! Timed slots. Suitable for ages 5–11

For more event details, charges and to book please scan the QR code or visit discoverbucksmuseum.org

Enjoy our spooky Trail on everyday 24 October - 1 November

Creepy Doll Hunt
Saturday 31 October
Visit the museum after dark this Halloween for our Creepy Doll Hunt: explore one of the oldest buildings in Aylesbury by torchlight and discover the haunted dolls hidden throughout the museum.
From 6.30pm, timed slots. Suitable for ages 10+

The SAXONS
Until 1 November 2026

The SAXONS brings together extraordinary archaeological discoveries to tell powerful human stories. Through real artefacts, immersive displays, and vivid storytelling, the exhibition reveals how people lived, fought, believed, and were remembered over 1,300 years ago.



Discover Bucks Museum
Aylesbury HP20 2QP
discoverbucksmuseum.org

ARTS COUNCIL ENGLAND
Registered Charity Number 1153345

Join our free, inclusive dance group in Oxfordshire

Mondays

Care-experienced young people aged 5-25

5-5.50pm (5-11yrs)

5.50-6.30pm (12-25yrs)



Rose Hill Community Centre

OXFORDSHIRE COUNTY COUNCIL

CARE TO DANCE

We support care-experienced young people through dance, including young people currently in care, previously looked after, living in kinship care and those who are adopted.

We hold weekly dance workshops for young people aged 5-25 where they learn different styles of dance, longside many performances and social events!

For those over 12 they can complete Level 1 and Level 2 dance leadership qualifications.

This programme is held at Rose Hill Community Centre, Carole's Way, Oxford OX4 4HF on a Monday evening.

We also have programmes across the country should any young people live closer to another programme.

If interested or you have any queries or if you would like to sign up, please use the QR code or contact:

amelia@caretodance.co.uk

Care to Dance consent form



How can we support your child's development?

Where Play Meets Potential

Life Skills

School Readiness

Starting school can be daunting for kids. Our programmes help set children up for the best possible day at school and create an environment where they can thrive outside of the classroom.

Social Development

Monash University research found that our Adventure Programme scored highly on learning outcomes relating to identity, social connection and wellbeing. 90% of children reported that our programmes helped them look after themselves and their friends.

New to JAG? Register & Book Now!

Create your account online in minutes to book **Wraparound Care** and **Holiday HQ**, unlock flexible payment options, and enjoy exclusive offers. **Let the adventure begin!**

Junior Adventures Group

Wraparound Care at your school

RISE AND SHINE | STAY AND PLAY

Family Support

Payment Options

- Tax Free Childcare Save 20% with childcare vouchers
- Payment Plans Spread the cost monthly
- 30 Hours Plan Secure future bookings

Sibling Discount

10% off for staying siblings at Wraparound Care

Key Links

Find your local JAG school or venue

Register Online:

Contact Us:

Scan here to learn more



Your School Lunch

Let's Eat TOGETHER

WEEK ONE 13th April, 4th May, 1st June, 22nd June, 13th July, 31st Aug, 2nd Sept, 12th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Vegetable & Bean Chilli with Rice (VG) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Lemon Oat Cookie (V, EF, DF) & Raisins	Beef Bolognese with Pasta (EF, DF) Veggie Bolognese with Pasta (VG) Jacket Potato with Cheese (V, GF, EF) Carrots & Green Beans Iced Sprinkle Cake (V, DF)	Roast Chicken Breast (GF, DF, EF) Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Roast Potatoes, Yorkshire Pudding, Cauliflower & Peas Cherry Biscuit (V, EF)	Chicken Korma with Rice (EF, GF) Mac 'n' Cheese (V, EF) Jacket Potato with Cheese (V, GF, EF) Carrots & Sweetcorn Rock Cake (V)	Chicken Nuggets (EF, DF) Veggie Sausage Roll (V, EF) Jacket Potato with Baked Beans (VG, GF) Chips or Pasta Peas & Baked Beans Vanilla Ice Cream (V, GF, EF) with Pineapple

WEEK TWO 20th April, 11th May, 8th June, 29th June, 20th July, 7th Sept, 28th Sept, 19th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Sweet Potato & Chickpea Curry with Rice (V, GF, EF) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Vanilla Sponge Cake (V, DF)	Meatballs in a Tomato Sauce (GF, DF, EF) Veggie Meatballs in a Tomato Sauce (VG, GF,) Jacket Potato with Cheese (V, GF, EF) Pasta, Peas & Broccoli Ginger Biscuit (V, EF)	Roast Loin of Pork (GF, DF, EF) Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Yorkshire Pudding, Roast Potatoes & Gravy Carrots & Cabbage Shortbread (V, EF, DF) with an Orange Wedge	Creamy Chicken Risotto (GF, EF) Veggie Sausage Pasta Bake (V, EF) Jacket Potato with Cheese (V, GF, EF) Peas & Green Beans Sultana & Syrup Cookie (V, EF)	Flipper Dippers (DF, EF) Veggie Samosa's (VG) Jacket Potato with Baked Beans (VG, GF) French Fries or Pasta Baked Beans or Sweetcorn Strawberry Ice Cream (V, GF, EF) with Melon

WEEK THREE 27th April, 18th May, 15th June, 6th July, 14th Sept, 5th Oct

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF) Spinach & Pepper Pasta (VG) Jacket Potato with Baked Beans (VG, GF) Sweetcorn & Baked Beans Melting Moment (V, DF, EF) with Mandarins	Chicken & Leek Pie with New Potatoes (DF, EF) Sweet & Sour Veggie Noodles (V, DF) Jacket Potato with Cheese (V, GF, EF) Vegetable Medley & Broccoli Cinnamon Cookie (V, EF)	Roast Gammon (GF, EF, DF) Vegetarian Quorn Roast (V, GF) Jacket Potato with Tuna Mayo (GF, DF, EF) Roast Potatoes & Yorkshire Pudding with Gravy Savoy Cabbage & Peas Banana Cake (V, EF)	Pork Sausages with Gravy (DF, EF) Veggie Sausage with Gravy (VG, GF) Jacket Potato with Cheese (V, GF, EF) Mashed Potatoes (GF, EF) Carrots & Cauliflower Crunchy Cornflake Cookie (EF, DF)	Fish Fingers (DF, EF) Cream Cheese & Broccoli Pinwheel (V, EF) Jacket Potato with Baked Beans (VG, GF) Chips or Pasta Peas & Baked Beans Strawberry Jelly (V, GF, DF, EF) with Peaches

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability. We only select fish from sustainable sources. Suitable for vegetarians or vegetarian option available. Our fish and chicken dishes may contain bones.

KEY: V – VEGETARIAN, VG – VEGAN, EF – EGG FREE, DF – DAIRY FREE, GF – GLUTEN FREE

OXFORDSHIRE COUNTY COUNCIL

SMILE

NHS Oxford Health NHS Foundation Trust

Lunch box shopping list

Date: _____

Choose one or two items from each food group below or an alternative to create your own healthy lunch box

*Please note some people have food allergies. Check with your setting before sending in food.

Protein

- Chicken
- Hummus
- Eggs
- Tofu

Fruit & Vegetables

- Banana
- Carrot
- Blueberries
- Cucumber

Carbohydrate

- Bread
- Chapati
- Crackers
- Pasta

Dairy or alternative

- Cheese/soft cheese
- Plain yoghurt
- Plant based alternative

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SMILE

NHS Oxford Health NHS Foundation Trust

Sugary drinks and oral health

Did you know?...

Fact

All fizzy drinks including sugar-free options contain acid which can cause tooth decay

Fact

Unsweetened juices and fruit smoothies are high in sugar and also contain acid

Keep sugary/fizzy drinks to mealtimes only

Swap sugary/fizzy drinks to water or milk

Or

Or

SMILE

NHS Oxford Health NHS Foundation Trust

Healthy Lunch Boxes

- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing

Lunch Box Ideas

See https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk	Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk
Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink	Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

*Please note some people have food allergies. Check with your setting before sending in food.

Copyright CDS Oxford Health NHS Foundation Trust

Your School Lunch

Let's Eat • TOGETHER •

WEEK ONE Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) *(V, EF)*	Cajun Beef & Bean Tortilla *(EF)*	Roast Loin of Pork *(GF, DF, EF)*	Sticky BBQ Chicken with Rice *(DF, EF, GF)*	Fish Fingers *(DF, EF)*
Herby Tomato Pasta *(VG)*	Cajun Vegetable & Bean Tortilla *(V, EF)*	Quorn Roast *(V, GF)*	Mac 'n' Cheese *(V, EF)*	Veggie Sausage Roll *(V, EF)*
Rainbow Rice Salad *(VG)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Tuna & Cucumber Sandwich *(EF, DF)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Cheddar Cheese, Tomato & Onion Pasta Salad *(EF)*
Peas & Baked Beans	Mixed Salad & Sweetcorn	Roast Potatoes, Yorkshire Pudding, Cabbage & Carrots	Broccoli & Vegetable Medley	Chips or Pasta Peas & Sweetcorn
Ginger Biscuit *(V, EF, DF)*	Lemon Cake *(V, DF)*	Chewy Vanilla Cookie *(V, EF)*	Flapjack *(V, DF, EF)* with Raisins	Strawberry Ice Cream *(V, GF, EF)* with Pineapple

WEEK TWO Week Commencing: 9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) *(V, EF)*	Sausage Plait *(DF)*	Cottage Pie *(GF, EF)*	Beef Meatballs in Tomato Sauce *(GF, DF, EF)*	Chicken Nuggets *(DF, EF)*
Mild Mexican Chilli Loaded Hash Browns *(VG, GF)*	Crispy Veggie Dippers *(VG)*	Veggie Cottage Pie *(V, EF, GF)*	Veggie Meatballs in Tomato Sauce *(VG, GF)*	Veggie Samosa's *(VG)*
Wholemeal Egg Mayo Sandwich *(V, DF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Cheese & Tomato Sandwich *(V, EF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Breaded Salmon Wrap with Mayo & Lettuce *(EF, DF)*
Sweetcorn & Baked Beans	Oven Baked Potato Wedges Peas & Carrots	Cauliflower & Vegetable Medley	Pasta, Sweetcorn & Carrots	French Fries or Pasta Baked Beans or Peas
Vanilla Oat Traybake *(V)*	Shortbread *(V, EF, DF)* with an Orange Wedge	Crunchy Cornflake Cookie (V, EF, DF)	Cinnamon Swirl Sponge *(V, DF)*	Strawberry Jelly *(V, GF, DF, EF)* with Peaches

WEEK THREE Week Commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st March, 22nd March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita Pizza (Cheese & Tomato) (V, EF)	Pork Sausages with Gravy *(DF, EF)*	Roast Chicken Breast *(GF, EF, DF)*	Beef Bolognaise with Twisty Pasta *(DF, EF)*	Flipper Dippers *(DF, EF)*
Spinach & Potato Curry with Rice *(VG)*	Veggie Sausage with Gravy *(VG, GF)*	Vegetarian Quorn Roast *(V, GF)*	Veggie Bolognaise with Twisty Pasta *(VG,)*	Pizza Pinwheel *(V, EF)*
Cheese & Cucumber Wrap *(V, EF)*	Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Tuna & Sweetcorn Pasta Salad *(DF, EF)*	Baked Jacket Potato with Cheese *(V, GF, EF)* or Baked Beans *(VG, GF)*	Wholemeal Egg Mayo & Lettuce Sandwich *(V, DF)*
Peas & Baked Beans	Mashed Potato, Cabbage & Carrots	Roast Potatoes & Yorkshire Pudding with Gravy Cauliflower & Green Beans	Carrots & Peas	Chips or Pasta Sweetcorn or Baked Beans
Melting Moment *(V, DF, EF)*	Rock Cake *(V)* with Melon	Lemon Oat Cookie *(V, EF, DF)*	Iced Sprinkle Cake (V, DF)	Vanilla Ice Cream *(V, GF, EF)* with Mandarins

Available Daily – Fresh bread, Salad Bar, and lots of Fresh water, as well as a choice of natural yoghurt, or fresh fruit as an alternative to dessert

Allergy advice – All our food is prepared in a kitchen where any of the 14 Allergens may be present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergeninformation is available from your school. Any fish we serve will vary depending on availability.

We only select fish from sustainable sources.

Suitable for vegetarians or vegetarian option available.

Our fish and chicken dishes may contain bones.

KEY:
V VEGETARIAN
VG VEGAN
EF EGG FREE
DF DAIRY FREE
GF GLUTEN FREE

OXFORDSHIRE COUNTY COUNCIL

Save the Date

APPLETON VILLAGE CHRISTMAS FAIR

THURSDAY 3RD DECEMBER 2026

4:30PM - 7PM

ORGANISED BY

Friends of Appleton School

AND

St Laurence Church, Appleton with Besselsleigh

