



HORNCHURCH

HIGH SCHOOL
EXCELLENCE FOR ALL

18 November 2020

Dear Parent / Carer,

At Hornchurch High School we are going to offer free hot meals to all year 7 and year 8 students, in December. The more students who eat the meals, the more likely we are to be able to continue providing this free meal service after the trial.

Each day there will be a choice of one meat, one veggie option with a simple dessert and a drink. The meals will all be cooked in the school kitchens by a qualified chef, and will be cooked with fresh ingredients with the minimum amount of e-numbers, sugar, salt and so on.

The menu will include a wide variety of dishes. Please see the sample menu below:

Spaghetti Bolognese with garlic bread	All of these meals will have a meat and veggie (or vegan) option
Curry with rice / naan	
Chilli with rice	
Pie and mash	
Mac and cheese	
Chinese stir fry	
Tomato Pasta Bake with cheese	
Sausage, mash and beans	
Lasagne with garlic bread	
Shepherd's / Cottage Pie	
Thai Curry with noodles / rice	
Pasta and Meatballs	
Fish and Chips	
Pizza and wedges	
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Jacket potato and cheese / beans	
Chicken Goujons / veggie goujons	

To assist planning with the caterers, I need you to let me know if your child will take part in the trial, which begins on Monday 30 November 2020. If they decide to take part, they must





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take (and eat!) a meal each school day for three weeks and give us feedback on the taste, quantity and style of the food on a regular basis. If we are successful in this, we will expand the trial next year.

If your child does not want to take part in the trial, they will be able to buy sandwiches and drinks from the canteen, or bring a packed lunch.

All other year groups will continue to pay for their lunches in the usual way during the trial.

To ensure your child receives their place in the trial, please email your child's full name and form group to fsm@hornchurchhigh.com on or before Wednesday 25 November 2020.

Please do not hesitate to contact your child's Head of Year to discuss this further if you have any queries.

V.Masson

Head Teacher



Partnership Learning

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Home to Hylands Tennis Club