



Dear Parent(s)/ Carer(s)

It's been an incredibly busy week at Lapford with lots of exciting activities taking place.

FLS Meeting

On Monday evening, FLS met at the Ark and had a really productive meeting, mapping out fundraising events for the year and thinking carefully about how they can support the school effectively. There are many exciting events lined up starting with a school disco on 21st November. Save the date and get your dancing shoes ready!



Herons Farmwise trip

On Tuesday it was the first trip of the year for Herons who travelled to Westpoint arena for a Farmwise event – a day dedicated to all things farming in Devon. The children were split into two groups and spent the day exploring six of the twelve zones on offer. Dairy was a firm favourite where the children enjoyed the challenge of turning cream into butter. Meanwhile, in the forestry zone the children experienced an ascender to learn how tree surgeons climb trees. Throughout the day there were opportunities to play games, plant seeds, learn about grain production and even meet robot dogs who were trained to smell and detect different plants and flowers!



Harvest Festival

Wednesday was our annual Harvest Festival celebration and the children presented a thoughtful service on the theme of generosity at the Congregational Church. It was lovely to see and hear all the classes performing and I felt incredibly proud of them all but especially our youngest children in Robins, some of whom have only been in school a few weeks. This year we were completely blown away by the volume of donations for the Lapford foodbank. Our children and families have been so generous and these donations will make such a big difference to our community. I was lucky enough to take our School Council to The Ark on Friday to deliver these donations and find out more about how the foodbank operates.

Hello Yellow

On Friday, World Mental Health Day, the school was awash with yellow as we celebrated ‘Hello Yellow’ and raised money for Young Minds, who support young people with mental health challenges. Throughout the day, children spent time thinking about what mental health is and how we can promote positive mental health. During the afternoon, children worked in their house teams to carry out a range of activities to promote positive mental health including yoga, positive affirmations, mindfulness colouring and sensory activities. Alongside this the School Council set up and ran their own cake sale which raised an additional £56 towards this worthy cause. Thank you to everyone who brought in cakes to sell and also to those who brought in their pennies to buy them!



We're hoping for a slightly calmer week this week so that we can focus on our learning!
Have a lovely week everyone.

Mrs Wright

What's on 13-17 October

Day	What's On	PE	Music Lessons	Clubs
Monday 13 October	Flu Nasal Spray Vaccinations for Yrs R-6. ONLY FOR THOSE WITH PARENTAL CONSENT RECEIVED	Hérons swimming	Ms Bloch flute lessons	3:30 - 4:30pm Yrs2-6 Handball Club
Tuesday 14 October	9 - 10:30am Stay & Play			
Wednesday 15 October				
Thursday 16 October	POSTPONED TO 23 October Kingfishers Forest School Afternoon		<ul style="list-style-type: none"> • Mrs Craddock keyboard & violin lessons • Mr White drum lessons 	
Friday 17 October				

Planning a holiday?

Term dates for 2025-26 and 2026-27 can be found [here](#)





What's on 20-24 October

Day	What's On	PE	Music Lessons	Clubs
Monday 20 October	Upper Herons to Library	Hérons swimming	Ms Bloch flute lessons	3:30 - 4:30pm Yrs2-6 Handball Club - LAST SESSION
Tuesday 21 October	9 - 10:30am Stay & Play	Key Stage 2 Handball Tournament at CPS		
Wednesday 22 October				
Thursday 23 October	Herons trip to RAMM NEW DATE: Kingfishers Forest School Afternoon LAST DAY OF TERM		<ul style="list-style-type: none"> • Mrs Craddock keyboard & violin lessons • Mr White drum lessons 	
Friday 24 October	NON PUPIL DAY			

School Lottery

Did you know that for just £1 a week, you could help raise vital funds for our school and be in with a chance to win cash prizes, including a £25,000 jackpot? Our School Lottery is open to everyone – you don't need to be a parent to play, so please spread the word to friends, family, and neighbours! Right now, we only have a small number of players, which means the prizes are modest. But with more people joining, the cash prizes will grow and we'll raise more money for our school – helping fund important projects, resources, and activities for our children.

It's a fun, easy way to support the school community. [Click here](#) today and help us make a bigger impact!

YOUR SCHOOL LOTTERY

SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot

£1 TICKET

Splitting the £1.00

- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Lapford Community Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Lapford Community Primary School

The Maths...

100 tickets sold a week means

- = £30 weekly cash prize
- = £2,080 a year for our school

[Buy A Ticket here](#)

GambleAware 18+

Welcome to our first OPAL Spotlight this year!

For those of you who are new to Lapford Primary School (LPS), OPAL stands for Outdoor Play and Learning. Two years ago, we enrolled in the OPAL programme because we felt that we really needed to enhance our playtimes so that our children had the best possible experiences at every playtime. With the support of our mentor and a dedicated OPAL working team at Lapford School, we were awarded a Platinum Award in recognition of this.

There are so many opportunities for children to learn and develop many important life skills at playtimes. At LPS we have incredible outdoor play spaces surrounded by our beautiful Devonshire countryside. At playtimes, we use natural and donated man-made resources to inspire creative and imaginative play, leading to benefits such as happier, more resilient and independent children.

A simple breakdown of the many different play types are:

- Symbolic Play: play which allows control, gradual exploration and increased understanding
- Rough and Tumble: close encounter play by touching, tickling, tag etc
- Socio-dramatic Play: the enactment of real and potential experiences
- Social Play: play during which is important for social engagement
- Creative Play: play which allows a new response, allows children to design, explore and try out new ideas
- Communication Play: play using words or gestures which includes skipping games, group ball games etc
- Dramatic Play: play which dramatises events
- Locomotor Play: movement in any or every direction i.e. chase tag, hide and seek, climbing
- Deep Play: play which enables the children to find strengths that they did not know they had, conquer a fear or develop survival skills
- Exploratory Play: play to access factual information
- Fantasy Play: play where a child's imagination gets to run wild!
- Imaginative Play: play where conventional rules do not apply
- Mastery Play: constructing shelters, building pretend fires, digging holes
- Object Play: play which involves sequences of hand-eye manipulations and movements
- Role Play: play exploring a way of being
- Recapitulative Play: play that allows the child to explore history, rituals, stories, rhymes



School grounds update

You will probably have noticed by now that we have a new wooden fence along the wall separating the field from the playground. We think that it looks fantastic and thank our caretakers for completing this during the summer holidays.

We have made a start on painting the walls on the main playground area. The blue coloured wall was completed before the summer holidays began, and we have now started to repaint the walls surrounding the climbing frame area. We will continue to paint as much as we can this year, weather permitting, but hopefully by the end of Spring 2026, all the outdoor walls will have been repainted.

During the summer holidays, we received three large sections of the Chestnut tree from the village which sadly needed to be taken down. Thank you to Sam Down (Verity's dad) for taking the time to deliver each piece to us. The children are really enjoying playing on or around the stumps, hiding behind them and spotting the creepy crawlies living within them. Our School Council will be writing to the Parish Council to thank them for their generosity.



We do currently have a large section of overgrown vegetation on the school field that we would like to get under control as it surrounds our grass walking tracks for the children. If you have any machinery that you think might be able to help us with this task, we would love to hear from you.

Donations

We are always looking for donations - we are currently looking out for working bikes, scooters and skateboards. Because of the previous donations of bikes and scooters, many children have learned to ride a bike at Lapford School during playtimes, which is fantastic!

If you would like to receive further information about our outdoor play programme, have items to donate or you think you might be able to offer help in anyway, please get in touch with Mrs Wright or Mrs Mills.

Thank you, as always, for your support.

The OPAL Team



Chulmleigh Academy Trust
JOB ADVERTISEMENT
Lapford Community Primary School
Permanent
Foundation Stage Practitioner & Out of School Club Assistant
Two roles available - to enable wrap-around cover at the beginning and end of each day
Grade C: £13.26 - £13.69 per hour - depending on experience
Required from January 2026

To support our expanded nursery provision, we are seeking to appoint two enthusiastic, committed, patient and motivated Foundation Stage Practitioners, including the role of Out of School Club Assistant, to join our team at Lapford Community Primary School.

Foundation Stage Practitioner The successful candidates will work with the teacher and senior staff to ensure a creative learning environment within the Early Years Foundation Stage framework. The role will involve high quality practice through a range of interesting and stimulating activities and supervision of individuals and groups of children in the nursery or foundation stage unit.

Candidates should demonstrate the following skills and attributes:

- Hold a recognised Level 3 Early Years qualification
- Hold suitable Level 2 Literacy and Numeracy qualifications
- Excellent communication skills
- Patience and positivity
- The ability to support colleagues, use positive behaviour management strategies and ensure the school continues its excellent provision for all pupils

Out of School Club Assistant We are pleased to be able to offer the successful FSP candidates an additional role as Out of School Club Assistant. The successful candidates will work with senior staff to support the day to day running of the Out of School Club. The role will provide an opportunity to engage children in a range of activities in a relaxed, safe environment.

Role 1 working pattern:
Foundation Stage Practitioner - 17.5 hpw x 38 weeks (term time only) working from Mon to Fri from 9 am to 12.30 pm
Out of School Club Assistant - 7.5 hpw x 38 weeks (term time only) working from Mon to Fri from 7.30 to 9 am

Role 2 working pattern:
Foundation Stage Practitioner - 17.5 hpw x 38 weeks (term time only) working from Mon to Fri from 12 pm to 3.30 pm
Out of School Club Assistant - 10 hpw x 38 weeks (term time only) working from Mon to Fri from 3.30 pm to 5.30 pm

Employment benefits include eligibility to join the Local Government Pension Scheme. In addition, employees of the Trust are entitled to 50% off childcare fees at our out of school clubs for children of compulsory school age. We are committed to promoting equality of opportunity and access for all, irrespective of age, background, race, gender, religion, ability, disability, or sexuality. We welcome applications for employment from the whole community.

The candidate pack (including job descriptions) and application form are available on our [website](http://www.lapford-primary.devon.sch.uk). Please download and complete the application form and email it to personnel@chulmleigh.devon.sch.uk by 10 am on Wednesday, 15 October 2025. **Please indicate clearly which role/s you are applying for (or either role).** All applications will be acknowledged.

As employers, we are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment and in that regard, we have appropriate policies and procedures. All staff undertake a criminal record check via the Disclosure and Barring Service (DBS) and interviews will include questions about safeguarding children.

In line with Government guidance, we may carry out online searches against shortlisted applicants' names as part of our due diligence checks.

Closing date: 10 am Wednesday, 15 October 2025
Interview Date: Wednesday, 22 October 2025

Chulmleigh Academy Trust
JOB ADVERTISEMENT
Chulmleigh Primary School
Permanent
Foundation Stage Practitioner
18 hours per week x 38 weeks per annum
(with flexibility for additional hours/additional day)
Grade C: £13.26 - £13.69 per hour - depending on experience
Required from November 2025

To support increased nursery provision from September, we are seeking to appoint an enthusiastic, committed, patient and motivated Foundation Stage Practitioner to join our team at Chulmleigh Primary School.

The successful candidate will work with the teacher and senior staff to ensure a creative learning environment within the Early Years Foundation Stage framework. The role will involve high quality practice through a range of interesting and stimulating activities and supervision of individuals and groups of children in the nursery or foundation stage unit.

Candidates should demonstrate the following skills and attributes:

- Hold a recognised Level 3 Early Years qualification
- Hold suitable Level 2 Literacy and Numeracy qualifications
- Excellent communication skills
- Patience and positivity
- The ability to support colleagues, use positive behaviour management strategies and ensure the school continues its excellent provision for all pupils

In the first instance, the working pattern will be 3 days per week, 6 hours per day from 9 am - 3.30 pm, allowing for a 30-minute unpaid lunch break. The working pattern will be Mondays, Tuesdays and Fridays. However, due to the expansion of the nursery provision and popularity of the provision, the ideal candidate will have flexibility to work additional hours on a casual basis when required, with the possibility of increasing the working pattern to a fourth day. The role is term time only (38 weeks per year).

Employment benefits include eligibility to join the Local Government Pension Scheme. In addition, employees of the Trust are entitled to 50% off childcare fees at our out of school clubs for children of compulsory school age.

We are committed to promoting equality of opportunity and access for all, irrespective of age, background, race, gender, religion, ability, disability, or sexuality. We welcome applications for employment from the whole community.

The candidate pack (including job description) and application form are available on our [website](http://www.chulmleigh.devon.sch.uk). Please download and complete the application form and email it to personnel@chulmleigh.devon.sch.uk by 10 am on Tuesday, 14 October 2025. All applications will be acknowledged.

As employers, we are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment and in that regard, we have appropriate policies and procedures. All staff undertake a criminal record check via the Disclosure and Barring Service (DBS) and interviews will include questions about safeguarding children.

In line with Government guidance, we may carry out online searches against shortlisted applicants' names as part of our due diligence checks.

Closing date: 10 am Tuesday, 14 October 2025
Interview Date: Tuesday, 21 October 2025

Colder Weather

Please ensure that your child has a warm, named coat at school every day.

Thank you

School Lunches

MyEd + Pay

£2.61

Please order by midnight the day before

*

If you miss this deadline please provide your child with a packed lunch

www.lapford-primary.devon.sch.uk

Lapford Primary School Wrap-around Care

Time Slots Available Between: 8 am - 9 am
3.30 pm - 6 pm

Charges: Registration Fee £10 (per family)
£6.00 per hour for 2 year olds
£5.50 per hour for 3-4 year olds
£4.50 per hour for Reception to Year 6
After 6pm Late Collection Charge - £15

Tax-free childcare
Please follow this link:
[Tax-Free Childcare - GOV.UK](https://www.gov.uk/tax-free-childcare)

For further information
please visit our website:
www.lapford-primary.devon.sch.uk

Tel: 01363 83292
Email: admin@lapford-primary.devon.sch.uk

**RAISING FUNDS FOR FRIENDS OF LAPFORD SCHOOL,
LAPFORD VICTORY HALL AND
LAPFORD CONGREGATIONAL CHURCH**

Christmas BINGO NIGHT

GREAT PRIZES AND FUN FOR ALL

SATURDAY 6TH DECEMBER
DOORS OPEN AT 6.30 / EYES DOWN 7.30 /
BAR AND TUCK SHOP / MEGA RAFFLE /
CASH AND CARD ACCEPTED

**ANY QUERIES OR TO
DONATE A PRIZE PLEASE
CONTACT
CAT SEYMOUR ON
01363884432**

HELP YOUR SCHOOL RECEIVE EXTRA FUNDING

**Plus £30 TOP-UP FOR SUCCESSFUL
NEW APPLICANTS!**

**ARE YOU IN RECEIPT OF ONE OR
MORE OF THE FOLLOWING BENEFITS?**

If you are, please apply online for **FREE SCHOOL MEALS**.
IT ONLY TAKES A MINUTE TO APPLY, but your school may receive **EXTRA FUNDING**. Successful **NEW** applications made between **01.07.25** and **01.10.25** will receive a £30 MyEd+Pay account top-up.

ELIGIBLE BENEFITS:

- Universal Credit
- Income-based and contribution-based JSA or ESA on an equal basis
- Income Support (IS)
- Income based jobseekers allowance (IBJSA)
- Income-related employment and support allowance (IRESA)
- Child Tax Credit
- Guaranteed Element of State Pension Credit
- Support under part VI of the Immigration and Asylum Act 1999

It takes less than a minute to apply.
Visit: <https://onlineonline.devon.gov.uk/>
[CCSCitizenPortal.LIVE](https://www.gov.uk/government/organisations/citizen-portal)
or call the **Education Helpline on 0345 155 1019**

PLEASE LET US KNOW IF A MEMBER OF YOUR FAMILY IS A CURRENT OR PAST MEMBER OF THE ARMED FORCES

Your school can receive **EXTRA FUNDING**.

PLEASE LET US KNOW IF YOU HAVE AN ADOPTED CHILD, A RESIDENCE ORDER, OR A SPECIAL GUARDIANSHIP ORDER

Your school can receive **EXTRA FUNDING**.

If you have any queries, please speak to the admin staff at your school. Any information shared will be treated confidentially.

Chulmleigh Academy Trust

JOB ADVERTISEMENT

Part time, temporary 1:1 Teaching Assistant at East Worlington Primary School
27.5 hours per week x 39 weeks per annum
Grade C: £13.26 to £13.69 - depending on experience also

Part time, temporary 1:1 Mealtime Assistant
2.5 hours per week x 39 weeks per annum
Grade A - £12.65
Required from November 2025

We are seeking to appoint an enthusiastic, committed, patient and motivated Teaching Assistant to join our support team at East Worlington Primary School.

The successful candidate will support the development of a pupil in the Reception Class with additional needs. You will be tenacious and committed to supporting the needs and development of the individual pupil whilst being an excellent team player and communicator. Previous experience of working with pupils with different abilities would be an advantage.

The post is temporary and will be subject to the continued attendance of the pupil and/or the result of any special needs or funding review.

Candidates should demonstrate the following skills and attributes:

- A good standard of English and Mathematics
- Excellent communication skills
- Patience and positivity
- Support inclusion and be fully committed to ensuring the very best for all our pupils
- The ability to support colleagues, use positive behaviour management strategies and ensure the school continues its excellent provision for all pupils.

We are pleased to be able to offer the successful candidate an additional role as a Mealtime Assistant. The post involves supervising and providing support for the pupil during the lunch break.

The working pattern within the roles will be
Teaching Assistant Monday to Friday 9:00am – 12:30pm and 1:30pm – 3:30pm
Mealtime Assistant Monday to Friday 12:30pm – 1:00pm
The working pattern allows for a 30-minute unpaid lunch break. Ideally the successful candidate will be available to start in November, but we are committed to recruiting the best candidate for the role and have some flexibility.

Employment benefits include eligibility to join the Local Government Pension Scheme. In addition, employees of the Trust are entitled to 50% off childcare fees at our out of school clubs for children of compulsory school age.

We are committed to promoting equality of opportunity and access for all, irrespective of age, background, race, gender, religion, ability, disability, or sexuality. We welcome applications for employment from the whole community.

A full candidate pack has been published to support our recruitment which can be found on our [website](https://www.chulmleigh.devon.sch.uk). Please download and complete the application form and email it to personnel@chulmleigh.devon.sch.uk by 10 am on Monday, 3rd November 2025. All applications will be acknowledged.

As employers, we are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment and in that regard, we have appropriate policies and procedures. All staff undertake a criminal record check via the Disclosure and Barring Service (DBS) and interviews will include questions about safeguarding children.

In line with Government guidance, we may carry out online searches against shortlisted applicants' names as part of our due diligence checks.

Closing date: 10 am Monday, 3rd November at 10:00am
Interview date: Monday, 10th November 2025

Lapford Breakfast Club Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans on Toast	Bagels	Sausage Baps	Toasted Teacakes	Scrambled Eggs on Toast

- Toast
- Crumpets
- Selection of Jams & Spreads
- Fresh Fruit
- Yoghurt
- Cereals
- Milk
- Apple Juice
- Orange Juice
- Water

AVAILABLE EVERY DAY!

FREE Breakfast Club Reception to Year 6

ALL pupils from Reception to Year 6 can book into our FREE 8:30am Breakfast Club. Please go to MyEd to select your days!

PLEASE CLICK [HERE](#) FOR OUR LUNCH ALLERGEN INFORMATION

Chulmleigh Academy Trust

FRESH FRUIT & YOGHURT SERVED DAILY

AUTUMN MENU Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Breakfast Brunch with Bacon, Sausage, Hash Brown and Beans	Pasta Bolognese with Garlic Bread and Sweetcorn	Roast Gammon with Roast Potatoes, Gravy, Carrots and Cabbage	Chicken, Ham & Sweetcorn Pie with New Potatoes, Carrots & Peas	Fish Finger Sandwich with Roasted New Potatoes and Garden Peas
Pick a MEAT-FREE MAIN	Quorn Sausage with Hash Brown, Beans & Tomatoes	Vegetable Soft Shell Taco with New potatoes & Garden Peas	Chickpea and Sweet Potato Bake, with Roast Potatoes, Carrots and Cabbage	Cheese and Onion Quiche with New Potatoes and Peas	Veggie Finger Sandwich with Roasted New Potatoes and Peas
Pick a JACKET POTATO	Cheese or Tuna Mayo	Cheese or Beans	Beans or Tuna	Cheese or Tuna Mayo	Cheese or Beans
Pick a SANDWICH	Cheese or Ham	Ham or Tuna Mayo	Cheese or Tuna Mayo	Ham or Cheese	Ham or Tuna Mayo
Pick a DESSERT	Fruit Platter Yogurt Fresh Fruit	Carrot and Courgette Chocolate Brownie Yogurt Fresh Fruit	Jelly with Mandarins Yogurt Fresh Fruit	Banana Cake Yogurt Fresh Fruit	Oaty Cookie Yogurt Fresh Fruit

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

School Lunches

Chulmleigh Academy Trust

FRESH FRUIT & YOGHURT SERVED DAILY

AUTUMN MENU *Week 2*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Beef Chilli with Rice, Nachos & Sweetcorn	Steak & vegetable Pie with Mash, Carrots and Peas	Roast Pork with Roast Potatoes, Gravy, Carrots and Cabbage	Chicken Burger with Wedges and Peas	Breaded Fish with Roasted New Potatoes and Beans
Pick a MEAT-FREE MAIN	Vegetarian 5 Bean Chilli with Rice, Nachos & Sweetcorn	Falafel Wraps with Mash, carrots & Peas	Homity Pie with Roast Potatoes, Carrots and Cabbage	Plant Based Burger with Wedges and Peas	Vegetable Fajita with Roasted New Potatoes And Beans
Pick a JACKET POTATO	Cheese or Tuna Mayo	Cheese or Beans	Beans or Tuna Mayo	Cheese or Tuna Mayo	Cheese or Beans
Pick a SANDWICH	Cheese or Ham	Tuna or Ham	Cheese or Tuna	Cheese or Ham	Tuna or Ham
Pick a DESSERT	Iced Sponge	Meringue with Cherry Pie Filling	Chocolate Mousse	Chocolate Krispie Cake	Lemon Drizzle
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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Chulmleigh Academy Trust

FRESH FRUIT & YOGHURT SERVED DAILY

AUTUMN MENU *Week 3*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Pepperoni Pizza with Wedges & Salad	Sweet and Sour Chicken with Rice & Sweetcorn	Roast Chicken with Roast Potatoes, Gravy, Carrots & Cabbage	Chipolata Sausage with Mash, Gravy, Carrots & Peas	Fish Fingers or Salmon Bites with Diced Potatoes & Beans
Pick a MEAT-FREE MAIN	Cheese & Tomato Pizza with Wedges & Salad	Singapore Noodles	Broccoli and Cheddar Quiche with Roast Potatoes, Carrots & Cabbage	Vegetarian Sausage with Mash, Gravy, Carrots & Peas	Halloumi Stuffed Pepper with Diced Potatoes & Beans
Pick a JACKET POTATO	Cheese or Tuna Mayo	Cheese or Beans	Beans or Tuna Mayo	Cheese or Tuna mayo	Cheese or Beans
Pick a SANDWICH	Cheese or Ham	Tuna Mayo or Ham	Cheese or Tuna Mayo	Cheese or Ham	Tuna Mayo or Ham
Pick a DESSERT	Fruit Platter	Waffle with Apple & Toffee Sauce	Jelly and Fruit	Flapjack	Carrot Cake
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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