The mini magazine of Mounts Bay Academy

STANDING OUT



MOUNTS BAY ACADEMY

Friday 4th September 2026

PRINCIPAL'S REPORT



Dear Parents and Carers,

It has been fantastic to welcome students back to Mounts Bay Academy this week and to see the school full of energy, enthusiasm, and positivity once again.

Whilst students returned on Thursday and Friday, our staff team were in school on Tuesday and Wednesday preparing for the start of the new academic year. During these training days, colleagues worked together to plan engaging and ambitious learning experiences, reflect on how we can continue to improve the quality of education we provide, and ensure that every student feels welcomed, supported, and able to succeed from the very first day of term.

On Thursday, we welcomed our new Year 7 students alongside our Year 11 cohort. In many ways, these two year groups sit at opposite ends of their secondary school journeys, yet both made an exceptionally positive start. It was wonderful to see our Year 7 students arriving with such enthusiasm and excitement as they began life at Mounts Bay Academy, whilst our Year 11 students returned with a real sense of maturity and purpose as they begin this important final year.

Today, the rest of the school community returned, and it was fantastic to see the academy come fully back to life. As I have visited classrooms throughout the day, I have been impressed by the way students have settled quickly into routines, engaged positively in lessons, and approached their learning with focus and determination. The start of term sets the tone for the weeks and months ahead, and our students have made an excellent start.

In my assemblies with students this week, I focused on two factors that have a significant impact on success in school and, importantly, are things that every student has a great deal of control over: effort and attendance.

We discussed how success is rarely the result of a single action or moment. Instead, it is built gradually, lesson by lesson, day by day, through consistently making positive choices and putting in sustained effort. Whether in the classroom, on the sports field, in music, or within wider school life, progress comes from maintaining high standards over time.

We also reflected on the importance of attendance. There is a very strong link between attendance and achievement, and every day in school matters. Students were encouraged to think about their goals for the year ahead and the role that regular attendance plays in helping them achieve those ambitions. Of course, there will be occasions when students are genuinely too unwell to attend school. However, there will also be days when a student may not particularly feel like attending. We discussed how, very often, showing the determination to come to school can help overcome those initial feelings, allowing students to engage positively and have a successful day.

As a school, we want the vast majority of our students to achieve attendance of 98% or above, which equates to no more than three or four days absence across an entire academic year. Many students achieve even higher levels of attendance than this. We know that when students attend regularly, they learn more, build stronger relationships, develop greater confidence, and are far more likely to achieve their full potential.

This week has also seen the introduction of a new element of our daily routine: Community Tutor Time.

Community Tutor Time is a daily gathering of each year group, designed to provide a calm, purposeful, and positive start to the day. It is intended to strengthen students' sense of belonging, celebrate achievements, reinforce key messages and expectations, and promote high standards of attendance, punctuality, uniform, and readiness to learn.

Most importantly, Community Tutor Time provides students with a shared daily experience that helps foster a strong sense of community, collective identity, and pride in their year group and school. Early indications have been extremely positive, and I look forward to seeing the impact this initiative has over the coming months.

There is always something special about the start of a new school year. It brings with it fresh opportunities, new goals, and a chance for every member of our community to continue growing and developing. I have been enormously encouraged by the positivity shown by students and staff this week and am excited about what lies ahead for Mounts Bay Academy.

Thank you, as always, for your continued support. I look forward to updating you on the many successes and achievements of our students throughout the year.

Yours sincerely,

Simon Horner

WE ARE CONFIDENT

MBA Summer Camp Activities

It has been another fantastic summer of activity, fun and adventure, with over 1,000 bookings across our holiday camps.

Our provision offers much more than activities. It provides wraparound care and support for families and working parents and carers, giving children a safe, welcoming and engaging place to spend their holidays while helping families manage the pressures and costs of the school holidays.

Throughout the summer, children have had the opportunity to try new activities, make new friends and enjoy an activity-packed holiday. From sports and games to creative challenges, outdoor adventures and our popular Water Sports Wednesdays, there has been something for everyone.

We were delighted to welcome over 150 different children, with 80% of bookings from children eligible for Free School Meals and 17% of participants recorded as having a disability or additional need.

We also provided over 700 meals, helping families with the cost of living while ensuring children had a nutritious meal as part of their day.
For many families, our camps provide affordable childcare during the school holidays, allowing parents and carers to work, take on additional hours or simply have the reassurance that their children are safe, active and having fun.

Most importantly, it has been a summer filled with new experiences, new friendships, confidence, activity and plenty of fun.

A huge thank you to all the children, families, staff and partners who helped make our summer camps such a success!



WE ARE MBA

Report and photos by Mr Eddy

WE ARE CONFIDENT

MBA Summer Camp Activities







WE ARE MBA

Report and photos by Mr Eddy

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Get Set

We were delighted to welcome our new Year 7 students to Mounts Bay Academy for our GET SET Transition Programme, helping them get to know the school, meet new friends and build confidence ahead of September.

Across the week, 78 different Year 7 students took part in a fantastic range of activities designed to give them a taste of the opportunities they will experience during their next five years at MBA. From sport, music, football, trampolining, dance, biking and orienteering, students had the chance to try something new, have fun and work together, while also becoming more familiar with the school site and their new surroundings.

The week was a great opportunity for students to overcome some of those summer nerves, make new friendships and begin to feel part of the MBA community.

A huge thank you to all the staff and students who helped make GET SET such a positive experience. We can't wait to welcome everyone back in September and see them continue their journey at Mounts Bay Academy!



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Report and photos by Mr Eddy

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Get Set







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Get Set







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Report and photos by Mr Eddy

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Get Set





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Report and photos by Mr Eddy

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A Fantastic Start to the New School Year

It has been a fantastic start to the new school year at Mounts Bay Academy!

Our new Year 7 students joined us on Thursday, taking their first steps into life at MBA, before the rest of our students returned on Friday. It has been wonderful to see classrooms and corridors busy again as everyone settles into the new academic year.

Our Year 7 students have already been getting stuck into a wide range of lessons, from Art and History to Catering and Hospitality, beginning their journey and discovering all that life at Mounts Bay has to offer.

We are looking forward to an exciting year ahead and can't wait to see what our students achieve!



WE ARE MBA

Report and photos by Miss Blackley

WE ARE CONFIDENT

A Fantastic Start to the New School Year





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A Fantastic Start to the New School Year





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Report and photos by Miss Blackley

LIBRARY BOOK SPOTLIGHT

YOUR WEEKLY LIBRARY BOOK

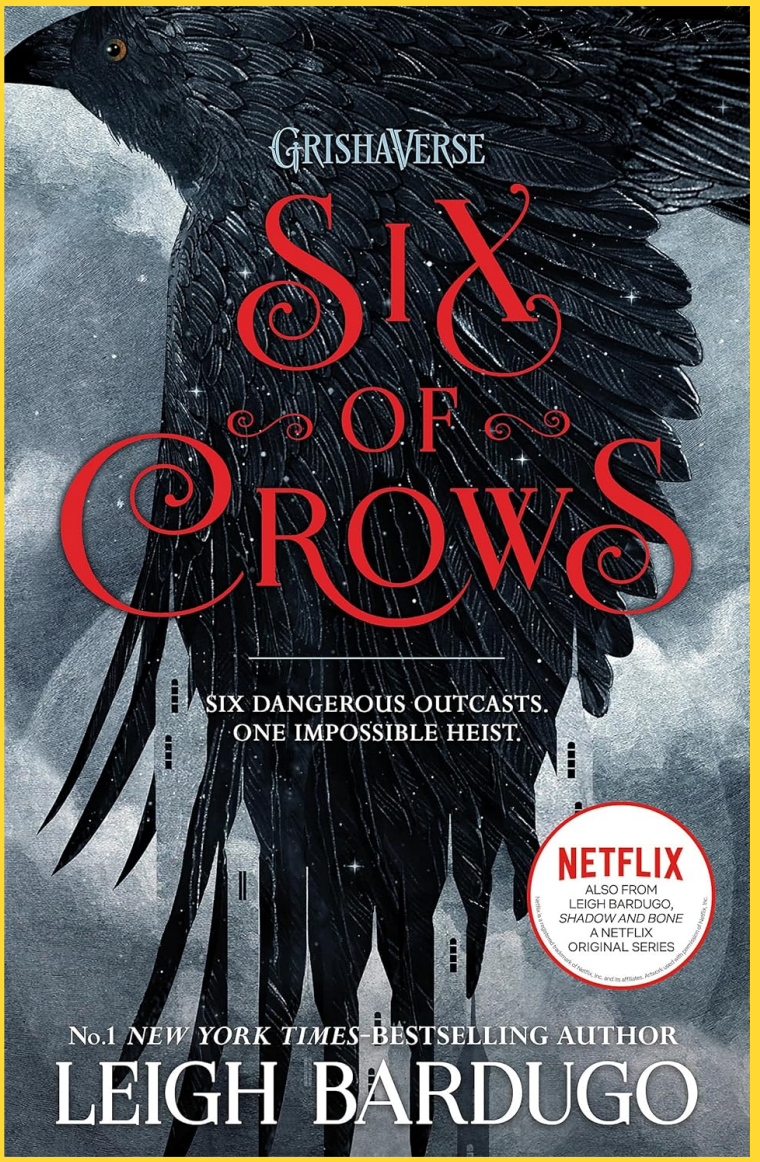
Six of Crows, Leigh Bardugo

Criminal prodigy Kaz Brekker is offered a chance at a deadly heist that could make him rich beyond his wildest dreams - but he can't pull it off alone.

A convict with a thirst for revenge. A sharpshooter who can't walk away from a wager. A runaway with a privileged past. A spy known as the Wraith. A Heartrender using her magic to survive the slums. A thief with a gift for unlikely escapes.

Six dangerous outcasts. One impossible heist.

Kaz's crew is the only thing that might stand between the world and destruction - if they don't kill each other first.



Pages: 512
Published: Jun 2016
Year group: Y8+
Genre: Fantasy

Themes:

- Found Family
- Greed
- Trauma and the past
- Identity

WE ARE MBA


Uniform & Prom Wear Donations Needed
Have you got good-quality school uniform, prom dresses, suits or formal wear that is no longer needed?
We're building a collection to help support Mounts Bay Academy students and families while promoting sustainability.
Please drop any donations at our school reception.
Thank you for your support! 💙
MOUNTS BAY ACADEMY

BE INFORMED

Uniform Reminder

Mounts Bay Academy is proud of its uniform and it ensures that we all look the same – showing membership of the Mounts Bay Academy community as well as not allowing any judgements to be made concerning perceived wealth or membership of social or political groups.

Uniform is important to us and we have high expectations.

For more information and clarification on any issue please click here to visit our website.

Here is a reminder of the basic MBA uniform requirements.

Uniform:

- Black blazer with MBA logo
- V neck black jumper
- White school shirt with top button
- School tie in House colour
- Tailored black school trousers
- Tailored and ideally pleated black school skirt with hemline no more than 100mm above the knee
- Short black socks or tights (no logos)
- Black school shoes (leather or leather effect

PE Kit:

- MBA boys PE top/ MBA girls PE top
- Long black PE socks
- Moulded boots
- Trainers
- White PE socks (April onwards)
- Black shorts / short
- Shin pads
- Gum shield
- Water bottle

Jewellery:

- One earring in each ear (simple small stud or sleeper)
- One bracelet
- One watch
- One ring
- NO nose ring/stud except clear retainer

NO JEWELLERY ALLOWED TO BE WORN IN PE LESSONS

WE ARE MBA

📘 Helping Your Child Attend School Every Day

Support strategies for families – because every day counts!

👨‍👩‍👧‍👦 Why Attendance Matters

Regular attendance is one of the most important ways you can support your child's learning and wellbeing. Even missing a day here and there can affect progress, friendships, and confidence in the classroom.

We understand that things come up – illness, appointments, family issues – and we're here to support you. Below are some simple, practical strategies to help improve and maintain good school attendance.

✅ Top Tips for Supporting Good Attendance

1. 🕐 Stick to a Daily Routine

- Set regular bedtimes and wake-up times—even on weekends.
- Get school clothes, bags, and lunches ready the night before.

2. 📅 Avoid Broken Weeks

- Try to avoid taking single days off, as they break the learning routine.
- Missing just one or two days regularly can have a big impact over time.

3. 🏥 Book Appointments Outside School Hours

- Whenever possible, arrange doctor, dentist, or other appointments after school or during holidays.
- If an appointment must be during the school day, bring your child in before or afterwards if you can.

4. 📣 Talk to Us Early

- If there's a reason your child is finding it hard to come to school—illness, anxiety, or a family situation—please let us know.
- We're here to help and can often put support in place quickly.

5. 💼 Avoid Term-Time Holidays

- We know travel can be important for family time, but term-time holidays can really set learning back.
- Plan trips during school holidays

6. 💬 Talk About the Importance of School

- Let your child know that attending school every day matters—for learning, friendships, and fun!
- Celebrate good attendance and any improvements, no matter how small.

7. 💛 Support Emotional Wellbeing

- If your child is feeling worried about school, talk to us.
- We have staff and resources to support emotional needs, friendships, or any concerns they might have.

💬 Need Help? Let's Talk.

We're here to work with you and support your child's success. If you're experiencing challenges with attendance, please don't hesitate to contact us—we're happy to help.

Contact: your child's Tutor or their Head of Year

Year 11 – Mr P Teixeira pteixeira@mountsbayacademy.org

Year 10 – Mrs S Gill sgill@mountsbayacademy.org

Year 9 – Mr D Blease dblease@mountsbayacademy.org

Year 8 – Mrs A Burley aburley@mountsbayacademy.org

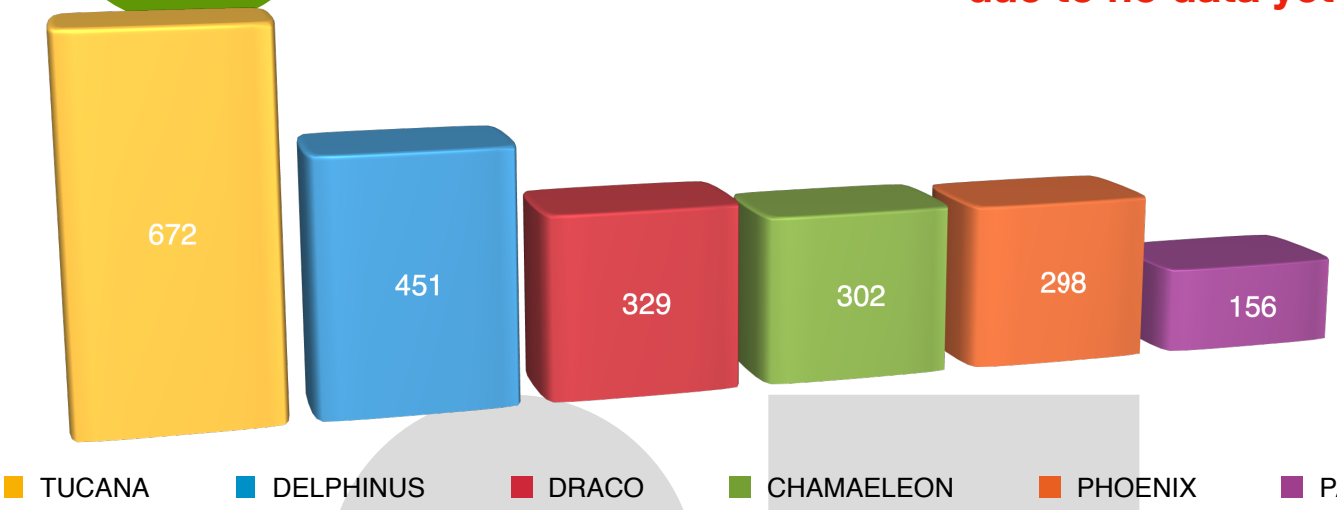
Year 7 – Mrs E Hughes erhughes@mountsbayacademy.org

📆 Remember: Good attendance = better learning, stronger friendships, and a more confident future!

WE ARE YEAR 7

This Week's Year Page

No points this week due to no data yet



A huge well done to all of you from the whole year team here at MBA. We have been so impressed with how seamlessly you have slotted into our community, and we hope that over the weekend you recharge your batteries and feel ready to go for the week ahead.

Speaking of which, it's time for Year 7 camp! This is a huge opportunity for you to get to know your classmates and your teachers, whilst getting out and enjoying some of what West Cornwall has to offer.

Some key reminders:

On the day you are headed for camp, come to school in your uniform, ready for a full day, and bring your camping kit. This will be stored for you during the school day, then you will depart for camp after school.

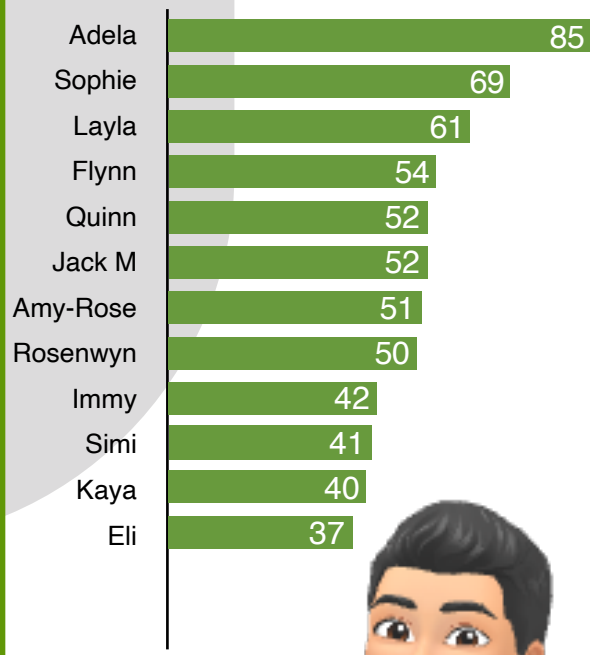
Pack for all weathers! We hope to spend a lot of time on the beach and in the sea, whatever the weather, so swimming kit, waterproofs, and warm clothing are a must. If you are struggling with any of the kit list, let Mr Raggett know; we have lots of spares we can lend out.

If you are nervous, please just give it a go. There will be lots of staff on hand to support you through camp. It will genuinely be something you look back on fondly in Year 11, and it would be a shame to let some nerves cause you to miss out.

Have a restful weekend, and we look forward to seeing you all on Monday.

Mr Teixeira

Top Achievers: Last week

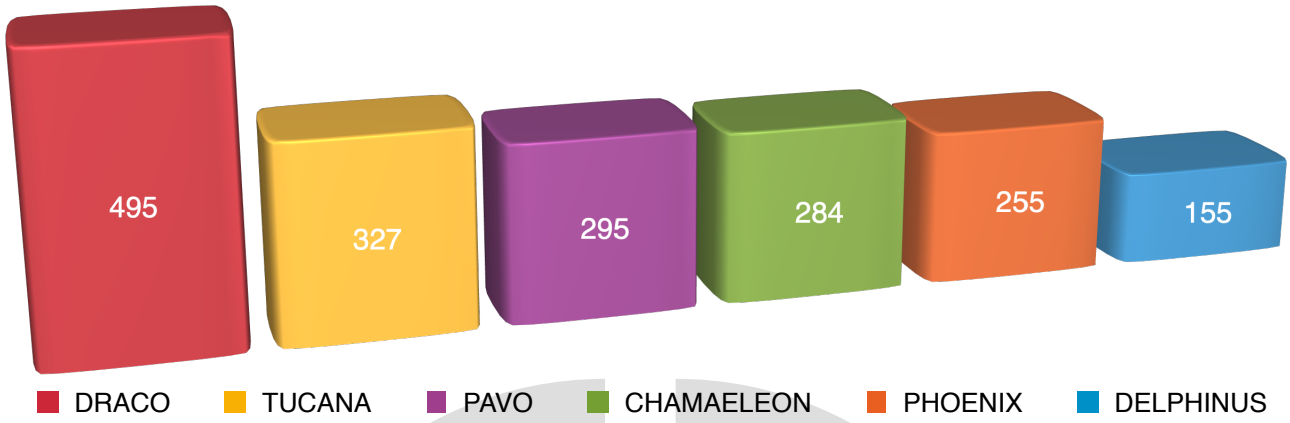




WE ARE YEAR 8

This Week's Year Page

No points this week due to no data yet



Welcome back, Year 8! I hope you've all had a fantastic summer and have come back feeling refreshed and ready for the year ahead. I'm really excited to be starting this new school year as your Head of Year and getting to know you all even better.

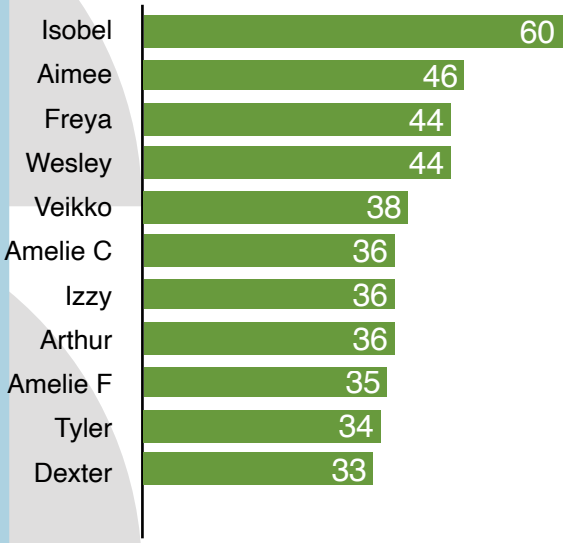
You are now officially in the Purple Zone for tutor time, which means you're becoming some of the more senior students in the school! With that comes a little more responsibility, and I'm looking forward to seeing you become great role models for our new starters. This is a brilliant opportunity to show them what makes our school such a friendly and welcoming place.

There are also lots of exciting opportunities coming your way this year, so my challenge to you is to get involved, try something new, and take as many opportunities as you possibly can.

Let's make Year 8 a fantastic year!

Miss Davies

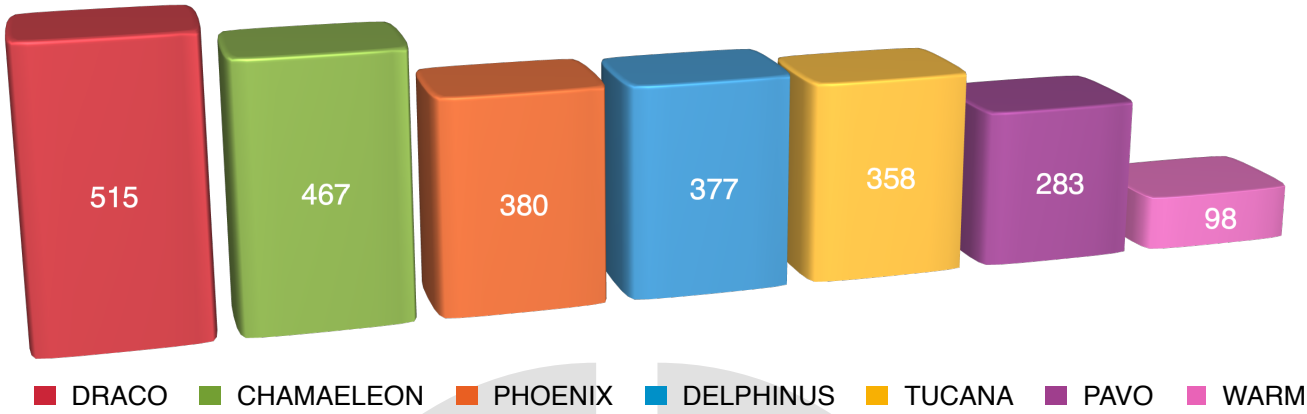
Top Achievers: Last week



WE ARE YEAR 9

This Week's Year Page

No points this week due to no data yet



A huge welcome back Year 9! We hope you have had a fantastic summer break and are feeling refreshed and ready for what promises to be an exciting and important year ahead.

Year 9 brings plenty of new opportunities, as well as some changes to the way we work across the school. With new systems such as Showbie and ClassCharts, we encourage everyone to embrace these changes positively, get familiar with the new routines and ask for support whenever you need it.

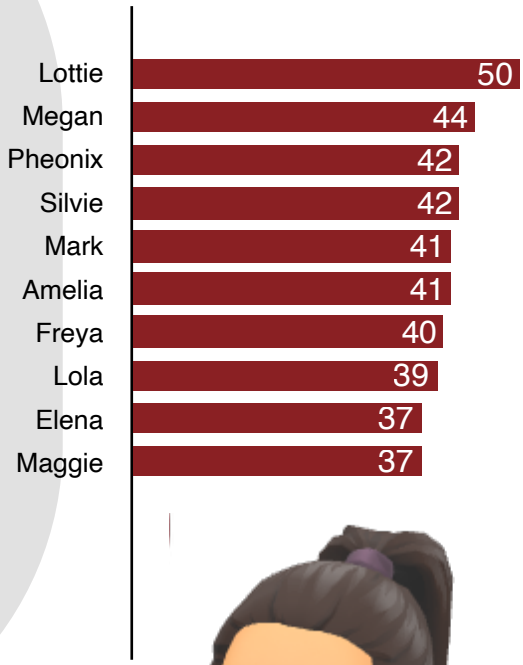
This is also an exciting year as you begin looking ahead to choosing your options and thinking more carefully about the subjects and areas that interest you. One of the best ways to discover new interests is to get involved! Make the most of the wide range of clubs, sports and extra-curricular activities available this year. You might strengthen an existing passion or even discover something completely new.

As we settle back into school life, remember the high expectations we have of you: arrive ready to learn, show kindness and respect, take pride in your work and make positive choices. Most importantly, take every opportunity that comes your way.

Let's make Year 9 the best one yet!

Miss Trembath

Top Achievers: Last week

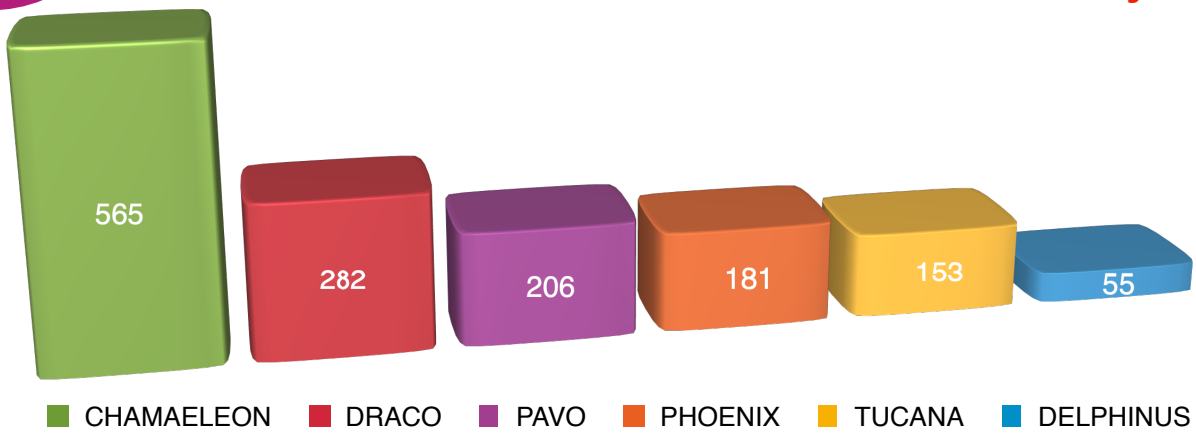




WE ARE YEAR 10

This Week's Year Page

No points this week due to no data yet



It has been fantastic to welcome Year 10 back to the start of a new academic year at the Academy. I hope all students and their families were able to enjoy the weather and some well-earned rest and return refreshed and ready for the challenges and opportunities that lie ahead.

Year 10 is a significant year in students' educational journeys as they begin studying the GCSE option subjects they selected last year. These choices represent the first steps towards future career pathways and post-16 opportunities, making this an exciting time as students begin to explore subjects they have chosen to study in greater depth. Whilst the year ahead will undoubtedly bring its challenges, it is important to remember that the biggest levers for success remain simple: attending school as much as possible and giving your very best effort in every lesson. Consistent attendance and a positive attitude towards learning provide the foundations for strong outcomes and help students make the most of every opportunity available to them.

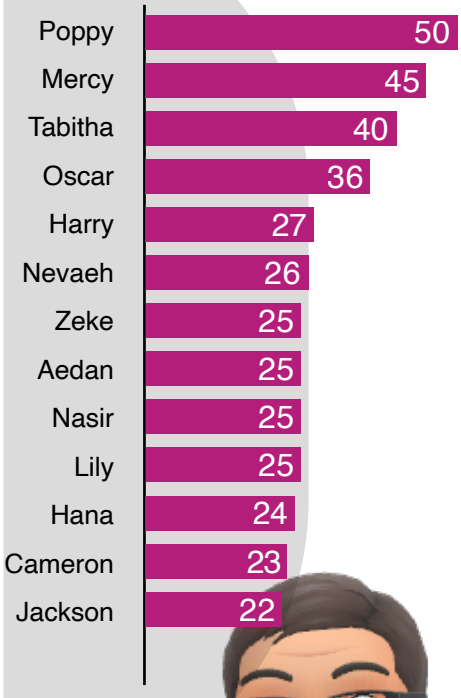
Looking further ahead, one of the highlights of Year 10 will be our work experience programme, students will spend a week in the workplace, gaining valuable experience of the world of work. For many, this will provide an opportunity to explore career interests, develop employability skills, and gain a clearer picture of the pathways they may wish to pursue when they leave school. I am confident that our students will represent both themselves and the Academy brilliantly.

As we begin this new chapter, I would like to wish all Year 10 students every success for the year ahead. I look forward to celebrating your achievements, supporting you through any challenges and seeing the progress you make both academically and personally over the coming months.

All that's left for me to do is wish you an enjoyable and restful weekend. Take the opportunity to recharge and return on Monday ready for another successful week.

Mr Blease

Top Achievers: Last week

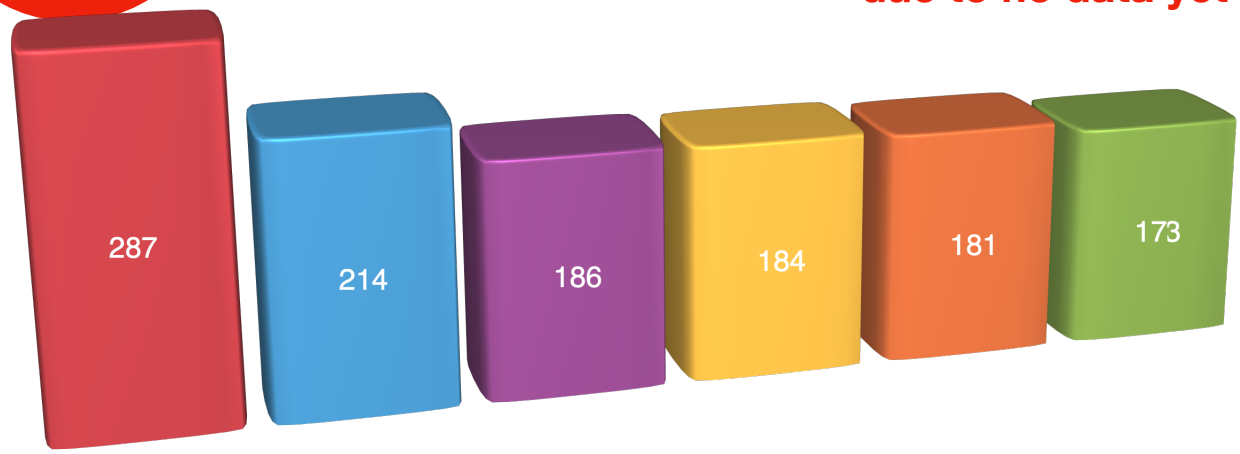




WE ARE YEAR 11

This Week's Year Page

No points this week due to no data yet



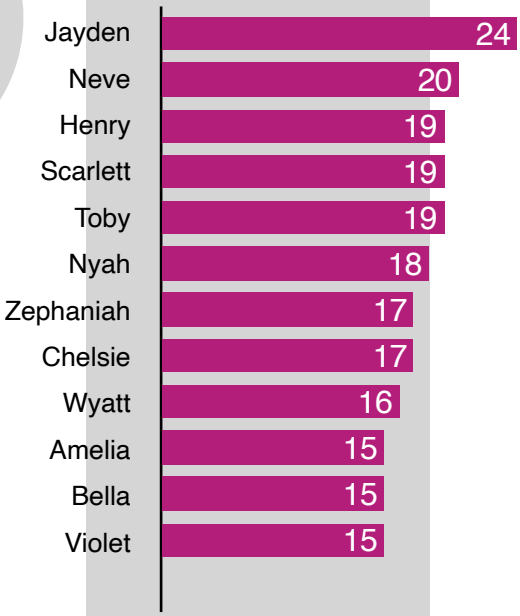
We would like to congratulate all of Year 11 on a fantastic start to the new academic year. Students have returned with a respectful, mature and focused attitude, demonstrating a strong commitment to their studies and setting a positive example throughout the school. The calm and purposeful manner in which students have approached lessons and routines has been particularly impressive, and we are proud of the way Year 11 has embraced the challenges and opportunities of this important year.

As we continue to build on this positive start, we would like to remind students about our Community Tutor Time arrangements. Each morning, students should report to the area underneath the canopy before tutor time/P0. Students are expected to be lined up, organised and ready by 8:30am so that the day can begin promptly and productively. P5 begin on Monday and late buses are available to book. Please ensure you get underway with this routine now so that the habit builds quickly and supports you to make excellent progress across this very important year.

Thank you for your continued cooperation and commitment. We look forward to seeing Year 11 maintain these high standards throughout the year and wish all students every success in the months ahead.

Mrs Gill

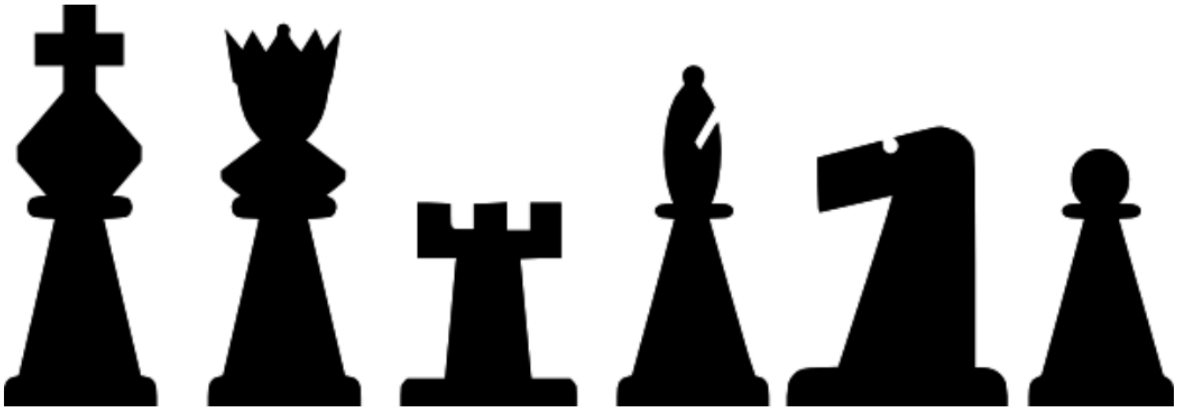
Top Achievers: Last week





WE ARE

MBA



CHESSCLUB

Every Wednesday lunchtime
Room O12
Bring your lunch and play chess!

New club!

CHAPTER AND CRAFT

Mondays | 3:00–4:00 PM

Come along to the library after school on Mondays for all things bookish and crafty. From making bookmarks to designing book covers, this club is ideal for book lovers looking to relax and express themselves creatively.



Cornwall & Devon
School Age Immunisation Service

Did your child miss a vaccination at school?

Book a catch-up clinic appointment

MENINGITIS A,C,W,Y

MMR

HPV

DIPHTHERIA, TETANUS, POLIO (DTP)

ARGYLE COMMUNITY TRUST

CORNWALL COUNCIL

Healthy Cornwall

ARGYLE FIT

WEIGHT LOSS FOOTBALL LEAGUE



FREE FUNDED PROGRAMME RUN BY ARGYLE COMMUNITY TRUST AND HEALTHY CORNWALL

Open to men of all abilities with a BMI of 28 and over, looking to lose weight and make a healthy step.

TUESDAYS
8PM UNTIL 9.30PM
CORNWALL COLLEGE CAMBORNE

THURSDAYS
7.30PM UNTIL 9PM
MOUNTS BAY ACADEMY PENZANCE

LOSE WEIGHT

IMPROVE FITNESS

HAVE FUN

Find us at Argyle FIT Cornwall on Facebook

BOOK YOUR PLACE BELOW...

Email:
gary.stevens@argylecommunitytrust.co.uk

Whatsapp Ian:
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or Scan our handy QR Code below

GET FIT, LOSE WEIGHT, FEEL GREAT, PLAY FOOTBALL!

U15 PRE SEASON RUGBY

TEAM WORK AND WORKING TOGETHER TO WIN TOGETHER



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BUILD STRENGTH & FITNESS

IMPROVE SKILLS
DEVELOP YOUR GAME & CONFIDENCE

TEAMWORK
SUPPORT EACH OTHER ON & OFF THE PITCH

BE READY
PREPARE FOR THE SEASON AHEAD

TIME
5.30PM – 6.30PM
THURSDAY

LOCATION
DARREN HICKS MEMORIAL PITCH
(FORMERLY NURSERIES)

CONTACT
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Pre Season Hockey Training Camp

SIR BEN AINSLIE SPORTS CENTRE





Tuesday 1 September

Time: 0845 - 1630

Cost: £36 per day

Ages: 8-14 years

Location The Sir Ben Ainslie Sports Centre, Truro School

Join our pre-season camp for high-quality coaching in a fun and challenging environment. Improve your technical skills, game awareness, and decision-making through engaging training sessions and match play, helping you start the season with confidence.

Book Now:

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SCAN

SUPPORT FOR FARMING FAMILIES

RABI
the farmers charity



RABI IS OFFERING £200 GRANTS TO HELP FARMING FAMILIES GET CHILDREN AGED 4–16 READY FOR THE NEW SCHOOL YEAR. WITH 4,000 GRANTS AVAILABLE ACROSS TWO PHASES IN JUNE, FAMILIES ARE ENCOURAGED TO APPLY AS SOON AS THE PORTAL OPENS.

https://rabi.org.uk/returntoschool/


JUBILEE POOL CAFE
JUBILEE POOL
PENZANCE
ST JUST
MADRON
ST BURYAN,
PAUL & LAMORNA
KIDS SWIM FREE
Get Your Pass Today
Age 16 & Under
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→ Pools & Sauna
→ Become a member
→ Under 16 Scheme

Funded by UK Government

ChatHealth
Cornwall and the Isles of Scilly

ChatHealth Young People 11-19

School Nursing messaging service for
young people 11-19 years in Cornwall and Isles of Scilly

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Council of the ISLES OF SCILLY

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To read our full privacy notice please visit **www.cornwall.gov.uk/tffprivacynotice**
We might inform someone if we were concerned about your safety but we would usually speak to you first. Messages are stored and can be seen by other health care staff who follow the same confidentially rules. We aim to reply within 48 hours and you should get an immediate reply to confirm we have received your text. **Texts will not be seen outside working hours.** If you need help before you hear back from us contact your GP, nearest walk-in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (not including messages from landlines, international numbers and some mobile apps). To prevent Chat Health from sending messages to you, text STOP to our number. Messages charged at your usual rates.


shout
85258
here for you 24/7
Feeling sad, worried or overwhelmed?
Talk to us.
Text SHOUT to 85258
for free and confidential support, 24/7
Texting the word 'SHOUT' to 85258
is anonymous and will not show up on your phone bill.
For more information, visit giveusashout.org

STREATERIES

WEEK 1

Autumn/Winter 2026-27
31/08/26, 21/09/26, 12/10/26, 02/11/26, 23/11/26, 14/12/26, 04/01/27, 25/01/27, 15/02/27, 08/03/27

MAINS

	MAINS	VEGGIE
MONDAY	STICKY HONEY GINGER MEATBALLS & BEANSPROUTS *With* EGG NOODLES	MISO ROAST AUBERGINE & EDAMAME WITH STICKY CHILLI GLAZE (V) *With* EGG NOODLES
TUESDAY	CAJUN CHICKEN STACK, TOPPED WITH MARINARA AND CHEESE *With* GARLIC & HERB WEDGES	CAJUN ROASTED VEGETABLE & BUTTERBEAN BAKE (V) *With* GARLIC & HERB WEDGES
WEDNESDAY	SIMPLY ROAST PORK & YORKSHIRE PUDDING *With* SKIN ON GARLIC ROASTIES	CAULIFLOWER & SQUASH CHEESY GRATIN (V) *With* SKIN ON GARLIC ROASTIES
THURSDAY	CHICKEN TIKKA PATHIA CURRY WITH MINT YOGHURT *With* BRAISED RICE	ALOO GOBI VEGETABLE CURRY (V) *With* BRAISED RICE
FRIDAY	BATTERED FISH SAUSAGE/VEG SAUSAGE PIZZA SLICE CHICKEN NUGGETS *With* CHIPS, GRAVY or IRISH CURRY SAUCE	PIZZA SLICE (V) VEGGIE SAUSAGE (V) *With* CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WOK FRIED VEGETABLES	RED SLAW	RED CABBAGE & BROCCOLI	COCONUT GREEN BEANS	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIE	APPLE TARTE TATIN & CUSTARD	CHOCOLATE ORANGE SHORTBREAD	BANANA CHOC CHIP CAKE	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)







HOT DELI KITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PIRI CHICKEN WRAP	KATSU CHICKEN BURGER	ROAST PORK & STUFFING ½ BAGUETTE	CHEESY NACHO DOG	LOADED CHIPS PEPPERONI MARINARA

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARBONARA SPAGHETTI POT	MEXICAN BEAN CHILLI RICE POT	THAI GREEN CURRY VEGETABLE NOODLE POT	SPICY CHICKEN PENNE	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN CAESAR SALAD	CHICKEN CAESAR PASTA SALAD	MISO ROASTED AUBERGINE & CHICKPEA SALAD	ASIAN VEGETABLE & CHICKPEA NOODLE SALAD	SALAD SPECIAL

DAILY MEAL DEALS



STREATERIES

WEEK 2

Autumn/Winter 2026-27
07/09/26, 28/09/26, 19/10/26, 09/11/26, 30/11/26, 21/12/26, 11/01/27, 01/02/27, 22/02/27, 15/03/27

MAINS

	MAINS	VEGGIE
MONDAY	HONEY MUSTARD CREAMY CHICKEN BAKE SPAGHETTI	FIERY ROASTED CHILLI & OLIVE PENNE PASTA BAKE (V)
TUESDAY	HAND PRESSED BBQ GLAZED PORK & APPLE BURGER *With* APPLE SLAW & HAND CUT WEDGES	VEGGIE DOG & APPLE SLAW (V) *With* HAND CUT WEDGES
WEDNESDAY	ROAST CHICKEN DINNER WITH STUFFING & GRAVY *With* SKIN ON GARLIC ROASTIES	LENTIL & ONION PASTRY PIE (V) *With* SKIN ON GARLIC ROASTIES
THURSDAY	SLOW ROAST PORK CARNITAS TACO & GREEN CHILLI SALSA *With* TOMATO RICE	MEXICAN BEAN QUESADILLA & GREEN CHILLI SALSA (V) *With* TOMATO RICE
FRIDAY	BATTERED FISH SAUSAGE/VEG SAUSAGE PIZZA SLICE CHICKEN NUGGETS *With* CHIPS, GRAVY or IRISH CURRY SAUCE	PIZZA SLICE (V) VEGGIE SAUSAGE (V) *With* CHIPS, GRAVY or IRISH CURRY SAUCE

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC GREENS	MIXED SALAD	CARROTS & CAULIFLOWER	CRUNCHY FIESTA SALAD	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIES	OLD SCHOOL SPRINKLE SPONGE	STICKY TOFFEE PUDDING	APPLE & PEAR CRUMBLE & CUSTARD	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)







HOT DELI KITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN WRAP	CHEESE & JALAPENO TOASTIE	ROAST CHICKEN & STUFFING ½ BAGUETTE	2oz SNACK BURGER	CHEESY CHIPS

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARLIC CHICKEN ALFREDO SPAGHETTI	CLASSIC CHICKEN KORMA RICE POT	SWEET & SOUR VEGGIE NOODLES	BEST EVER BOLOGNESE SPAGHETTI POT	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAIN & SEED BIG BOWL SALAD	CHARRED PINEAPPLE GRAIN BOWL	CAJUN CHICKEN, SWEET POTATO & AVOCADO SALAD	SOUTHWEST PULLED CHICKEN COBB SALAD	SALAD SPECIAL

DAILY MEAL DEALS



STREATERIES

WEEK 3

Autumn/Winter 2026-27
14/09/26, 05/10/26, 26/10/26, 16/11/26, 07/12/26, 28/12/26, 18/01/27, 08/02/27, 01/03/27, 22/03/27

MAINS

	MAINS	VEGGIE
MON	CLASSIC SAUSAGE, MASH & ONION GRAVY	QUORN SAUSAGE, MASH & ONION GRAVY (V)
TUE	CHICKEN ADANA 'KEBAB' SERVED ON A FLATBREAD WITH HOUSE CHILLI OR GARLIC SAUCE	HOMEMADE FALAFEL SERVED ON A FLATBREAD WITH HOUSE CHILLI OR GARLIC SAUCE (V)
WED	BROWN SUGAR GLAZED GAMMON, YORKSHIRE PUDDING & GRAVY *With* Skin on Garlic Roasties	ROASTED ROOT VEGETABLE GALETTE *With* Skin on Garlic Roasties
THU	MALAYSIAN CHICKEN RENDANG *With* Coconut Rice	CURRIED EDAMAME LAKSA & BEANS SPROUT (V) *With* Egg Noodles
FRI	BATTERED FISH SAUSAGE/VEG SAUSAGE PIZZA SLICE CHICKEN NUGGETS *With* CHIPS, GRAVY or IRISH CURRY SAUCE	PIZZA SLICE (V) VEGGIE SAUSAGE (V) *With* CHIPS, GRAVY or IRISH CURRY SAUCE

Home STYLE · MEZZE MIX IT UP! · Home STYLE · PAN ASIAN · Chips & More

VEGETABLES/SALAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PEAS & CARROTS	MIXED SALAD	MIXED GREENS	TOMATO & CUCUMBER CHILLI SAMBAL	GARDEN PEAS OR BAKED BEANS

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASPENS COOKIE	OATIE PINEAPPLE MUFFIN	OLD SCHOOL TOFFEE TART	DATE BROWNIE	HOMEBAKE FAVOURITES

Fresh Cut Fruit & Yogurt Pots *available daily*

KEY: VEGGIE (V)

NOT JUST POTATOES... LOADED SPUDS!

SO GOOD THEY'RE HERE TO STAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATBALL MARINARA	TERIYAKI CHICKEN	CHICKEN TIKKA MASALA	PULLED HAM CARBONARA	ALL THE CLASSICS

AVAILABLE EVERY DAY
BEANS • CHEESE • TUNA





HOT DELI KITCHEN

SELECTION OF PIZZAS AVAILABLE DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRISPY CHICKEN BURGER	LOADED GARLIC BREAD WITH HAM & RED ONION	GLAZED GAMMON ½ BAGUETTE	CHICKEN BIRYANI BURRITO	BBQ CHEESE LOADED CHIPS

PASTA, RICE & NOODLE POTS

AVAILABLE EVERY DAY
TOMATO SAUCE & CHEESE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEATBALL MARINARA PENNE	TERIYAKI CHICKEN NOODLES	CHICKEN TIKKA MASALA RICE POT	PULLED HAM CARBONARA SPAGHETTI	CLASSIC MAC CHEESE

BIG BOWL SALADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOMATO & BASIL PASTA SALAD WITH PESTO DRIZZLE	ITALIAN CHICKEN PASTA SALAD	SUPERFOOD SALAD BOWL	QUINOA & FETA HEALTH BOWL	SALAD SPECIAL

DAILY
MEAL DEALS



DIARY DATE

SEPTEMBER

Start of Autumn Term **Year 8, 9 and 10 Students**
Friday 4th September



OPERATION ENCOMPASS
In every force. In every school. For every child.

MOUNTS BAY ACADEMY

Devon & Cornwall POLICE