



The Rooster

HAPPY NEW YEAR

Roos C E Primary School

With effect from Tuesday 5th January 2010, we would like to welcome members of the community to enjoy our delicious school lunches. This may appeal to our more senior citizens of the village or people who know they are rushed on a particular day. The daily cost of this will be just £2.50. Where can you get a delicious meal for that? Lunches must be booked by the Friday of the week before. Meals will be served at 12.15pm. We are able to accommodate up to eight places per day. Please see the menu on pages 14 and 15 for our spring term which is done on a three week rota.

To book a lunch, please contact:-

Mrs Mayhew, Roos C E Primary School, Main Street, Roos, HU12 0HH. Telephone: 01964 670535.

THE ROOSTER

Many thanks to all who donated in 2009. Without your help there would be no Rooster. With costs increasing all the time we can only hope that you continue your support by helping us through 2010. It is now costing between £80-£100 per month in materials to produce The Rooster. All time is given voluntarily.

Look out next month for information about the forthcoming Rooster Annual General Meeting to be held at the Black Horse, Roos on Thursday 25th February 2010.

Profile of Mr Fred Foster - Part 3 The Story to Date.

I was discharged from the Tank Regiment in May 1946, and went on an Agricultural Engineering course. On completion, I commenced work at Holderness Plough Co., Burton Pidsea, a firm of agricultural engineers.

I left there in 1955 due to health problems, and began looking for another job. A postal job became vacant, delivering mail around Roos and Tunstall. I took it on until more suitable employment came along. This 'temporary' job lasted 21 years. Originally I delivered the post on bicycle, also taking pensions, shopping, delivering morning papers etc for people in out-lying areas. In the winter of 1962/63 when travelling was difficult due to heavy snowfalls, my son Stephen borrowed a tractor and took me on my postal round. Many incidents occurred (too numerous to mention) whilst I was on my postal duties. They were good years, and I made many friends during that time, sharing in their

joys and sorrows.

When I retired in 1976 aged 60, unbeknown to me, the people of Roos and Tunstall had made collections. I was invited along with friends to the home of Mr & Mrs Ted Ogram in Roos, where I was presented with a cheque to purchase a garden seat or a greenhouse. I chose the greenhouse (I did not sit down very often!), which is still in use today. Mr & Mrs Sidney Kirkwood invited me along with my Tunstall friends to Manor Farm, Tunstall to receive a presentation of a cut-glass decanter and glasses, which was also greatly appreciated, and still displayed in my lounge.

I met my wife Marjorie at a farm at North End, Roos. We were married in 1947, and started married life in a council house in Pilmar Lane. When Garden Cottage, Main Street, came up for sale we bought it, together with one acre of garden, where I



Fred on his 90th bithday 2006

grew fruit and vegetables. We also kept chickens and sold eggs along with the garden produce. Marjorie helped out whilst I was at work with postal deliveries. I bought a rotovator and apart from rotovating our own garden, I rotovated several other gardens in the area. I always kept busy, also painting houses and farm buildings in my spare time.

We had two children - Stephen born in 1949 and Pamela born in 1954.

We bought the Methodist Chapel when it came on the market as it adjoined our garden. This was the same chapel I attended three times on Sunday as a young lad, mornings and afternoons for religious instruction, and evenings when my pal Dennis Blanchard and I

pumped the organ bellows for the evening service.

In 1972, Marjorie and I decided to downsize, and sold half the garden including the chapel and Garden Cottage to a builder, who demolished both to build ten new terraced properties. We had a house built (Orchard House) on the remaining land, where we lived until 2001. When the builder demolished the Methodist chapel, I salvaged the foundation stone and used it as a garden seat. In 2000 when Stephen and his friend were building a bungalow for Marjorie and me on the land adjoining Orchard House, they removed some plaster from the foundation stone, and located a glass jar containing a scroll giving the year 1868 detailing when the stone was laid, together with a halfpenny and a farthing. The stone is now built into the wall of the bungalow.

Marjorie and I moved into the completed bungalow (re-named Garden Cottage) in 2001, and Stephen moved into Orchard House, where he lived until he sadly passed away in May 2005. Pamela and her partner Mike then moved into Orchard House to 'keep an eye' on Marjorie and me, but then Marjorie also sadly passed away in December 2005, so this was a terrible year for us all, and life is not the same.

I am a member of the British Legion, have served on the Memorial Institute committee, being the Chairman for a short time. I was the Clerk of the Parish Council for ten years, doing the Electoral Register annually, and also during this time I carried out the census in the 1960s. I played football for the village team, and lived a full life until my retirement. I have always enjoyed my garden, and grown my own vegetables, tomatoes, fruit etc and still do, with Mike's help.

I wish to express my thanks to Pamela and Ann for their help in compiling my life story, and wish all readers of the Rooster a healthy and peaceful 2010.

Dimples Cottage Picture Framing

Art : Photographs : Certificates :

Needlework : Textiles : Memorabilia : Objects.



Sewing accessories

DMC threads, kits and fabric in stock and to order

Dianne Cook GCF, Dimples Cottage, South End, Roos 01964 670391/07946 339271

MRS HELEN AUDLEY BA (Hons) ALCM MUSIC TUITION



Clarinet . Piano . Theory Beginners welcome Ring 01964 670895



Tunstall News

On Tuesday 8th December the village said goodbye to one of its most colourful residents. John Bunday, who lived at Redroofs, was the sort of character every village should have. He greeted everybody he met with a cheerful smile and was prepared to stop and chat about anything. He was free with his advice, all of which was sound, and if he could help you in a practical way he would do so using his vast knowledge. His contributions to the upkeep of the village hall were considerable, from cutting hedges, putting up fences, arches and a flagpole, to concreting pathways. Members of the community came together to give him a good 'send off', the village hall providing the ideal place for a farewell drink, a bite to eat and a chat. I would personally like to thank Chris and Stephen Midgley, who stayed behind during the formal proceedings some distance away, and set out the hall, ready for the returning mourners. We will all miss you, John, and our thoughts go out to Rosemarie at this time.

On the evening of Wednesday 9th December the village hall group held its annual Christmas dinner. The venue this year was the Hare and Hounds at Burstwick, where we had a most enjoyable time.

The village held its annual carol service in the church on the evening of Thurday 17th December. This year the service took the ambitious form of Nine Lessons and Carols, the lessons being read by members of the community, including one by six-year-old Loula Smith. The singing was led by the Roos Singers and Paul Derrett played the new pipe organ in his usual majestic style. This most enjoyable evening was supported by many worshippers who had travelled some distance to attend, and to show her appreciation Christine, the verger, offered them a glass of mulled wine, Christmas cake and a hot mince pie after the service.

The evening of Saturday 19th December was the village hall group's 'Curry and Carols' get-together in the hall. The evening commenced with curry, rice and naan bread, followed by a good variety of sweets. The carols then followed, with John Dobson-Youngman leading the singing on the hall's slightly out-of-tune piano. The evening came to a conclusion with a Christmas quiz, helped along with freshly-ground coffee and warm mince pies. A most enjoyable and entertaining evening was had by all.

The village hall group will not be meeting during January, but 'normal service' will resume in its pleasurable form of afternoon tea and a chat, on the first Wednesday in February. These weekly 'get-togethers' are for anyone who wishes to attend and become involved in the various activities of the group and all new and past members are welcome.

Dave Craggs

DOGS

Does this apply to you or perhaps someone walking your dog? Would the person or persons walking their dogs refrain from leaving dog faeces in bags in the fields and hedge bottoms. Please take them home or put them into bins. Advertisement

Gerard Baker

Cookery Courses and Catering.

As the winter draws on, Game is on the menu for my cookery courses. Group courses can be booked for you in your own kitchen to learn how to pluck, draw and cook the wonderful game that is available at this time of year. Courses start at £50 per person per day and can be organised as part of your own dinner party or get-together, with a hands-on approach.

2009 has seen the development of several new successful courses, taught at some of the best cookery schools in the UK. These include:

Butchery and curing – dealing with your own animals, curing your own hams, bacon and sausages, traditional British and European methods.

Getting value from meat – getting to know your animals and making use of those meats that offer lots of flavour for money – using your butcher.

The alchemy of bread – from soft milk breads and baps to your own sourdough, foccaccia, to sweet and rich breads.

Making the most of the kitchen garden - planning your gardening year, bottling, pickling, jam making and cider making – a great group activity.

Italian staples – from hand-made pasta, risotto and polenta to gelatti, bresaola and gnocchi.

Fish and shellfish - organised in conjunction with local fishermen, this course takes you first to the shore: then to the kitchen to fillet and cook.

Cooking for students – making the most of your money, and getting fit on food for young athletes.

Chocolate work and sweet gifts - a treat for the sweet-toothed amongst us covers toffees, fudge, dealing with chocolate and truffle-making.

Courses can be created to fit your requirements, and bespoke home catering can be arranged, always using locally-produced, seasonal ingredients.

Just give me a ring – 01964 670049. Thanks, and A Happy New Year. de de charbate de de charbate de

YOUR LOCAL TAXI SERVICE

RAY'S MINIBUS & TAXI SERVICE



Local and Airport runs 8-seater minibus

Call For Quotation Tel: 01964 670657

The Rooster Association

DONATIONS FOR DECEMBER 2009

Roos Parochial Church Council Stone, Mr & Mrs T Kitchen, Mr & Mrs P Symes, Mr & Mrs R Uscroft, Miss K Wingham, Mr & Mrs R Advertising Revenue Mr G Baker Mrs D Cook Mr & Mrs T Newton

Total advertising revenue to date £499.94

132 Households several outside the parish have donated a **total of £923.00** for the year 2009

DONATIONS & ARTICLES FOR THE ROOSTER DONATIONS:

Anyone intending to contribute in 2010, please leave all donations in the box at Roos Store in an envelope marked "Rooster" and **not at Ken Cross's house.**

Please enclose a slip giving your name and address, phone number and amount. (Strictly Confidential)

Please note that any cheque must be made payable to:- The Rooster Association

ARTICLES:

Material for inclusion should **NOT** be left with donations at the village store but passed to key members of the Editorial Committee:

• Alec Dodson Avondale Phone 01964 670146

Main Street Roos, HU12 0HB

• Ann Coupe 56 Pilmar Lane Phone 01964 671383

Roos HU12 0HN

Items can be emailed to Ann at **ann@roos56.fsnet.co.uk.** Articles must be in MS Word format and any photographs must be supplied as jpg files.



THE ROOS ARMS

Tuesday Night is Pie Night Choice of 4 Pies £5.95 **Sunday Roast** 12 noon till 6.00pm Choice of 4 Roast Dinners

1 COURSE £6.00 2 COURSE £8.00 3 COURSE £10.00

Lunch-Time Specials 12 noon till 2.00pm

Tuesday to Friday £5.00 for 2 courses

A La Carte Menu 5.00pm till 9.00pm

Tuesday to Saturday

Chef's Plate every Friday and Saturday night

2010 Forthcoming Events

Burns Night Friday 22nd January

St Valentine's Night Friday 12th to Sunday 14th February

Menu designed by Alan Lavender M.B.E. former Chef to the Prime Minister

Mothering Sunday Sunday 14th March St Patrick's Night Wednesday 17th March

Speciality Menu on all these nights

Book now to avoid disappointment later
For Reservations Please Call 01964 670353

Graystone Butchers

Wholesale Butchers, Open to the Public Thursday, Friday & Saturday

Full selection of

Prime Beef, Pork, Lamb, Bacon, Gammon, Sausage, Burgers & BBQ Packs.

ORDERS TAKEN 01964 670992

Kilum Hall, Hilston Road (formerly Furze Road), Roos HU12 0HX

NEWS FROM ALL SAINTS' CHURCH

From: the Rev Pam Burdon.

The Vicarage, Main Road, Thorngumbald, HULL HU12 9NA

Tel: 01964 601464 email: pam@tonyburdon.karoo.co.uk

Dear Rooster readers.

As I write this to you we have just reached Advent. This is the beginning of a new year in our church calendar. We light our candles and wait for the light and celebration of Christmas. I hope your Christmas was truly joyful! As you read these words we will be at the beginning of a new year in our usual calendar! So I wish you and all your loved ones a peaceful New Year. I hope 2010 will bring many good things, the strength to cope with the more difficult things and also some good surprises!

Recently I found this prayer which I find very helpful and I hope you will too:

God of the past who has fathered and mothered us, We are here to thank you.

God of the future who is always ahead of us, We are here to trust you.

God of the present, here in the midst of us, We are here to praise you.

God of life, beyond us, within us, We rejoice in your glorious love.

With good wishes to you all, Pam Burdon

FUTURE SERVICES IN THE BENEFICE

JANUARY 2010 CALENDAR

17th	Sunday	10.00	Garton	Morning Prayer	D. Kilpatrick
		11.00	Roos	Holy Communion	Ronald Howard
		15.00	Hilston	Holy Communion	Tony Burdon
24th	Sunday	09.00	Tunstall	Holy Communion	Tony Burdon
		11.00	Roos	Holy Communion	Pam Burdon
		15.00	Garton	Evening Prayer	Tony Burdon
31st	Sunday	11.00	Garton	Holy Communion	Tony Burdon
	·		J	Inited Benefice Service	-

FEBRUARY 2010 CALENDAR

7th	Sunday	10.00 11.00	Garton Roos	Holy Communion Morning Prayer	T. Munroe D Clark
				United Service with Me	ethodists
14th	Sunday	09.00	Tunstall	Holy Communion	John Waud
	-	11.00	Roos	Holy Communion	Pam Burdon
		15.00	Garton	Evening Prayer	Tony Burdon
21st	Sunday	10.00	Garton	Morning Prayer	Helen Wastling
		11.00	Roos	Holy Communion	Pam Burdon
		15.00	Hilston	Holy Communion	Tony Burdon
28th	Sunday	09.00	Tunstall	Holy Communion	Tony Burdon
		11.00	Roos	Morning Prayer	C. Reid
		15.00	Garton	Evening Prayer	S. Deas

Methodist services Roos Memorial Institute

JANUARY 2010 CALENDAR

17th (No Service)

24th Sunday 10.30-11.30 Covenant Service Rev J Brown

31st (No Service)

FEBRUARY CALENDAR

7th	Sunday 11.00	United Service in Roos parish church
14th	Sunday 10.30-11.30	Mr D Houlton
21st	(No Service)	
28th	Sunday 10.30-11.30	Rev J Brown

A friendly welcome is assured for all members of the village and visitors.

C. FEWSTER & SON LTD

INDEPENDENT FUNERAL DIRECTORS

Dedicated to our Profession and Committed to Serving the Local Communities of Withernsea, Hedon, Patrington, Roos and surrounding villages.

Golden Charter

01964 630228

Funeral Plans 2 Church Lane,

Patrington, Hull HU12 0RJ

DAY OR NIGHT A TRADITION OF TRUST

Cookery Corner by Ann Coupe

Budget Sausage Stretcher

Serves 4

Ingredients

450g/1lb sausages 2 leeks (washed and finely sliced) 100g/4oz mushrooms

198g/7oz canned sweetcorn with pepper (drained)

175g/6oz macaroni or pasta shapes

284g/10oz canned condensed mushroom

soup

450ml/¾ pint milk 25g/1oz butter

25g/1oz plain flour

50g/2oz Red Leicester cheese (grated) 2 tablespoons fresh breadcrumbs

Tomato to garnish

Method

- 1. Gently cook the sausages in a frying pan in their own fat until tender. Remove from the pan. Chop up. Add the leeks and mushrooms to the pan and cook gently until tender. Stir in the sweetcorn.
- 2. Cook the pasta according to instructions on the packet. Drain well.
- **3.** In a large saucepan, mix together the soup and milk. Add the butter and flour. Heat, stirring continuously, until the mixture boils and thickens. Simmer for a few minutes. Stir in the pasta, sausage and leek mixture, mix well, heat through.
- **4.** Pour mixture into a heatproof dish, sprinkle the cheese and breadcrumbs over the top, put under a hot grill until brown and crisp. Garnish with sliced tomato.

Roos Women's Institute

Unfortunately there is no report this month. We have been informed that Mrs Boynton who provides the information is in hospital.

All members of the Rooster Association wish her a speedy recovery.



Alec's Patch ... By Alec Dodson

Shades of Michael Fish!!!!

My opening paragraph in the December 2009 *Rooster* indicating that a White Christmas was unlikely has resulted in me consigning my seaweed to the compost heap and my barometer to the shed.

However, the bad weather at least gives gardeners time to relax and look back on the successes or failures of last season. This year you may want to try new varieties or revert back to old-established favourites. Garden centres are already stocking seed potatoes but it is still a little early to commence chitting them.

Clear snow from conifers and choice plants to avoid damaged branches.

Ensure the wild birds have plenty of food and water. Proprietary mixtures are good but Blackbirds in particular like sliced apple and fruit even if it is starting to rot. Don't leave food around to attract vermin and empty the water at dusk then you won't have to thaw it out.

Rhubarb: Cover existing roots with a container of straw not forgetting to put in some slug pellets. If you can, dig up a root or two, pot them up and place them in the greenhouse or shed. Keep them dark and you will speed up the growing process.

Fish Ponds: If the surface of your pond is frozen over, try to keep it open, possibly where it is more sheltered. Avoid breaking the ice with a hammer as this may harm the fish. One way to make on opening is by placing a hot pan on the ice, but this will soon freeze over if sub-zero conditions continue. Possibly the best way to prevent the problem is to partially cover the pond. This can be achieved by constructing a wooden frame 3-4 inches high and covering it with polythene leaving openings in the sides for air circulation.

<u>Mowers:</u> A good tip is to start your motor mower once a month during the winter and if you are planning on having a mower serviced, send it now, as most firms are inundated in March when mowing commences.

TO LET

Holiday Cottage in Roos, Sleeps 4

Consider your relatives/friends for weddings, christenings, funerals, etc.

Cottage nightly booking £30 inc. gas, electricity and linen. Please book in advance: Tim or Kay on 01964 671659

The absolute deadline for items to be included in next month's issue is Friday 5th February

Farish matters

Roos Parish Council Meeting 11th January 2010

Apologies from Councillor D Craggs

The December minutes were approved. Extracts below.

Proposed allotments in Roos

Awaiting contact from the final landowner regarding land availability.

Safe routes to school programme

The latest communication from ERYC stated that responses were awaited from residents of Greenacre Park on possible enforcement action.

Highway matters

An extra sign depicting Give Way 60yds will be placed on the approach along New Road to Burton Road junction in the near future.

Flooding and related matters

It was agreed that Councillor Ward should organise a team to remove the tree trunk from the open beck between Lamb Lane and Dove Lane. ERYC had now cleared all the debris from the grille and access in Lamb Lane.

The Chairman, Councillor Grant and the Clerk reported on their meeting with Mr Frisby of ERYC on land-drainage issues. It was agreed to request ERYC to consider improvement works to the drainage infrastructure in the vicinity of the fields/ditches to the west of Rectory Road from residual funds possibly available from the European Union funding to ERYC following events of 2007.

Mr Earle was thanked for his assistance in clearing grilles on the beck.

Tunstall Coastal Defence Scheme

It was agreed to accept the proposed scheme. Construction of a new embankment 200m inland of the existing alignment and the creation of intertidal habitat

ERYC Chairman's Award

It was agreed to re-nominate Simon Taylor for the Environment award.

Applications

Erection of entrance gates, steel boundary fence and alterations to existing vehicular access at Hilston Cottage, Tower Road, Hilston.

It was understood that several residents had expressed concerns of possible loss of privacy and the Council expressed concern over the steel boundary fence.

Discharge of section 106 legal agreement from application relating to occupancy at Owstwick Grange Cottage, Fitling Road, Owstwick.

The Clerk had obtained an extension to the deadline for comments until 12th Jan.

Decisions

ERYC had approved the following applications:-

Erection of conservatory to front at The New Bungalow, Lamb Lane, Roos.

Erection of first-floor extension at Ivy Cottage, Rectory Road, Roos

It was agreed that no objections be made to the above proposals.

Appeal

Erection of 9 no. Wind turbines and associated works at land west of Ivy Cottage, Rectory Road, Roos.

ERYC had confirmed that the above appeal would be decided by public enquiry.

Treasurer's Report

The Treasurer explained in detail the financial report and it was agreed to request of ERYC a precept requirement of £6,000.00 for the ensuing financial year.

Next Parish Council Meeting Monday 8th February 2010 at 7.30 pm in Roos Memorial Institute.

Local Events

ROOS & DISTRICT HORTICULTURAL SOCIETY

(Affiliated to the Royal Horticultural Society)

The Annual General Meeting will be held on Monday 15th February at 7.30 pm in the Memorial Institute, Roos.

The society put on two shows a year, the Spring Show in the Memorial Institute, Roos and the Summer Show in the Memorial Hall, Burton Pidsea.

A lot of work is involved in putting on these shows so new committee members are always welcome.

Playing Field Problem

At the Parish Council Meeting in December 2009, residents in Greenacre Park had complained about anti-social behaviour on the playing field entrance drive and field. There was a suggestion made that a gate should be installed. Unfortunately this cannot be considered as there would be valuable time wasted trying to find a key holder if emergency services were required (fire, ambulance, police) during the period that the gates were locked.

As a parish councillor and member of the playing field committee I am aware that the police visited Greenacre Park in the summer and gave letters to the householders stating that any problems be immediately directed to the police.

The parish council have no jurisdiction with regards to the activities in the playing field. If you have any other information about crimes or see anything suspicious please contact the POLICE on 0845 60 60 222, or contact CRIME STOPPERS on 0800 555111. *Ann Coupe*

THE ROOSTER ON THE WEB.

All back copies of *The Rooster* can be found on the internet at www.roosparish.info.

Menu - Roos C E Primary School

Please be aware that these dishes may contain traces of nut or nut derivatives.

* Denotes dishes that are freshly made in the kitchen.

Weeks commencing 04/01/10, 25/01/10, 22/02/10, 15/03/10

14	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Crumbed Fish & Tomato Ketchup	*Roast Beef & Yorkshire Pudding	*Ham & Mixed Pepper Pizza	*Spaghetti Bolognaise	*Roast Chicken & Stuffing
Carbohydrates	Chips Herby Potatoes Choice of Bread	Mashed Potato Choice of Bread	Potato Wedges Choice of Bread	Spaghetti Choice of Bread	Roast Potatoes Boiled Potatoes Choice of Bread
Vegetables/Salad	Garden Peas Sweetcorn Selection of Salad	Cabbage Swede/Carrot Selection of Salad	Baked Beans Mixed Vegetables Selection of Salad	Broccoli Carrots Selection of Salad	Cauliflower Green Beans Selection of Salad
Desserts	*Cherry Scone Fresh Fruit Low Fat Yogurt	*Banana Custard Frozen Yogurt Fresh Fruit Low Fat Yogurt	*Flapjack & Custard Fresh Fruit Low Fat Yogurt	*Steamed Marble Sponge & Pink Sauce Fresh Fruit Low Fat Yogurt	* Ground Rice Pudding & Jam Sauce Frozen Yogurt Fresh Fruit

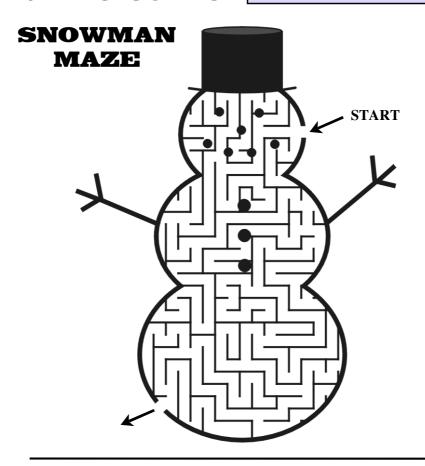
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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Sausages	*Steak Pie	*Roast Turkey & Stuffing	Fishcake & Tomato Ketchup	*Roast Beef & Yorkshire Pudding
Carbohydrates	Jacket Potatoes Choice of Bread	Potato Wedges Choice of Bread	Mashed Potatoes Choice of Bread	Chips Herby Potatoes Choice of Bread	Roast Potatoes Boiled Potatoes Choice of Bread
Vegetables/Salad	Baked Beans Mixed Vegetables Selection of Salad	Broccoli Baby Sweetcorn Selection of Salad	Carrots Green Beans Selection of Salad	Sweetcorn Mushy Peas Selection of Salad	Spring Greens Carrots Selection of Salad
Desserts	*Peaches & Hot Chocolate Sauce Fresh Fruit Low Fat Yogurt	*Semolina Pudding Frozen Yogurt Fresh Fruit	*Oaty Biscuit Fresh Fruit Low Fat Yogurt	*Steamed Chocolate * Fresh Fruit Salad Sponge & Custard & Natural Yogurt Fresh Fruit Fresh Fruit	* Fresh Fruit Salad & Natural Yogurt Frozen Yogurt Fresh Fruit
15					

Weeks commencing 18/01/10, 08/02/10, 08/03/10

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Beefburger	*Roast Pork & Apple *Braised Steak & Sauce Yorkshire Puddin	D	Fish Finger & Tomato Ketchup	*Shepherds Pie
Carbohydrates	Jacket Potato Choice of Bread	Roast Potatoes Boiled Potatoes Choice of Bread	Mashed Potatoes Choice of Bread	Herby Potatoes Choice of Bread	Potato Wedges Choice of Bread
Vegetables/Salad	Garden Peas Carrots Selection of Salad	Mixed Vegetables Green Beans Selection of Salad	Sweetcorn Broccoli Selection of Salad	Peas Baked Beans Selection of Salad	Swede & Carrot Cauliflower Selection of Salad
Desserts	*Blueberry Muffin Fresh Fruit Low Fat Yogurt	*Rice Pudding Fresh Fruit Low Fat Yogurt	*Chocolate Crackle Fresh Fruit Low Fat Yogurt	*Wellington Fudge &	* Sticky Flapjack & Custard Fresh Fruit Low Fat Yogurt

Puzzle Corner FOR THE KIDS



SUDOKU

Place the numbers 1 - 9 in each empty cell in such a way that each row, each column and each 3 x 3 box contains all of the numbers 1 - 9. (This means that no single digit can appear twice in any one row, column or 3 x 3 box) Solution next month.

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