



BOARDING PROSPECTUS

2022-23





Sir Harry Johnston International School

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Dear Parents and Carers,

Welcome to boarding at Sir Harry Johnston International School! We are pleased to be able to offer our Secondary students the opportunity to board in our modern, purpose-built boarding hostels.

As a school, we are committed to:

- Providing a home from home boarding experience that is safe, relaxing and comfortable.
- Promoting a spirit of teamwork and communal responsibility within each boarding hostel.
- Ensuring that each boarder can develop academically, socially, morally and culturally in an atmosphere of positivity, encouragement and trust.
- Providing open and positive dialogue, and working in close partnership, with all boarders and their parents and carers.
- Providing a solid foundation for our boarding students to understand and embrace our School.

Our goal is simple- to help our students reach their academic potential while nurturing the values of respect, responsibility, independence and hard work.

We encourage you to come and see for yourself our wonderful family boarding school. We would be very happy to give you a personal tour.

Yours sincerely

James Elford
Principal

THE BOARDING HOSTELS - POLICIES AND PROCEDURES

Facilities

The school has two large boarding hostels (one for the boys and one for the girls). The boys' hostel accommodates a maximum of 72 students and the girls' hostel a maximum of 68. Each hostel has eleven fully furnished student bedrooms, an independent study room, two communal lounges, two bathrooms (each containing three showers and three toilets) and a separate shower room (containing a further three showers), two kitchens and a laundry room. They also have two staff bedrooms to ensure that students are closely supervised.

Students share a room with children of different ages. Some of the older students take on the role of room leader. Sharing a room fosters important personal skills and enhances the boarding experience. Requests to change rooms will only be considered where a safety or wellbeing issue is raised.

Students are encouraged to make their rooms feel homely whilst respecting the surroundings. Boarding parents (the resident staff who will take care of the students in the boarding hostel) will brief and guide students accordingly.



Communal areas

Both hostels have communal spaces, providing opportunities for boarders to interact socially, play board games, or watch films. These spaces are also used for informal gatherings. Students also have access to the school swimming pool and sport areas at specified times.

Room tidiness

Students are expected to maintain a high level of tidiness, cleanliness and order throughout the hostel, and particularly with regards to their own personal spaces. Beds should be made, clothes hung up or stored correctly, personal items put away and floors left clear to assist cleaning staff. Whilst cleaners pay particular attention to cleanliness and hygiene, boarders are expected to be able to organise their belongings thoughtfully in readiness for the school programme. Senior students (hostel prefects) will assist in ensuring that these duties are carried out to a high standard and report to the Boarding parent.

Room inspections take place each day. Restrictions are placed on students who continuously fail to respect the relevant hostel standards with regards to room tidiness.

Security

The Boarding Hostels are secure and can only be accessed by students and staff. However, it is important that boarders do not keep large sums of money on their person, or in their rooms and everyone is encouraged to observe common sense security measures. We expect all boarders to use the school pocket money facilities for safety. All property and personal items should be respected. Boarders are expected to safeguard their own personal items and not take items that do not belong to them without asking.

What to bring

Students should bring with them the following personal belongings:

- Two pairs of school uniform, a PE kit and a swimming costume
- Personal clothing
- Clothes hangers
- Shoes and slippers
- Pyjamas and dressing gown
- Personal toiletries
- Towels
- Bed linen and pillow
- Shoe brush and shoe polish
- Laundry soap
- Umbrella
- Small sewing kit
- Bucket for washing clothes
- Classroom stationery (pens, pencils, pencil sharpener, rubber, ruler, glue stick, calculator)
- USB memory stick for backing up work
- Torch
- School bag
- Face masks
- Hand sanitizer
- laptop computer (optional for students in years 10 and 11)
- Mobile phone (optional)
- Headphones (optional)
- Reading books, magazines or board games (optional)

Please note only **one** suitcase per child can be stored at the boarding hostel. If more than one suitcase is brought, boarding parents will ask for them to be taken back home.

Students may bring snacks at the start of each half term, but these should fit inside **two standard sized carrier bags**. Noodles are not allowed as we do not have cooking facilities for them.

The school will **not** allow food parcels to be delivered during the term. We also do not allow fast food deliveries.

Naming personal items

It is essential that all personal items are named. Do not forget socks, shoes and bags! Items that are named can be reunited with the owner quickly. All clothes should be labelled with name tapes or with permanent pen.

Pocket Money

Parents should deposit money with the Boarding parent for this purpose. The school has set a limit of **K40,000 per term** for the current school year.

Telephones

Students are permitted to have a mobile phone, which they may use during their free time on a Saturday or Sunday. At all other times their phones will be kept safe by a Boarding parent.

Phones are not to be used during study periods, sports, mealtimes or after lights out. They may only be used in communal areas and staff will monitor phone usage. Failure to respect these rules will result in them being withdrawn for a period deemed fair by the Boarding parent.

Computers

Students in years 10 and 11 may have their own laptop to use during study periods and designated free time. Students must ensure they only have age-appropriate material saved.

Laundry

In order to encourage independence, students are expected to wash their home clothes by hand. Boarding parents will teach them how to carry out this important life skill.

The school provides a laundry service for school uniform, PE kit and bedding. Students hand in items to be washed to the laundry by 6:30am. Their clothes will usually be returned the next day (weather permitting). Bedding should be handed in to be washed once a fortnight.

Lost property

Lost property is collected and handed out to students during regular meetings. If items are genuinely lost, this should be reported to the relevant Boarding parent and reasonable steps will be taken to find them. However, neither the Hostel nor the School can be responsible for any losses incurred on the premises. Parents are therefore advised to arrange for valuable items to be covered by an 'all risk' insurance policy.

Personal hygiene

Taking the responsibility for one's personal hygiene is a basic, but important aspect of being a boarding student. All boarders are expected to shower once a day and more often if participating in physical activity sessions. Clothes should be clean and tidy and students are responsible for ensuring their clothes are handed into the laundry regularly.

Meals

All meals are cooked on site in the school cafeteria. Meals are important times to come together and discuss aspects of the day in a relaxed and friendly environment. Boarders should be on time for meals and be dressed accordingly, having showered if physical activity has taken place beforehand. Appropriate table manners must also be displayed. All students are expected to assist our staff by clearing away their plates and cutlery and by leaving their eating areas as they would wish to find them. Electronics and headphones are not allowed in the dining room. The kitchen aims to cater for all dietary needs. A sample menu is included as an appendix.

Social events

Each Boarding Hostel will generally conduct one social event per term. This is a good opportunity for the whole hostel to enjoy time together, away from school in a more relaxed environment. This could include: meals out, a trip to the lake, or another alternative suggested by the students. All social events will be supervised by the Boarding staff and will be approved by the Principal beforehand. All social events are to be fully funded by the students. They will be encouraged to fundraise in advance.

Community events

Students will have the opportunity to become involved in a community project during their free time. This could include working in an orphanage, attending wildlife society events or visits to the local hospital.

Boarding rules

The following rules are in place for the safety of our students:

- **Be kind to each other.**
 - No bullying or fighting.
 - No stealing.
 - No bad language.

- **Keep the hostel clean and tidy.**
 - Keep rooms and common areas clean and tidy.
 - Collect washing from laundry room each day.

- **Follow instructions from boarding staff.**
 - Be punctual for all activities.
 - Music to only be played in bedrooms and student lounges.

- Mobile phones to be used at weekends only and in public areas.
 - Wear closed-toes shoes when going to prep or the dining hall after 5pm.
 - Go to sleep at the agreed times.
- **Keep to the permitted areas.**
 - Do not enter each other's rooms.
 - Boys are not allowed in the girls' hostel and girls are not allowed in the boys' hostel.
 - Do not leave the school premises without supervision of a member of staff.
 - Do not buy food outside the school premises.
- **Ensure the hostel is free from illegal substances.**
 - No alcohol, drugs or cigarettes.

There is zero tolerance on alcohol and drugs: any student discovered with these items in their possession, or using on the school campus will be excluded from boarding. Boarding Parents reserve the right to carry out random searches.

The disciplinary system

Living together in a Boarding House is not always easy and from time to time, students can lack awareness of the impact their behaviour may have on others. House values and standards are explained and put in place to give everyone the best opportunity to enjoy living together peacefully.

Boarding Parents will expect students to demonstrate the same high standards of behaviour that they demonstrate within the classroom context.

If boarders display unacceptable behaviour on a frequent basis, they will be given sanctions. This may include: loss of phone/laptop, earlier bedtime, extra duties, detention etc. If there is no improvement, then a meeting will be set up with the Boarding Lead and Parents will be informed. If behaviour still does not improve, more serious disciplinary actions such as suspension and in rare cases expulsion, may be explored.

Out of bounds

Boarders are expected to stay within the confines of the school boundaries, unless escorted by a boarding parent. Anyone leaving the school campus unsupervised will be subject to disciplinary procedures.

HEALTH AND SAFETY

First aid

The majority of boarding staff are first-aid trained. There is a first aid kit in both the boys and girls hostel. All accidents will be recorded in the first aid book.

Illness

In the event of an illness or injury, boarding parents will take the student to the hospital. Students must be a member of a medical scheme which has hospitals located in Zomba. It is essential that parents ensure their child's medical scheme remains active throughout their time in boarding. The school will pay for any excess but parents will be expected to refund this money before the end of term.

Medication

All medication is held by the Boarding Parent, with the exception of asthma inhalers and epipens (which can be kept in a student's bedroom). Whenever medication is administered records will be kept. The Boarding parent will give panadol to students if they are suffering from a headache. Parents are asked to ensure that the boarding staff have up to date emergency contact details and details of any medical conditions.

Fire

All necessary fire safety equipment is checked and maintained on a regular basis. Full house fire drills are carried out every term and new students who join late are taken individually through the fire evacuation procedure.

In the event of fire, the following evacuation procedure is initiated: All persons within the building make their way to the nearest exit quickly but calmly. Individuals should not stop to gather personal belongings. Boarding parents are to coordinate appropriately and call the fire service at the earliest opportunity. At no point should anyone enter the building until the all clear has been given. The fire assembly point is in front of the gate to Zomba Baptist School.

General health and safety

Health and safety matters and areas of improvement are discussed between staff and students regularly within house meetings. Notable safety concerns include: No knives should be kept in rooms. No matches, lighters, fuel, candles or other flammable material should be kept in rooms. Electrical sockets must not be overloaded. No medicines should be brought to the Boarding Hostel without a prescription.

SOCIAL AND EMOTIONAL WELLBEING

The role of the Boarding parents

The fundamental aims of the staff are to insist upon high expectations, to develop positive cultures and environments, and to provide individualised care and attention to our students. When these three elements are in place for our students, we create a powerful and positive effect upon the child's development and the learning environment, as a whole.

Homesickness

The process of moving into a boarding school provides most children, no matter what age they are, with wide ranging emotions that will no doubt include excitement and anxiety. Many make the transition with ease whilst some find the change, initially, very difficult. Homesickness is normal and is often triggered once the initial excitement has subsided and the initial challenges are faced.

Key signs of homesickness often include excessive phone calls or emails, usually involving a request to come home, a refusal to take part in organised activities that are optional, isolation and obvious signs of unhappiness. As parents and carers, you must realise that this is a natural part of the adjustment process and that most students go through a period of homesickness at some point during the early stages of boarding.

There are some useful steps that can be taken to help reduce homesickness:

- Recognise the symptoms early and be prepared to talk and more importantly listen to their concerns.
- Encourage them to get involved, ask them about their extracurricular activities, clubs and sports, and actively encourage them to take part and keep busy.
- Stay in touch with Boarding parents. Together we will monitor progress carefully. Handled sensitively and positively, most cases of homesickness pass within a few weeks.

Special circumstances

Boarding parents would like to know, confidentially, about any special circumstances that may affect a student's life at school, however trivial they may seem. It is also important to know about any problems that arise at school or at home, so these may be dealt with sensitively and swiftly and so that appropriate support can be given.

PLANNED ABSENCE

Authorised Leave – a period of time away from school.

If parents wish to take their children out during the weekend (for example to attend a medical appointment or for a family commitment), permission should be sought from the Boarding Lead in advance.

TRAVEL ARRANGEMENTS

Start, Mid and End of term

Term dates for the academic year are published on the school website. It is important that parents make transport plans taking account of these dates and timings. The school is closed during all school holidays. At the start of each term/half term students are required to be back in school by 5:30pm the day before term starts and to leave by 5:30pm on the first day of each holiday.

Concerns and suggestions

From time to time, parents or carers may wish to discuss a matter with a Boarding parent. This is encouraged since communication is key between the two parties. A telephone call or email in good time will yield a solution in most circumstances.



TIMINGS

Mondays to Thursdays

	Year 7-8		Year 9-11
05:00 – 06:15	Wake up, shower, make bed	05:00 – 06:45	Wake up, shower, make bed
06:15 – 06:45	Breakfast in school cafeteria	06:45 – 07:15	Breakfast in school cafeteria
06:45 – 07:15	Finish getting ready for school	07:15 – 07:30	Break in school
07:15 – 07:30	Break in school	07:30 – 09:30	School classes
07:30 – 09:30	School classes	09:30 – 09:45	Snack break in school cafeteria
09:30 – 09:45	Snack break in school cafeteria	09:45 – 11:45	School classes
09:45 – 11:45	School classes	11:45 – 12:15	Break in school
11:45 – 12:15	Lunch in school cafeteria	12:15 – 12:45	Lunch in school cafeteria
12:15 – 12:45	Break in school	12:45 – 14:30	School classes
12:45 – 14:30	School classes	14:30 – 15:30	School clubs or Free time
14:30 – 15:30	School clubs or Free time	15:30 – 15:45	Snack break in hostel
15:30 – 15:45	Snack break in hostel	15:45 – 17:00	Free time
15:45 – 17:00	Free time	17:00 – 18:45	Supervised study
17:00 – 18:00	Supervised study	18:45 – 19:30	Dinner in school cafeteria
18:00 – 18:45	Dinner in school cafeteria	19:30 – 20:00	Supervised study
18:45 – 19:15	Supervised study	20:00 – 20:20	Free time
19:15 – 20:20	Free time	20:30	Bed time (To be in rooms by 20:20)
20:30	Bed time (To be in rooms by 20:20)		

*Free time can be spent reading, watching TV, playing board games, carrying out additional study or washing clothes.

* Special provision can be made for attending religious events.

Fridays

	Years 7-8		Years 9-11
05:00 – 06:15	Wake up, shower, make bed	05:00 – 06:45	Wake up, shower, make bed
06:15 – 06:45	Breakfast in school cafeteria	06:45 – 07:15	Breakfast in school cafeteria
06:45 – 07:15	Finish getting ready for school	07:15 – 07:30	Break in school
07:15 – 07:30	Break in school	07:30 – 09:30	School classes
07:30 – 09:30	School classes	09:30 – 09:45	Snack break in school
09:30 – 09:45	Snack break in school	09:45 – 11:45	School classes
09:45 – 11:45	School classes	11:45 – 12:30	Break in hostel
11:45 – 12:15	Lunch in school cafeteria	12:15 – 12:45	Lunch in school cafeteria
12:15 – 12:45	Break in hostel	12:45 – 13:45	Year 9 – Creative Arts Year 10/11 – Free time
12:45 – 14:45	Swimming/Sports/Clubs	13:45 – 14:45	Swimming/Sports
14:45 – 15:00	Snack break in hostel	14:45 – 15:00	Snack break in hostel
15:00 – 16:00	Swimming/Sports/Clubs	15:00 – 16:00	Swimming/Sports
16:00 – 18:00	Free time	16:00 – 18:45	Free time
18:00 – 18:45	Dinner in school cafeteria	18:45 – 19:30	Dinner in school cafeteria
18:45 – 21:00	Film Night (Boys and girls separate)	19:30 – 21:20	Free time
21:30	Bed time (To be in rooms by 21:20)	21:30	Bed time (To be in rooms by 21:20)

*Free time can be spent reading, watching TV, playing board games, carrying out additional study or washing clothes.

*On Fridays Muslim students have the option of attending prayers.

Saturdays

	Years 7-8		Years 9-11
06:30 – 07:30	Wake up, shower, make bed	06:30 – 08:00	Wake up, shower, make bed, cleaning
07:30 – 08:00	Breakfast in school cafeteria	08:00 – 08:30	Breakfast in school cafeteria
08:00 – 09:00	Cleaning	08:30 – 9:00	Cleaning
09:00 – 09:30	Phones handed out Free time	09:00 - 10:30	Phones handed out Free time
09:30 – 10:00	Year 7 – Visit tuck shop Year 8 - Free time	10:30 – 10:45	Morning snack in hostel
10:00 – 10:30	Year 7 – Free time Year 8 – Visit Tuck Shop	10:45 – 11:15	Year 9 – Visit Tuck Shop Year 10/11 – Free time
10:30 – 10:45	Morning snack in hostel	11:15 – 11:45	Year 9 – Free time Year 10/11 - Visit Tuck Shop
10:45 – 12:15	Free time	11:45 – 13:00	Free time
12:15 - 13:00	Lunch in school cafeteria	13:00 - 13:45	Lunch in school cafeteria
13:00 – 14:00	Free time	13:45 – 14:00	Free time
14:00 – 16:00	Sports/Swimming	14:00 – 16:00	Sports/Swimming
16:00 – 16:15	Snack break in hostel	16:00 – 16:15	Snack break in hostel
16:15 – 18:00	Free time Phones collected in	16:15 – 18:00	Free time Phones collected in
18:00 – 18:45	Free time	18:00 – 18:45	Dinner in school cafeteria
18:45 – 19:30	Dinner in school cafeteria	18:45 – 21:00	Film Night (Boys and girls separate)
19:30 – 20:30	Free time	21:30	Bed time (To be in rooms by 21:20)
21:30	Bed time (To be in rooms by 21:20)		

Free time can be spent reading, watching TV, playing board games, carrying out additional study or washing clothes.

*On Saturdays students have the option of attending a Seventh Day Adventist service.

Sundays and Public holidays

	Years 7-8		Years 9-11
06:15 – 07:15	Wake up, shower, make bed	06:15 – 07:45	Wake up, shower, make bed, cleaning
07:15 – 07:45	Breakfast in school cafeteria	07:45 – 08:15	Breakfast in school cafeteria
07:45 – 08:45	Cleaning	08:15 – 08:45	Cleaning
08:45 – 10:30	Phones handed out Free time	08:45 – 10:30	Phones handed out Free time
10:30 – 10:45	Snack break in hostel	10:30 – 10:45	Snack break in hostel
10:45 – 12:15	Free time Phones collected in	10:45 – 13:00	Free time Phones collected in
12:15 - 13:00	Lunch in school cafeteria	13:00 - 13:45	Lunch in school cafeteria
13:00 – 14:00	Free time	13:45 – 14:00	Free time
14:00 – 16:00	Sports/Swimming	14:00 – 16:00	Sports/Swimming
16:00 – 16:15	Snack break in hostel	16:00 – 16:15	Snack break in hostel
16:15 – 17:00	Free time	16:15 – 17:00	Free time
17:00 – 18:00	Supervised study	17:00 – 18:45	Supervised study
18:00 – 18:45	Dinner in school cafeteria	18:45 – 19:30	Dinner in school cafeteria
18:45 – 19:15	Supervised study	19:30 – 20:00	Supervised study
19:15 – 20:20	Free time	20:00 – 20:20	Free time
20:30	Bed time (To be in rooms by 20:20)	20:30	Bed time (To be in rooms by 20:20)

*Free time can be spent reading, watching TV, playing board games, carrying out additional study or washing clothes.

*On Sundays students have the opportunity of attending a multi denominational church service.

GENERAL INFORMATION

Address: Kalimbuka Road
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Website: www.sirharryszomba.com

Facebook Page: www.facebook.com/SirHarryJohnstonInternationalSchool/

Instagram Page: <https://www.instagram.com/sirharryinternational/>

Type of school: International School
Non-profit making
Co-educational day and boarding
English medium

Principal: Mr James Elford

Chair of Board: Dr Liveness Mwale

APPENDIX 1 – MENU

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Supper
Week 1						
Sunday	Cereal, toast, sausages and egg, juice, tea or coffee	Fruit	Rice, salad, chicken stew or Rice with vegetable sauce or gravy (V)	Fruit	Macaroni and fried chicken or Vegetarian pizza(V)	Bread, jam or peanut butter and tea
Monday	Cereal, toast, tea or coffee	Fruit	Spaghetti Bolognese or Spaghetti and soya pieces (V)	Fruit	Rice, beans and vegetables (V)	Bread, jam or peanut butter and tea
Tuesday	Cereal, toast, tea or coffee	Fruit	Nsima or Rice with Beans and vegetables (V)	Fruit	Fish and chips or Chips with eggs and salad (V)	Bread, jam or peanut butter and tea
Wednesday	Cereal, toast, tea or coffee	Fruit	Spaghetti in tomato sauce with vegetables (V)	Fruit	Beef with potatoes and vegetables or Boiled potatoes, soya pieces and vegetables (V)	Bread, jam or peanut butter and tea
Thursday	Cereal, toast, tea or coffee	Fruit	Beef Stroganoff with Rice and vegetables Or Rice with vegetables and soya pieces (V)	Fruit	Chicken and chips with salad or Egg and chips (V)	Bread, jam or peanut butter and tea
Friday	Cereal, toast, yoghurt, tea or coffee	Fruit	Rice with beef and beans or Rice and beans and	Fruit	Sausage and mash potatoes in gravy and vegetables or	Bread, jam or peanut butter and tea

			vegetables (V)		Vegetable stew (V)	
Saturday	Cereal, toast, oats, sweet/irish potatoes, tea or coffee	Fruit	Spaghetti and meatballs and vegetables or Potato and soya pieces (V)	Fruit	Chicken burger, lettuce and tomato and chips or Chips, eggs and salad (V)	Bread, jam or peanut butter and tea
Week 2						
Sunday	Cereal, toast, sausages and egg, juice, tea or coffee	Fruit	Stir-fry beef with rice and gravy or Rice with vegetables (V)	Fruit	Meat pie, macaroni and salad or Vegetarian pizza (V)	Bread, jam or peanut butter and tea
Monday	Cereal, toast, tea or coffee	Fruit	Noodles, salad, sweet and sour chicken or Noodles with vegetable sauce or gravy (V)	Fruit	Lyonnais potatoes with vegetables and soya pieces (V)	Bread, jam or peanut butter and tea
Tuesday	Cereal, toast, tea or coffee	Fruit	Rice with chicken and vegetables or Rice, egg and vegetables (V)	Fruit	Sausage, chips and salad or Chips and salad (V)	Bread, jam or peanut butter and tea
Wednesday	Cereal, toast, tea or coffee	Fruit	Spaghetti with mince and vegetables or Spaghetti with soya pieces and vegetables (V)	Fruit	Rice with beef stew and vegetables or Rice and vegetable stew with soya pieces (V)	Bread, jam or peanut butter and tea
Thursday	Cereal, toast, tea or coffee	Fruit	Rice with beans and	Fruit	Beef burger, lettuce and	Bread, jam or peanut

			vegetables (V)		tomato, and chips Or Chips, eggs and salad (V)	butter and tea
Friday	Cereal, toast, yoghurt, tea or coffee	Fruit	Rice and mixed vegetables (V)	Fruit	Potatoes and soya pieces and vegetables (V)	Bread, jam or peanut butter and tea
Saturday	Cereal, toast, oats, sweet/irish potatoes, tea or coffee	Fruit	Nsima or Rice with beans and vegetables (V)	Fruit	Chicken, chips with salad or Chips, eggs and salad (V)	Bread, jam or peanut butter and tea

Week 3

Sunday	Cereal, toast, sausages and egg, juice, tea or coffee	Fruit	Hot dog, lettuce and tomato, and chips or Chips and salad (V)	Fruit	Rice and mince meat Or Rice and vegetables (V)	Bread, jam or peanut butter and tea
Monday	Cereal, toast, tea or coffee	Fruit	Spaghetti and mixed vegetables and gravy (V)	Fruit	Chicken and chips with salad or Chips, eggs and salad (V)	Bread, jam or peanut butter and tea
Tuesday	Cereal, toast, tea or coffee	Fruit	Rice with beans and vegetables	Fruit	Sausage, mash potatoes in gravy and vegetables or Cheese sandwich and fruit (V)	Bread, jam or peanut butter and tea
Wednesday	Cereal, toast, tea or coffee	Fruit	Fried beef with rice and gravy or	Fruit	Fish, chips and salad or Chips with eggs, beans	Bread, jam or peanut butter and tea

			Rice with vegetable stew (V)		and salad (V)	
Thursday	Cereal, toast, tea or coffee	Fruit	Rice and beans and vegetables (V)	Fruit	Mashed potatoes with soya pieces and salad (V)	Bread, jam or peanut butter and tea
Friday	Cereal, toast, yoghurt, tea or coffee	Fruit	Nsima or Rice with mince meat and vegetables or Nsima with soya pieces and vegetables(V)	Fruit	Fish and chips or Chips with eggs, beans and salad (V)	Bread, jam or peanut butter and tea
Saturday	Cereal, toast, oats, sweet/irish potatoes, tea or coffee	Fruit	Noodles, salad, chicken stew or Noodles with vegetable sauce or gravy (V)	Fruit	Meat balls and rice or Vegetarian pasta (V)	Bread, jam or peanut butter and tea

For cereal there is a choice of cornflakes, weetabix and cerevita (porridge will be provided in colder weather)

Toast comes with a choice of butter, jam or peanut butter.

Lunch and dinner comes with a choice of water or sobo.