



menu for Next week

Week 1

Monday

Pasta Bolognaise
Jacket Potato with Baked Beans

Tuna Baguette with Salad Garnish
Fresh Sliced Carrots, Peas, Salad
Cookie & Milk Shake

Tuesday ~ MENU CHANGE

A 1 ~ Oven Baked Fish Fingers

A2 ~ Salmon Fish Cake

Vegetarian Sausage Wrap
Cheese Filled Pitta with Salad Garnish
Potato Wedges or Pasta
Sweetcorn, Fruity Coleslaw, Tomato Sauce
Banana Muffin Slice with Custard

Wednesday

Westcountry Roast Gammon & Pineapple
Vegetable Roast
Bite Sized Salmon Fillets in Natural Crumb
Roast or Creamed Potatoes
Fresh Broccoli & Cauliflower, Gravy, Salad
Ice Cream & Jelly

Thursday

Chicken Breast Fillets in Pitta Bread with Salad
Red Pepper & Spinach Quiche
Ham Ploughman's Lunch
Creamed Potatoes or Pasta
Farmhouse Vegetables, Salad
Fruit Crumble with Custard

Friday

Leavers Farewell meal in a bag

A ~ Sausages

B ~ Muffin Pizza

Chips, carrot & Cucumber sticks

Garlic bread, tomato sauce

Delicious biscuit & orange juice

Friday Flyer

Friday 16th July 2010

Monday 19 th July	Class 3 ~ Mrs Bethan Phillips all week Miss Lucas in school on work experience from QECC Miss Martin in school on work experience from QECC 3.30 – 4.30pm Netball with Lorraine Baker and Anne Sandford ~ all ages welcome ~ There will be a special treat for current players with a free swimming session. 7pm Pilates with Shirley Edwards
Tuesday 20 th July	MENU CHANGE 7pm 14+ Netball with Karen Best
Wednesday 21 st July	10.15 Collective Worship with Canon Michael Hall Last Keyboard lesson this term 2pm Mrs Herbert's open farewell afternoon tea
Thursday 22 nd July	10.30am Class 5 Dragon's Den Activity 4.30pm Year 6 Pool Party 6pm Year 6 Farewell Performance
Friday 23 rd July	Menu Change END OF TERM

HI FOLKS ~ Come on down to the village hall on Saturday 17th at 8pm to country dance the night away to the **Bloatertown Band**. Tickets are still available. Please bring a plate of food to share. The White Hart Inn have very kindly offered to run a Licensed bar.

For further information or to book tickets please telephone Mrs Herbert 01363 82562 and leave a message.

TABLE TOP SALE & CAKE STALL

Saturday 17th July 1pm

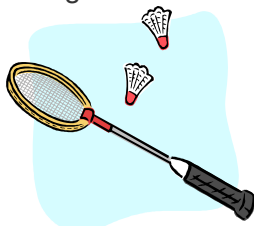
Bow High Street Church Rooms

Tables available for hire at £5

For enquiries please telephone 01363 82379

Proceeds to Bow Youth Club

Just a short reminder that the Chulmleigh Junior Badminton Club will run throughout the school holidays.



For children aged 5 - 11 years of all abilities, all equipment provided, from 10 - 11 AM every Saturday morning at Chulmleigh Sports Hall.

Please telephone 01884 860561 for more information or just turn up on any Saturday morning at 10 AM.

Vintage Rally & Family Fun Day Saturday 7th August Morchard Bishop Playing Field 12noon £1 entrance for adults 50p for children

To include a Car Boot Sale of which proceeds will be donated to Bow School PTA funds. Donations of items for the car boot



would be appreciated and can be left in the school main reception by Thursday 22nd July. There will be lots of stalls, childrens entertainer, bouncy castle, refreshments also available

and live music to chill the afternoon away.

EXETER CHIEFS OPEN DAY
SANDY PARK STADIUM
SATURDAY AUGUST 7th
Gates open 11am - 2pm
Entry & Activities are free

Heart of Devon ~ STREET Art Exhibition
Paintings up to A3 size using watercolour paints, pencils, crayons and collage accepted but **not** 3D (it has to fit in the photocopier to be copied)

'Community paint-ins' at BOW VILLAGE HALL
Monday 26th July and Friday 30th July 10am - 12noon

There is a £1 entry fee per person to cover refreshments and art materials.

All ages welcome

For further information please contact
Caroline Taylor 01363 82950



Bow School Swimming Gala

We hope you all enjoyed the afternoon watching the children swimming spectacularly.

A very special thank you to Mr Alan Jewell for writing swimming certificates and to Jenny Sanders for "always being there"!

Thank you also to the Swimming Pool Committee for giving up their time to serve teas and coffee and ice cream!

Well done to the 16 children who completed the school Biathlon. It was lovely to see so many children taking part in this competition.

Lorraine Baker, Anne Sandford and Mr Beeks would like to thank all the parents who came along to support both the netball and football teams at the recent QECC Inter schools tournament

LOST ~ Named blue school cardigan age 5/6
belonging to Layla- Fay Clarke
Could you please look at home in case it has come home by mistake!