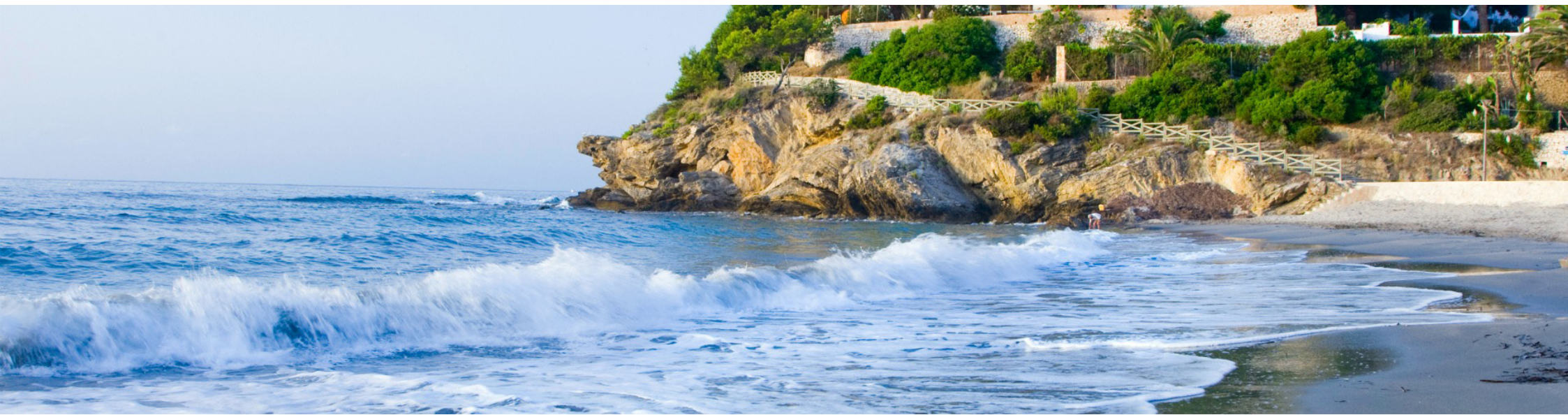




# September Timetable and Menu LES Boarding House





# September Timetable

<p>Sunday 4 September</p>	<p>Arrive from airport and meet with Host Parents. Have a snack and a drink. Shown to allocated room and have time to unpack and familiarise yourselves with house. Go through house rules, monthly timetable and menu. Free time for a swim and a walk down to the beach. Time to contact parents/family. Dinner will be served at 20:00. After dinner students will need to get things ready for their first day at school.</p>			
<p>Monday 5 September</p>	<p>07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school</p>	<p>17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00</p>	<p>18:00 - 20:00: Prep Time (This will be flexible as it is the first day and you may not have much homework at this point)</p>	<p>20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Contact with parents and free time until in own room.</p>
<p>Tuesday 6 September</p>	<p>07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school</p>	<p>17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00</p>	<p>18:00 - 20:00: Prep Time (This will be with a tutor) (Santi and Sandy out of house - Tutor in house)</p>	<p>20:00 - 21:30: Cooking lesson with Tutors, have dinner - help with cleaning up 21:30 - 23:00: Contact with parents and free time until in own room.</p>
<p>Wednesday 7 September</p>	<p>07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school</p>	<p>17:00: Leave school and return to house. 17:30: Get changed and go to extra-curricular activity of choice.</p>	<p>Extra- Curricular Activity of Choice</p>	<p>20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Prep Time 23:00: In own room.</p>
<p>Thursday 8 September</p>	<p>07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school</p>	<p>17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00</p>	<p>18:00 - 19:00: Spanish Lesson for two students/Extra English for Spanish Boy (This will be with a tutor) 19:00 - 20:00: Prep Time (Santi and Sandy out of house - Tutor in house)</p>	<p>20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:00: Prep Time 22:00: Contact with parents and free time until in own room.</p>
<p>Friday 9 September</p>	<p>07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school</p>	<p>17:00: Leave School and return to house. 17:30: Get changed and have a swim or free time until 18:00</p>	<p>18:00 - 20:00: Free time</p>	<p>20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Table tennis competition. Students v staff. Movie night with popcorn.</p>
<p>Saturday 10 September</p>	<p>08:00: Wake up and shower and dress ready for extra-curricular activity 08:30: Have breakfast</p>	<p>09:00: Leave House to go to extra-curricular activity 10:00 - 12:30: Extra-curricular activity 12:30 - 13:30: At school Prep Time</p>	<p>14:00: Prepare lunch and help to clear up. 15:00: Free time. Swim, or go to the beach or go to Calpe on the bus. 18:00 - 20:00: Prep Time</p>	<p>20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Contact with parents and free time until in own room.</p>



# September Timetable

Sunday 11 September	09:00: Wake up and shower 09:30: Have breakfast, tidy rooms, do washing 11:00: Leave for cultural trip to Guadalest	Lunch at Guadalest	16:00: Return home. Free time/ study time/sort out washing and do ironing until 20:00	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:30: Contact with parents and free time/get ready for school until in own room.
Monday 12 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Contact with parents and free time until in own room.
Tuesday 13 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time (This will be with a tutor) (Santi and Sandy out of house - Tutor in house)	20:00 - 21:30: Cooking lesson with Tutors, have dinner - help with cleaning up 21:30 - 23:00: Contact with parents and free time until in own room.
Wednesday 14 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	Extra- Curricular Activity of Choice	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Prep Time 23:00: In own room.
Thursday 15 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 19:00: Spanish Lesson for two students/Extra English for Spanish Boy (This will be with a tutor) 19:00 - 20:00: Prep Time (Santi and Sandy out of house - Tutor in house)	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:00: Prep Time 22:00: Contact with parents and free time until in own room.
Friday 16 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave School and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Free time or meet with friends	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Table tennis competition. Students v staff. Movie night with popcorn.
Saturday 17 September	08:00: Wake up and shower and dress ready for extra-curricular activity 08:30: Have breakfast	09:00: Leave House to go to extra-curricular activity 10:00 - 12:30: Extra-curricular activity 12:30 - 13:30: At school Prep Time	14:00: Prepare lunch and help to clear up. 15:00: Free time. Swim, or go to the beach or go to Calpe on the bus. 18:00 - 20:00: Prep Time	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Contact with parents and free time until in own room.



# September Timetable

Sunday 18 September	09:00: Wake up and shower 09:30: Have breakfast, tidy rooms, do washing 11:00: Kayaking in La Fustera (If want to)	14:00: Return to house and prepare and have lunch 15:00: Walk along path to Calpe and have a drink/ice-cream in a cafe on beach front	17:00: Return home. Free time/ study time/sort out washing and do ironing until 20:00	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:30: Contact with parents and free time/get ready for school until in own room.
Monday 19 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Contact with parents and free time until in own room.
Tuesday 20 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time (This will be with a tutor) (Santi and Sandy out of house - Tutor in house)	20:00 - 21:30: Cooking lesson with Tutors, have dinner - help with cleaning up 21:30 - 23:00: Contact with parents and free time until in own room.
Wednesday 21 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and go to extra-curricular activity of choice.	Extra- Curricular Activity of Choice	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Prep Time 23:00: In own room.
Thursday 22 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 19:00: Spanish Lesson for two students/Extra English for Spanish Boy	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:00: Prep Time 22:00: Contact with parents and free time until in own room.
Friday 23 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Free time or meet with friends	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Table tennis competition. Students v staff. Movie night with popcorn.
Saturday 24 September	08:00: Wake up and shower and dress ready for extra-curricular activity Santi and Sandy will be away - Tutor in house	09:00: Leave House to go to extra-curricular activity 10:00 - 12:00: Extra-curricular activity 12:00 - 13:30: At home Prep Time Santi and Sandy will be away - Tutor in house	14:00: Prepare lunch and help to clear up. 15:00: Free time. Swim, or go to the beach or go to Calpe on the bus. 17:00 - 20:00: Prep Time Santi and Sandy will be away - Tutor in house	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Contact with parents and free time until in own room. Santi and Sandy will be away - Tutor in house





# September Timetable

Sunday 25 September	09:00: Wake up and shower 09:30: Have breakfast, tidy rooms, do washing 11:00: Free time in house Santi and Sandy will be away - Tutor in house	14:00: Return to house and prepare and have lunch 15:00: Walk along path to Calpe and have a drink/ice-cream in a cafe on beach front Santi and Sandy will be away - Tutor in house	17:00: Return home. Free time/ study time/sort out washing and do ironing until 20:00 Santi and Sandy will be away - Tutor in house	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:30: Contact with parents and free time/get ready for school until in own room. Sandy and Santi to return at 22:00
Monday 26 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time	
Tuesday 27 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Prep Time	20:00 - 21:30: Cooking lesson with Tutors, have dinner - help with cleaning up 21:30 - 23:00: Contact with parents and free time until in own room.
Wednesday 28 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	Extra- Curricular Activity of Choice	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 23:00: Prep Time 23:00: In own room.
Thursday 29 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave school and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 19:00: Spanish Lesson for two students/Extra English for Spanish Boy (This will be with a tutor) 19:00 - 20:00: Prep Time (Santi and Sandy out of house - Tutor in house)	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 22:00: Prep Time 22:00: Contact with parents and free time until in own room.
Friday 30 September	07:00: Wake up and shower and dress ready for school 07:30: Have breakfast 08:00: Leave for school	17:00: Leave School and return to house. 17:30: Get changed and have a swim or free time until 18:00	18:00 - 20:00: Free time or meet with friends	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Table tennis competition. Students v staff. Movie night with popcorn.
Saturday 1 October	08:00: Wake up and shower and dress ready for extra-curricular activity 08:30: Have breakfast	09:00: Leave House to go to extra-curricular activity 10:00 - 12:30: Extra-curricular activity 12:30 - 13:30: At school Prep Time	14:00: Prepare lunch and help to clear up. 15:00: Free time. Swim, or go to the beach or go to Calpe on the bus. 18:00 - 20:00: Prep Time	20:00 - 21:00: Dinner preparation, dinner and help with cleaning up. 21:00 - 00:00: Contact with parents and free time until in own room or friends over to stay or vice versa



# September Menu

Sunday 4 September	This will depend on what time the students arrive in the house: <u>Lunch</u> : Bocadillo with a choice of fillings, fruit, fruit juice <u>Dinner</u> : Roast chicken, roast potatoes, roast vegetables and gravy. Dessert: Apple crumble and ice-cream			
Monday 5 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Lasagna, mixed salad Dessert: Poached pears
Tuesday 6 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Outside Tutors to choose
Wednesday 7 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Mexican Night - Nachos, Chicken Fajitas Dessert: Ice-cream and fruit
Thursday 8 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Chicken Pie, mashed potato Dessert: Natillas
Friday 9 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Homemade Pizzas Dessert: Lemon tart
Saturday 10 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Bocadillos with choice of fillings, fruit, juice	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: BBQ - sausages, chicken wings, chicken satay, salad Dessert: Rice Pudding
Sunday 11 September	<u>Breakfast</u> Full English breakfast, coffee, tea, juice	<u>Lunch</u> At Guadalest	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Roast Lamb, vegetables and potatoes Dessert: Apple pie and custard
Monday 12 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Pork fillet with mushroom sauce and basamati rice Dessert: Flan
Tuesday 13 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Outside Tutors to choose
Wednesday 14 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Indian Night: Tandoori chicken and naan bread Dessert: Ice-cream and fruit



# September Menu

Thursday 15 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Chicken fillet with salad and potatoes Dessert: Lemon Tart
Friday 16 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: BBQ meat with salad and potatoes Dessert: Roast apples and ice-cream
Saturday 17 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Bocadillos with choice of fillings, fruit, juice	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Vegetarian lasagne Dessert: Trifle
Sunday 18 September	<u>Breakfast</u> Full English breakfast, coffee, tea, juice	<u>Lunch</u> Arroz meloso	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Layered roasted potatoes with bacon and cheese Dessert: Natillas
Monday 19 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Pork secreto with roast vegetables Dessert: Fresh fruit
Tuesday 20 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Outside Tutors to choose
Wednesday 21 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Chinese night - Chicken and sweet corn soup, stir fry pork and rice Dessert: Fried bananas and ice-cream
Thursday 22 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Fresh Pasta with fresh tomato based sauce Dessert: Flan
Friday 23 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Homemade Pizzas Dessert: Poached pears
Saturday 24 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Bocadillos with choice of fillings, fruit, juice	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: BBQ meat with salad and potatoes Dessert: Fruit and ice-cream



# September Menu

Sunday 25 September	<u>Breakfast</u> Full English breakfast, coffee, tea, juice	<u>Lunch</u> Roast chicken, roast potatoes, roast vegetables and gravy. Dessert: Apple crumble and ice-cream	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Broccoli soup with cream cheese and toasted ham and cheese sandwiches Dessert: Fresh fruit
Monday 26 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Creamy curried chicken and rice Dessert: Natillas
Tuesday 27 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Outside Tutors to choose
Wednesday 28 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Greek night - Meat balls and yogurt dip and butterfly lamb, Greek salad Dessert: Baklava
Thursday 29 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Fish fillets and salad Dessert: Golden syrup pudding and custard
Friday 30 September	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Lunch at school	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Take Away - Chinese Dessert: Chocolate brownies and ice-cream
Saturday 1 October	<u>Breakfast</u> Choice of cereal, toast, fruit, yogurt, juice, tea or coffee	<u>Lunch</u> Bocadillos with choice of fillings, fruit, juice	<u>Snack</u> Homemade cake or biscuits, juice, tea or coffee or students own snacks	<u>Dinner</u> Main: Home made pizzas with a choice of toppings Dessert: Fresh fruit

