

Pickering Community Infant & Nursery School

Autumn Term 2019 Menu commencing Tuesday 3rd September 2019

	Week 1 - weeks beginning Tues 3rd Sept, 23rd Sept, 14th Oct, 11th Nov, 2nd Dec	Week 2—weeks beginning 9th Sept, 30th Sept, 21st Oct, 18th Nov, 9th Dec	Week 3—weeks beginning 16th Sept, 7th Oct, 4th Nov, 25th Nov, 16th Dec
Monday	Cheese and Tomato Pinwheel Grated Carrot Salad and Jacket Potatoes **** Fruit Flapjack	Cheesy Pasta with Vegetable Medley **** Yoghurt or Fresh Fruit	Cheese and Tomato Pizza with Jacket Potato and Vegetable Medley ***** Yoghurt or Fresh Fruit
Tuesday	Chicken Korma with Rice Cauliflower and Green Beans Naan Bread **** Fresh Fruit or Organic Yoghurt	Salmon Portions with Sauté Potatoes and Mixed Veg **** Gingerbread and Custard	Chicken & Vegetable Pie with Roast Potatoes and Seasonal Vegetables Apple Crumble and Custard
Wednesday	Sausage & Mash with Onion Gravy, Mixed Greens and Carrots ***** Sultana Muffin	Beef Hot Pot with Sweet Potato Mash Savoy Cabbage & Carrots **** Rice Pudding with Peaches	Organic Beef Meatballs in Tomato Sauce with Pasta Broccoli and Sweetcorn **** Chocolate Surprise Muffin
Thursday	Pasta Bolognese Peas and Sweetcorn **** Fresh Fruit Salad	Roast Chicken with Creamed Potatoes, Swede, Carrots and Cauliflower **** Date Square	Minced Beef and Yorkshire Pudding, Mashed Potatoes and Vegetable Medley **** Fresh Fruit Salad
Friday	Crispy Battered Fish with Chipped Potatoes and Baked Beans **** ****	Fish Fingers with Chipped Potatoes, Peas and Sweetcorn **** Lemon Drizzle Cake	Crunchy Salmon Nibbles and Potato Wedges, with Tomato Ketchup, Broccoli and Carrots ****

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables and Fresh Fruit served daily

North Yorkshire County Council — In a determined effort to reduce the amount of sugar in our menus to meet with current NHS guidance, it has been decided to remove the dessert option for two out of the five days, offering fresh fruit or yoghurt on these days.

Pickering Community Infant & Nursery School

Autumn Term 2019 Vegetarian Menu commencing Tuesday 3rd Sept 2019

	Week 1 - weeks beginning Tues 3rd Sept, 23rd Sept, 14h Oct, 11th Nov, 2nd Dec	Week 2—weeks beginning 9th Sept, 30th Sept, 21st Oct, 18th Nov, 9th Dec	Week 3—weeks beginning 16th Sept, 7th Oct, 4th Nov, 25th Nov, 16th Dec
Monday	Cheese and Tomato Pinwheel Grated Carrot Salad and Jacket Potatoes **** Fruit Flapjack	Cheesy Pasta with Vegetable Medley **** Yoghurt or Fresh Fruit	Cheese and Tomato Pizza with Jacket Potato and Vegetable Medley ***** Yoghurt or Fresh Fruit
Tuesday	Lentil Korma with Brown Rice Cauliflower and Green Beans Naan Bread **** Fresh Fruit or Organic Yoghurt	Vegetable Bakes with Sauté Potatoes and Peas **** Gingerbread and Custard	Vegetable and Lentil Couscous Pie with Roast Potatoes and Seasonal Vegetables Apple Crumble and Custard
Wednesday	Vegetarian Sausage & Mash with Onion Gravy, Mixed Greens and Carrots ***** Sultana Muffin	Vegetable and Chick Pea Hot Pot with Sweet Potato Mash Savoy Cabbage & Carrots **** Rice Pudding with Peaches	Cowboy Pie with Chick Peas Broccoli and Sweetcorn **** Chocolate Surprise Muffin
Thursday	Vegetable and Chick Pea Pasta Bake Peas and Sweetcorn **** Fresh Fruit Salad	Quorn Casserole with Creamed Potatoes, Swede, Carrots and Cauliflower **** Date Square	Minced Quorn and Yorkshire Pudding, Mashed Potatoes and Vegetable Medley **** Fresh Fruit Salad
Friday	Cheese Omelette with Chipped Potatoes and Baked Beans **** Fresh Fruit or Yoghurt	Cheese and Vegetable Frittata with Chipped Potatoes, Peas and Sweetcorn **** Lemon Drizzle Cake	Jacket Potato with Cheese or Beans Broccoli and Carrots **** Yoghurt or Fresh Fruit

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables and Fresh Fruit served daily

North Yorkshire County Council — In a determined effort to reduce the amount of sugar in our menus to meet with current NHS guidance, it has been decided to remove the dessert option for two out of the five days, offering fresh fruit or yoghurt on these days.

Pickering Infant School

Autumn Term 2019



Mrs Boyes and Mrs Ring provide school meals that meet all the Government guidelines in nutritional standards. A freshly prepared two course meal will be offered every day. Please notify the school office if your child is vegetarian or has special dietary requirements (ie religious, allergies etc)

If circumstances change and you wish your child to bring a packed lunch from home, one week's notice must be given. Due to large numbers we can only cater for children having school lunches every day or packed lunches every day, not a combination of the two. Your understanding in this matter is greatly appreciated.

A variety of fresh bread will be served daily

Vegetables may vary from time to time depending on availability and season.

Fresh fruit or yoghurt will be served as a dessert option for two out of the five days to reduce sugar in the menu to meet with NHS guidance

North Yorkshire County Council Caterers are delighted to have been accredited with the Soil Association Silver Award Food for Life Catering Mark recognising the quality of the ingredients used in school meals in North Yorkshire. The award recognises that we meet the following criteria:

- At least 75% of the dishes on the menu are freshly prepared from unprocessed ingredients
- All meat and poultry is from farms which meet UK welfare standards
- We do not serve fish from the Marine Conservation Society "fish to avoid" list
- We only use free range eggs
- No undesirable additives and artificial trans fats are used
- No genetically modified ingredients are used
- Drinking water is always available
- We use seasonal and in season produce in part of our menus (ie strawberries)
- Information about food provenance is available
- We provide for cultural and medical needs
- Suppliers have been verified to ensure that they apply appropriate safety standards
- Staff are supported with training in fresh food preparation and we encourage our staff to be involved in a whole school approach to food issues

