

# Pickering Community Infant & Nursery School

## Spring Term Menu commencing Tuesday 7th January 2020

	Week 1 - weeks beginning Tues 7th Jan, 27th Jan, 24th Feb, 16th March	Week 2—weeks beginning 13th Jan, 3rd Feb, 2nd March, 23rd March	Week 3—weeks beginning 20th Jan, 10th Feb, 9th March, 30th March
Monday	<p>Cheese &amp; Tomato Pizza Jacket Potato Peas &amp; sweetcorn</p> <p>~~~~~</p> <p>Fresh Fruit or Yoghurt</p>	<p>Cheese Whirl New Potatoes Vegetable Medley &amp; Tomato Bread</p> <p>~~~~~</p> <p>Chocolate Cornflake Pudding</p>	<p>Macaroni Cheese Broccoli &amp; Sweetcorn Garlic Bread</p> <p>~~~~~</p> <p>Roly Poly &amp; Custard</p>
Tuesday	<p>Chicken &amp; Vegetable Pie Cauliflower &amp; Broccoli Roast Potatoes</p> <p>~~~~~</p> <p>Arctic Roll &amp; Mandarins</p>	<p>Pasta Bolognese with Cheese &amp; Onion Flat Bread Green Beans &amp; Cauliflower</p> <p>~~~~~</p> <p>Fresh Fruit or Yoghurt</p>	<p>Beef stew &amp; Dumplings Sweet Potato Mash Carrots &amp; Savoy Cabbage 50/50 Bread</p> <p>~~~~~</p> <p>Fresh Fruit or Yoghurt</p>
Wednesday	<p>Minced Beef &amp; Yorkshire Pudding Green Beans &amp; Carrots Creamed Potatoes Sliced Wholemeal Bread</p> <p>~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Roast Chicken, Sage &amp; Onion Stuffing &amp; Gravy Roast Potatoes Savoy Cabbage, Carrot &amp; Swede</p> <p>~~~~~</p> <p>Fruits of the Forest Flapjack</p>	<p>Roast Pork &amp; Apple Sauce Medley of Vegetables Roast Potatoes Poppy Seed Bread</p> <p>~~~~~</p> <p>Peach Crisp &amp; Custard</p>
Thursday	<p>Tomato Pasta (Homemade To- mato Sauce) with Garlic Bread Mixed Salad with Grated Carrot</p> <p>~~~~~</p> <p>Berry Sponge and Custard</p>	<p>Sausage with Mashed Potato and Gravy Seasonal Vegetables</p> <p>~~~~~</p> <p>Fresh Fruit or Organic Yoghurt</p>	<p>Chicken Korma and Rice Sweetcorn &amp; Broccoli</p> <p>~~~~~</p> <p>Lemon Muffin</p>
Friday	<p>Fish Fingers &amp; Tomato Ketchup Veg Sticks Potato Wedges</p> <p>~~~~~</p> <p>Rice Pudding &amp; Sultanas</p>	<p>Golden Breaded Salmon Portion Broccoli &amp; Sweetcorn Sauté Potatoes</p> <p>~~~~~</p> <p>Fruit Muffin</p>	<p>Crispy Battered Fish Peas &amp; Beetroot Salad Chipped Potatoes</p> <p>~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

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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

## Spring Term 2020



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



# Pickering Community Infant & Nursery School

## Spring Term Vegetarian Menu commencing Tuesday 7th January 2020

|           | Week 1 - weeks beginning Tues<br>7th Jan, 27th Jan, 24th Feb, 16th<br>March,                                               | Week 2—weeks beginning 13th<br>Jan, 3rd Feb, 2nd March, 23rd<br>March                                                            | Week 3—weeks beginning<br>20th Jan, 10th Feb, 9th<br>March, 30th March                                                      |
|-----------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Monday    | <p>Cheese &amp; Tomato Pizza</p> <p>Jacket Potato</p> <p>Peas &amp; Sweetcorn</p> <p>Fruit or yoghurt</p>                  | <p>Cheese Whirl</p> <p>New Potatoes</p> <p>Vegetable Medley</p> <p>Chocolate Cornflake Pudding</p>                               | <p>Macaroni Cheese</p> <p>Broccoli &amp; Sweetcorn</p> <p>Roly Poly &amp; Custard</p>                                       |
| Tuesday   | <p>Roasted Vegetable &amp; Lentil Pie</p> <p>Roast Potatoes</p> <p>vegetable Medley</p> <p>Arctic Roll &amp; Mandarins</p> | <p>Vegetable and Chickpea Pasta<br/>Bake</p> <p>Cheese &amp; Onion Flat Bread</p> <p>Fruit or yoghurt</p>                        | <p>Butternut &amp; Bean Stew</p> <p>Sweet Potato Mash</p> <p>Carrots &amp; Cabbage</p> <p>Fruit or yoghurt</p>              |
| Wednesday | <p>Minced Quorn &amp; Gravy</p> <p>Yorkshire Pudding &amp;<br/>Mashed Potatoes</p> <p>Fresh Fruit or Yoghurt</p>           | <p>Vegetable and Lentil Shepherds<br/>Pie</p> <p>Roast Potatoes</p> <p>Vegetable Medley</p> <p>Fruits of the Forest Flapjack</p> | <p>Cheese &amp; Leek Sausage</p> <p>Roast Potatoes</p> <p>Vegetable Medley &amp; Gravy</p> <p>Peach Crisp &amp; Custard</p> |
| Thursday  | <p>Tomato &amp; Cheese Pasta</p> <p>Garlic Bread</p> <p>Mixed Salad</p> <p>Berry Sponge and Custard</p>                    | <p>Veggie Sausage</p> <p>Mashed Potatoes</p> <p>Carrots &amp; Cabbage</p> <p>Fruit or yoghurt</p>                                | <p>Vegetable &amp; Lentil Curry<br/>with Brown Rice</p> <p>Lemon Muffin</p>                                                 |
| Friday    | <p>Veggie Jambalaya with<br/>Chickpeas</p> <p>Veg sticks</p> <p>Rice Pudding &amp; Sultanas</p>                            | <p>Cheese veggie Burger in a bun</p> <p>Sauté Potatoes</p> <p>Broccoli &amp; Sweetcorn</p> <p>Fruit Muffin</p>                   | <p>Cheese Omelette</p> <p>Chipped Potatoes</p> <p>Apricot &amp; Seed Bread</p> <p>Fresh Fruit or Yoghurt</p>                |

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

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