### **Pickering Community Infant & Nursery School**

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

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

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

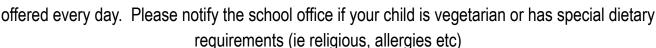
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North Yorkshire County Council — In a determined effort to reduce the amount of sugar in our menus to meet with current NHS guidance, it has been decided to remove the dessert option for two out of the five days, offering fresh fruit or yoghurt on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



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

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

**Fruit Muffin** 

**Rice Pudding & Sultanas** 

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