

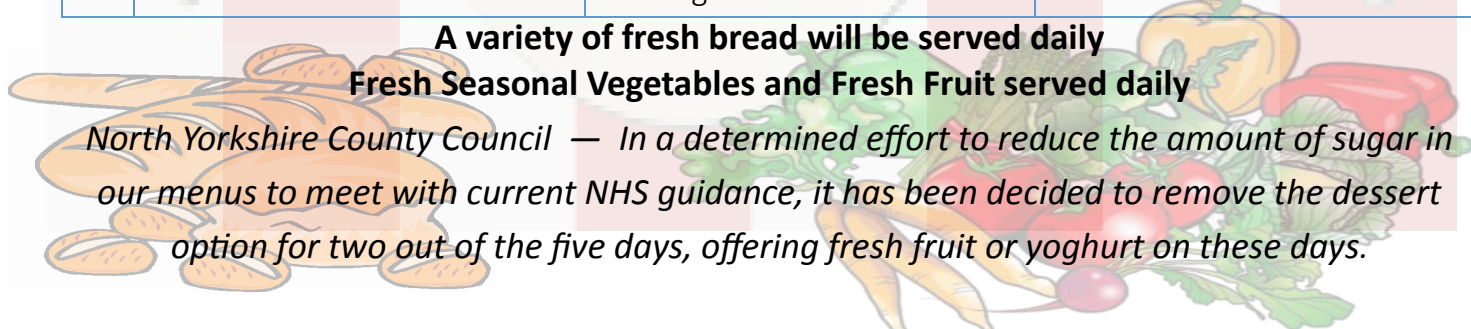
## Pickering Community Infant & Nursery School

### Autumn Term 2020 Menu commencing Wednesday 9th September 2020

	Week 1 - weeks beginning Wed 9th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec	Week 2—weeks beginning 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec	Week 3—weeks beginning 21st Sept, 12th Oct, 9th Nov, 30th Nov,
Monday	Cheese and Tomato Pinwheel New Potatoes & Salad  ****  Yoghurt or Fresh Fruit	Cheese and Tomato Pizza Jacket Potatoes, Coleslaw & Mixed Salad  ****  Yoghurt or Fresh Fruit	Macaroni Cheese Peas & Sweetcorn  *****  Lime & Courgette Drizzle Cake
Tuesday	Sausage in a Bun Diced Potatoes, Coleslaw Peas ****  Pineapple Upside Down & Custard	Chicken & Vegetable Pie Roast Potatoes Vegetable Medley ****  Banana and Custard	Savoury Mince Dumplings Mash Potato Carrots & Cabbage ****  Yoghurt or Fresh Fruit
Wednesday	Roast Chicken & Gravy Mash , Carrots & Broccoli *****  Oat Cookie & Apple Wedge	Pasta Bolognese Carrots & Broccoli ****  Chocolate Muesli Krisp	Roast Pork Loin Roast Potatoes, Gravy Vegetable Medley ****  Oaty Flapjack
Thursday	Meatballs in Tomato Sauce Pasta, Carrots & Green beans ****  Yoghurt or Fresh Fruit	Beef Burger in a Bun Wedges & Summer Salad ****  Sultana Flapjack	Summer Quiche New Potatoes Carrots & Peas ****  Yoghurt or Fresh Fruit
Friday	Battered Fish with Chipped Potatoes Peas and Sweetcorn ****  Cheese & Crackers	Fish Fingers with Chipped Potatoes, Vegetable Sticks Tomato Ketchup ****  Yoghurt or Fresh Fruit	Salmon & Sweet Potato Fishcakes Saute potatoes & beans ****  Cheese & Crackers

**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 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

## Autumn Term 2020 Vegetarian Menu commencing Wednesday 9th September 2020

	Week 1 - weeks beginning Wed 9th Sept, 28th Sept, 19th Oct, 16th Nov, 7th Dec	Week 2—weeks beginning 14th Sept, 5th Oct, 2nd Nov, 23rd Nov, 14th Dec	Week 3—weeks beginning 21st Sept, 12th Oct, 9th Nov, 30th Nov,
Monday	Cheese and Tomato Pinwheel New Potatoes & Peas ***** Yoghurt or Fresh Fruit	Cheese and Tomato Pizza Potato & Pea Croquette Mixed Salad ***** Yoghurt or Fresh Fruit	Macaroni Cheese Peas & Sweetcorn ***** Lime & Courgette Drizzle Cake
Tuesday	Falafel Burger in a Bun Cous Cous & Mixed Beans ***** Pineapple Upside Down Cake & Custard	Quorn and Lentil Pie Roast Potatoes Vegetable Medley ***** Banana & Custard	Mixed Bean & Vegetable Hot Pot & Mashed Potato Carrots & Peas ***** Yoghurt or Fresh Fruit
Wednesday	Quorn & Chick Peas Roast Potatoes Vegetable Medley ***** Oat Cookie & Apple Wedge	Summer Vegetable and Chick Pea Frittata & New Potatoes Peas & Sweetcorn ***** Chocolate Muesli Krisp	Butternut Squash, Cheese & Lentil Bake Vegetable Medley ***** Oaty Flapjack
Thursday	Vegetable and lentil Pasta Bake Carrots & Green Beans ***** Yoghurt or Fresh Fruit	Vegetable & Bean Burger in a Bun with Wedges Summer Salad ***** Sultana Flapjack	Summer Quiche, New Potatoes Cous Cous & Vegetable Medley ***** Yoghurt or Fresh Fruit
Friday	Vegetable & Bean Chow Mein Peas & Sweetcorn ***** Cheese & Crackers	Loaded Potato Skins topped with Cheese Vegetable Sticks & Peas ***** Yoghurt or Fresh Fruit	Cheese Omlette Saute Potatoes & Peas ***** Cheese & Crackers

**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 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

