

Pickering Community Infant & Nursery School

Spring Term Menu commencing Tuesday 5th January 2021

	Week 1 - weeks beginning Tues 5th Jan, 25th Jan, 22nd Feb, 15th March	Week 2 — weeks beginning 11th Jan, 1st Feb, 1st March, 22nd March	Week 3 — weeks beginning 18th Jan, 8th Feb, 8th March
Monday	<p>Cheese & Tomato Pizza Diced Potato Peas & Sweetcorn ~~~~~ Rice Pudding & Peaches</p>	<p>Macaroni Cheese Peas & Carrots ~~~~~ Fresh Fruit Salad</p>	<p>Cheese & Tomato Pinwheel Jacket Potato & Veg Sticks ~~~~~ Fresh Fruit or Yoghurt</p>
Tuesday	<p>Tuna & Sweetcorn Pasta Bake Carrots & Broccoli ~~~~~ Fresh Fruit or Yoghurt</p>	<p>Minced Beef Hotpot Sweetcorn & Broccoli ~~~~~ Fresh Fruit or Yoghurt</p>	<p>Sausage with Mashed Potato and Gravy Carrots & Broccoli ~~~~~ Crunchy Apple Crumble & Custard</p>
Wednesday	<p>Pork & Apple Plait Jacket Potato Medley of Vegetables ~~~~~ Cheese & Crackers with Apple Wedge</p>	<p>Roast Chicken, Stuffing & Gravy Roast Potatoes Green Beans & Cauliflower ~~~~~ Raspberry Bun & Cheese</p>	<p>Roast Beef & Yorkshire Puds Roast Potatoes Peas & Carrots ~~~~~ Fresh Fruit or Yoghurt</p>
Thursday	<p>Beef Lasagne Crunchy Veg Sticks Garlic Bread ~~~~~ Fruity Gingerbread & Custard</p>	<p>Pork Meatballs in Tomato Sauce Pasta Medley of Vegetables ~~~~~ Chocolate & Mandarin Pudding with Chocolate Sauce</p>	<p>Creamy Chicken & Broccoli Pasta Bake Green Beans & Sweetcorn ~~~~~ Jam Roly Poly & Custard</p>
Friday	<p>Harry Ramsden's Battered Fish Chips, Green Beans & Sweetcorn ~~~~~ Date & Oat Square</p>	<p>Crunchy Fish Nibbles Wedges Broccoli & Sweetcorn ~~~~~ Fresh Fruit or Yoghurt</p>	<p>Fish Fingers Baked Beans & Peas Chips ~~~~~ Banana Sponge and Custard</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 2021



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 5th January 2021

|           | Week 1 - weeks beginning Tues<br>5th Jan, 25th Jan, 22nd Feb,<br>15th March                                              | Week 2 — weeks beginning<br>11th Jan, 1st Feb, 1st March,<br>22nd March                                                                                | Week 3 — weeks beginning<br>18th Jan, 8th Feb, 8th March                                                                                    |
|-----------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | <p>Cheese &amp; Tomato Pizza<br/>Diced Potato<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Rice Pudding &amp; Peaches</p>      | <p>Macaroni Cheese<br/>Peas &amp; Carrots<br/>~~~~~<br/>Fresh Fruit Salad</p>                                                                          | <p>Cheese &amp; Tomato Pinwheel<br/>Jacket Potato &amp; Veg Sticks<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                 |
| Tuesday   | <p>Vegetable &amp; Cous Cous Bake<br/>Carrots &amp; Peas<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                        | <p>Mixed Bean &amp; Lentil Hotpot<br/>Sweetcorn &amp; Broccoli<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                                | <p>Vegetarian Sausage with<br/>Mashed Potato and Gravy<br/>Carrots &amp; Broccoli<br/>~~~~~<br/>Crunchy Apple Crumble &amp;<br/>Custard</p> |
| Wednesday | <p>Veggie Sausage &amp; Apple Plait<br/>Jacket Potato<br/>Mixed Bean Medley<br/>~~~~~<br/>Cheese &amp; Crackers with</p> | <p>Quorn Roast, Stuffing &amp; Gravy<br/>Roast Potatoes<br/>Peas &amp; Cauliflower<br/>~~~~~<br/>Raspberry Bun &amp; Cheese</p>                        | <p>Vegetable &amp; Lentil Rosti<br/>Roast Potatoes<br/>Peas &amp; Carrots<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                          |
| Thursday  | <p>Vegetable Lasagne<br/>Crunchy Veg Sticks<br/>Garlic Bread<br/>~~~~~<br/>Fruity Gingerbread &amp; Custard</p>          | <p>Veggie Meatballs in Tomato<br/>Sauce<br/>Pasta<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Chocolate &amp; Mandarin Pudding<br/>with Chocolate Sauce</p> | <p>Cheese &amp; Broccoli Pasta<br/>Bake<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Jam Roly Poly &amp; Custard</p>                              |
| Friday    | <p>Cheese Omelette<br/>Chips<br/>Peas &amp; Sweetcorn<br/>~~~~~<br/>Date &amp; Oat Square</p>                            | <p>Loaded Jacket Skins<br/>Wedges<br/>Beans<br/>~~~~~<br/>Fresh Fruit or Yoghurt</p>                                                                   | <p>Baked Frittata<br/>Chips<br/>Beans or Peas<br/>Banana Sponge &amp; Custard</p>                                                           |

A variety of fresh bread will be served daily

Fresh Seasonal Vegetables served daily

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