

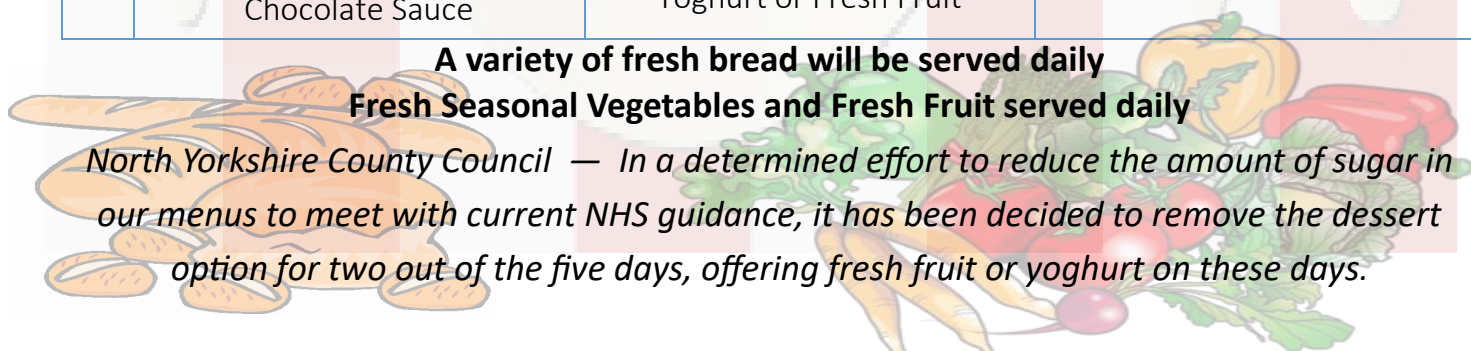
Pickering Community Infant & Nursery School

Autumn Term 2021 Menu commencing Tuesday 7th September 2021

	Week 1 - weeks beginning Tues 7th Sept, 27th Sept, 18th Oct, 15th Nov, 6th Dec	Week 2—weeks beginning 13th Sept, 4th Oct, 1st Nov, 22nd Nov, 13th Dec	Week 3—weeks beginning 20th Sept, 11th Oct, 8th Nov, 29th Nov
Monday	Macaroni Cheese Peas & Carrots **** Sticky Date & Apple Bars with Custard	Cheese and Tomato Pizza Diced Potatoes, Vegetable Sticks **** Apple & Berry Crumble with Custard	Cheese & Tomato Pinwheel New Potatoes & Salad ***** Yoghurt or Fresh Fruit
Tuesday	Quorn Rainbow Cottage Pie Broccoli & Sweetcorn **** Yoghurt or Fresh Fruit	Connies Chicken Quesadilla Rice, Sweetcorn & Green Beans **** Sultana and Oat Cookie	Quorn Dippers, Potato Wedges with Tomato Ketchup Green Beans & Sweetcorn **** Jam Roly Poly & Custard
Wednesday	Roast Chicken & Stuffing Gravy, Roast Potatoes & Medley of Veg ***** Fruit Muffin	Sausage, Mash, Yorkshire Pudding, Gravy, Broccoli & Swede **** Yoghurt or Fresh Fruit	Roast Pork Loin Mashed Potatoes, Apple Sauce Gravy, Broccoli & Carrots **** Chocolate Crispy
Thursday	Beef Burger in a Bun, Chips & Salad **** Yoghurt or Fresh Fruit	Cheesy Topped Vegetable Pasta Bake, Salad Garlic Bread **** Cheese and Crackers	Chicken Korma, rice Green Beans & Cauliflower **** Yoghurt or Fresh Fruit
Friday	Salmon & sweet Potato Fish Cake, Jacket Potato, Baked Beans or Peas **** Chocolate Banana Sponge & Chocolate Sauce	Fish Fingers with Chipped Potatoes, Peas & Carrots Tomato Ketchup **** Yoghurt or Fresh Fruit	Harry Ramsden's Battered Fish Chips, Peas & Sweetcorn **** Iced Swiss Bun

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 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

Autumn Term 2021 Vegetarian Menu commencing Tuesday 7th September 2021

	Week 1 - weeks beginning Tues 7th Sept, 27th Sept, 18th Oct, 15th Nov, 6th Dec	Week 2—weeks beginning 13th Sept, 4th Oct, 1st Nov, 22nd Nov, 13th Dec	Week 3—weeks beginning 20th Sept, 11th Oct, 8th Nov, 29th Nov
Monday	Macaroni Cheese Peas & Carrots **** Sticky Date & Apple Bars with Custard	Cheese and Tomato Pizza Diced Potatoes, Vegetable Sticks **** Apple & Berry Crumble with Custard	Cheese & Tomato Pinwheel New Potatoes & salad ***** Chocolate Crispy
Tuesday	Quorn Rainbow Cottage Pie Broccoli & Sweetcorn **** Cheese and Crackers	Mixed Bean & 5 Veg Pasta Sweetcorn & green Beans **** Sultana and Oat Cookie	Quorn Dippers, Potato Wedges with Tomato Ketchup Green Beans & Sweetcorn **** Cheese & Crackers
Wednesday	Vegetable Cous Cous Roast Roast Potatoes Carrot & Pea Medley ***** Fruit Muffin	Vegetable & Lentil Sausage, Mash, Gravy, Broccoli, swede and Yorkshire Puddings **** Yoghurt or Fresh Fruit	Falafel Burger, Mash, Gravy Broccoli & carrots **** Fruit Roly Poly & Custard
Thursday	Vegetable and Bean Burger in a Bun, Chips & Salad **** Yoghurt or Fresh Fruit	Crunchy Topped Cauliflower & Broccoli Cheese, Salad Garlic Bread Chickpea Salad ****	Vegetable and Lentil Curry, Rice Green Beans & Cauliflower **** Yoghurt or Fresh Fruit
Friday	Cheese & Onion Quiche Jacket Potato Peas or Baked Beans **** Chocolate Banana Sponge & Chocolate Sauce	Veggie, Chickpea Fajita Chips, Carrots, Peas Tomato Ketchup **** Yoghurt or Fresh Fruit	Roast Vegetables and Chickpea Parcel, Chips, Pease & Sweetcorn **** Iced Swiss Bun

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 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

