

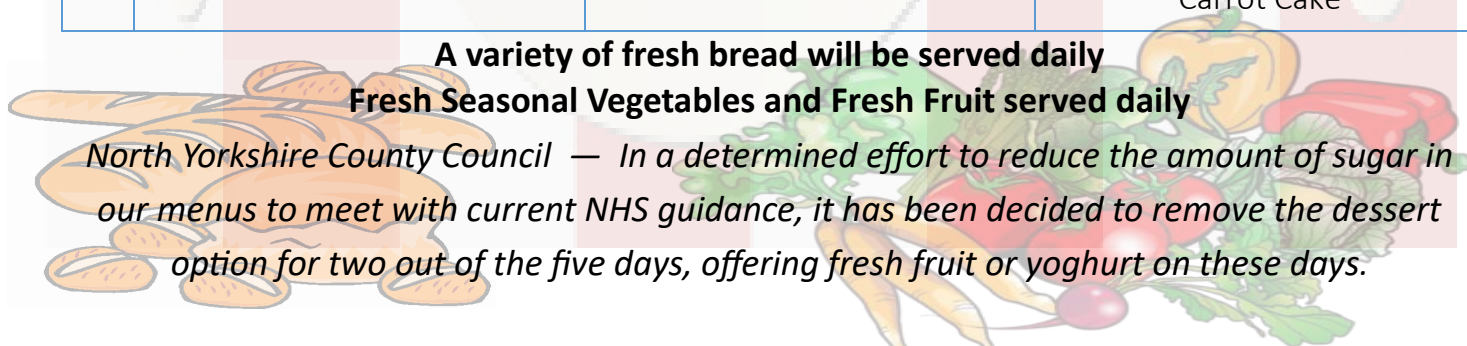
Pickering Community Infant & Nursery School

Spring Term 2022 Menu commencing Wednesday 5th January 2022

	Week 1 - weeks beginning Wed 5th Jan, 24th Jan, 14th Feb, 14th Mar, 4th April	Week 2—weeks beginning 10th Jan, 31st Jan , 28th Feb, 21st Mar	Week 3—weeks beginning 17th Jan, 7th Feb, 7th Mar , 28th Mar
Monday	Cheese and Tomato Pizza Potato Wedges Peas & Sweetcorn **** Chocolate Crunch	Macaroni Cheese Peas & Sweetcorn **** Oat & Sultana Cookie	Cheese & Tomato Pinwheel New Potatoes Crunchy Vegetable Sticks ***** Yoghurt or Fresh Fruit
Tuesday	Chicken Korma 50/50 Rice Carrots & Green Beans **** Cheese & Crackers	Chicken & Vegetable Pie Baby Potatoes Medley of Vegetables **** Rice Pudding & Peaches	Roast Chicken, Stuffing, Roast Potatoes, Gravy Cabbage & Carrots **** Banana& Custard
Wednesday	Savoury Minced Beef, Yorkshire Pudding, Roast Potatoes & Medley of Veg ***** Yoghurt or Fresh Fruit	Quorn Dippers, Potato Wedges Peas & Sweetcorn Tomato Ketchup **** Chocolate Orange Sponge & Chocolate Sauce	Cheese & Vegetable Pasta Bake, Broccoli, Sweetcorn & Garlic Bread **** Fruit Salad
Thursday	Sausage, Mashed Potatoes, Roast Parsnips, Gravy Broccoli **** Apple Flapjack	Roast Pork , Mashed Potatoes, Apple Sauce Gravy, Broccoli & Carrots **** Yoghurt or Fresh Fruit	Nacho Beef Bake, 50/50 Rice Vegetable Medley **** Yoghurt or Fresh Fruit
Friday	Fish Fingers with Chipped Potatoes, Baked Beans or Peas **** Fruity Jam Sponge	Crunchy Breaded Fish, Chips Green Beans & Carrots **** Yoghurt or Fresh Fruit	Battered Fish Chips, Peas & Sweetcorn Tomato Ketchup **** Carrot Cake

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

Spring Term 2022



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 2022 Menu commencing Wednesday 5th January 2022

	Week 1 - weeks beginning Wed 5th Jan, 24th Jan, 14th Feb, 14th Mar, 4th April	Week 2—weeks beginning 10th Jan, 31st Jan, 28th Feb, 21st Mar	Week 3—weeks beginning 17th Jan, 7th Feb, 7th Mar, 28th Mar
Monday	Cheese and Tomato Pizza Potato Wedges Peas & Sweetcorn **** Chocolate Crunch	Macaroni Cheese Peas & Sweetcorn **** Oat & Sultana Cookie	Cheese & Tomato Pinwheel New Potatoes Crunchy Vegetable Sticks ***** Yoghurt or Fresh Fruit
Tuesday	Vegetable & Lentil Korma 50/50 Rice Carrots & Green Beans **** Cheese & Crackers	Vegetable, Lentil & Cous Cous Pie Baby Potatoes Medley of Vegetables **** Rice Pudding & Peaches	Vegetable & Cheese Frittata, Roast Potatoes Cabbage & Carrots **** Banana & Custard
Wednesday	Quorn in Gravy, Yorkshire Pudding, Roast Potatoes & Medley of Veg ***** Yoghurt or Fresh Fruit	Quorn Dippers, Potato Wedges Peas & Sweetcorn Tomato Ketchup **** Chocolate Orange Sponge & Chocolate Sauce	Cheese & Vegetable Pasta Bake, Broccoli, Sweetcorn & Garlic Bread **** Fruit Salad
Thursday	Vegetarian Sausage, Mashed Potatoes, Roast Parsnips, Gravy Broccoli **** Apple Flapjack	Vegetable & Chick Pea Roast, Mashed Potatoes, Gravy, Broccoli & Carrots ****	Quorn Nacho Bake, 50/50 Rice Vegetable Medley **** Yoghurt or Fresh Fruit
Friday	Vegetable & Chick Pea Burger with Chipped Potatoes, Baked Beans or Peas **** Fruity Jam Sponge	Mixed Bean, Cheese & Leek Roll, Chips Green Beans & Carrots **** Yoghurt or Fresh Fruit	Cheese Omelette Chips, Peas & Sweetcorn Tomato Ketchup **** Carrot Cake

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

Spring Term 2022



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

