

# Pickering Community Infant & Nursery School

## Summer Term Menu commencing Tuesday 26th April 2022

	Week 1 - weeks beginning Tues 26th Apr, 16th May, 13th June, 4th July	Week 2 — weeks beginning 2nd May, 23rd May, 20th June, 11th July	Week 3 — weeks beginning 9th May, 6th June, 27th June, 18th July
Monday	<p>Cheese &amp; Tomato Pinwheel Carrots &amp; Broccoli Half a Jacket Potato Crusty Bread ~~~~~</p> <p>Orange Shortbread or Fresh Fruit</p>	<p>Margherita Pizza Homemade Potato Wedges Peas &amp; Sweetcorn ~~~~~</p> <p>Chocolate &amp; Vanilla Cookie with Orange Slice or Fresh Fruit</p>	<p>Macaroni Cheese Medley of Summer Vegetables Seeded Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>
Tuesday	<p>Chicken Wrap Summer Veg Sticks Fiesta Rice ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Pasta Bolognise Green Beans &amp; Sweetcorn Garlic Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Beef Burger in a Bun Chipped Potatoes Grated Carrot &amp; Sweetcorn ~~~~~</p> <p>Cheese &amp; Crackers or Fresh Fruit</p>
Wednesday	<p>Savoury Minced Beef &amp; Vegetable Pie Creamed Mashed Potato Gravy Medley of Summer Veg Sliced Wholemeal Bread ~~~~~</p> <p>Cheese &amp; Crackers or Fresh Fruit</p>	<p>Roast Pork &amp; Apple Sauce Gravy Baby New Potatoes Broccoli &amp; Carrots Homemade 50/50 Bread ~~~~~</p> <p>Raspberry &amp; Apple Doughnut Muffin or Fresh Fruit</p>	<p>Roast Chicken with Sage &amp; Onion Stuffing &amp; Gravy Roast Potato Carrots &amp; Summer Cabbage Sliced Wholemeal Bread ~~~~~</p> <p>Custard Cookie with Apple Wedge or Fresh Fruit</p>
Thursday	<p>Sausage in a Homemade Bun with Tomato Ketchup Diced Potatoes Mixed Summer Salad Coleslaw ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Quorn Korma &amp; Rice Peas &amp; Cauliflower Naan Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Homemade Pork Sausage Roll Baked Baby Potatoes Baked Beans Sunflower Seed Bread ~~~~~</p> <p>Summer Berry Crumble &amp; Custard or Fresh Fruit</p>
Friday	<p>Harry Ramsden's Battered Fish Chips, Baked Beans Peas Tomato Bread ~~~~~</p> <p>Fresh Summer Fruit Platter</p>	<p>Fish Fingers &amp; Chips Mixed Summer Salad Grated Carrot Herbie Bread ~~~~~</p> <p>Iced Lemon &amp; Sultana Finger or Fresh Fruit</p>	<p>Crunchy Fish Bites (Salmon) Homemade Potato Wedges Broccoli &amp; Carrots Tomato Ketchup Crusty Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>

A variety of fresh bread will be served daily, Fresh Seasonal Vegetables served daily

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## Summer 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



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## Summer Term Vegetarian Menu commencing Tuesday 26th April 2022

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Monday	<p>Cheese &amp; Tomato Pinwheel Carrots &amp; Peas Half a Jacket Potato Crusty Bread ~~~~~</p> <p>Orange Shortbread or Fresh Fruit</p>	<p>Margherita Pizza Homemade Potato Wedges Peas &amp; Sweetcorn ~~~~~</p> <p>Chocolate &amp; Vanilla Cookie with Orange Slice or Fresh Fruit</p>	<p>Macaroni Cheese Medley of Summer Vegeta- bles Seeded Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>
Tuesday	<p>Vegetable &amp; Chick Pea Wrap Summer Veg Sticks Fiesta Rice ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Roast Vegetable &amp; Bean Pasta Bake Cous Cous Green Beans &amp; Sweetcorn Garlic Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Bean Burger in a Bun Chipped Potatoes Grated Carrot &amp; Sweetcorn ~~~~~</p> <p>Cheese &amp; Crackers or Fresh Fruit</p>
Wednesday	<p>Quorn &amp; Lentil Pie Creamed Mashed Potato Gravy Medley of Summer Veg Sliced Wholemeal Bread ~~~~~</p> <p>Cheese &amp; Crackers or Fresh Fruit</p>	<p>Quorn &amp; Lentils with Apple Sauce Gravy Baby New Potatoes Broccoli &amp; Carrots Homemade 50/50 Bread ~~~~~</p> <p>Raspberry &amp; Apple Doughnut Muffin or Fresh Fruit</p>	<p>Cheese Stuffed Courgettes with Sage &amp; Onion Stuffing, Gravy Roast Potato Carrots &amp; Summer Cabbage Sliced Wholemeal Bread ~~~~~</p> <p>Custard Cookie with Apple Wedge or Fresh Fruit</p>
Thursday	<p>Vegetarian Sausage in a Home- made Bun with Tomato Ketchup Diced Potatoes Mixed Bean Summer Salad Coleslaw ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Quorn Korma &amp; Rice Peas &amp; Cauliflower Naan Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>	<p>Homemade Vegetable &amp; Chick Pea Roll Baked Baby Potatoes Baked Beans Sunflower Seed Bread ~~~~~</p> <p>Summer Berry Crumble &amp; Custard or Fresh Fruit</p>
Friday	<p>Cheese, Spinach &amp; Chick Pea- Bake, Chips, Baked Beans Peas Tomato Bread ~~~~~</p> <p>Fresh Summer Fruit Platter</p>	<p>Cheese &amp; Onion Pasty, Chips Mixed Summer Salad Grated Carrot Herbie Bread ~~~~~</p> <p>Iced Lemon &amp; Sultana Finger or Fresh Fruit</p>	<p>Quorn Dippers Homemade Potato Wedges Broccoli &amp; Carrots Tomato Ketchup Crusty Bread ~~~~~</p> <p>Fresh Fruit or Fruit Yoghurt</p>

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