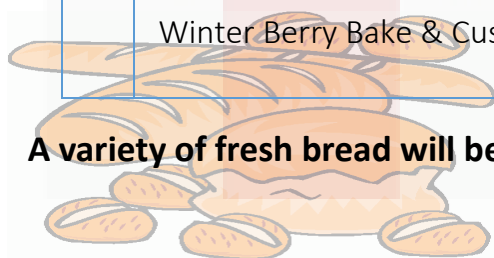


# Pickering Community Infant & Nursery School

## Autumn Term 2022 Menu commencing Tuesday 6th September 2022

	Week 1 - weeks beginning Tues 6th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec	Week 2—weeks beginning 12th Sept, 3rd Oct, 31st Oct, 22nd Nov, 12th Dec	Week 3—weeks beginning 19th Sept, 10th Oct, 7th Nov, 28th Nov
Monday	Creamy Macaroni Cheese Broccoli & Sweetcorn Homemade Garlic Bread **** Yoghurt or Fresh Fruit	Cheese and Tomato Pasta with Seeded Bread Baked Potato Wedges Grated Carrot & Cucumber Sticks **** Oatie Cookie	Cheese & Onion Roll Baked Potato Wedges Grated Carrot & Cucumber Sticks Herby Bread ***** Fruit Jam Sandwich & Custard
Tuesday	Chicken Burger in a Bun Diced Potatoes Winter Slaw & Mixed Salad **** Apple Crumble and Custard	Tortilla Boats Vegetable Rice Carrots & Broccoli **** Yoghurt or Fresh Fruit	Mid Week Brunch Homemade 50/50 Bread **** Rice Pudding and Peaches
Wednesday	Roast Gammon Gravy, Baby Baked Potatoes Carrots & Savoy Cabbage Crusty Bread ***** Fruity Flapjack	Roast Pork Loin with Apple Sauce Gravy, Creamy Mashed Potato Roasted Parsnips & Green Beans Homemade Wholemeal Bread **** Fruit Muffin	Roast Chicken & Yorkshire Pudding & Gravy Creamy Mashed Potatoes, Autumnal Medley of Seasonal Vegetables Sliced Wholemeal Bread **** Yoghurt or Fresh Fruit
Thursday	Chicken Korma & Rice Peas and Sweetcorn Naan Bread **** Yoghurt or Fresh Fruit	Meatballs & Pasta Bake Green Beans & Cauliflower Homemade Garlic Bread **** Cheese and Crackers	Spaghetti Bolognese Peas & Sweetcorn Homemade Garlic Bread **** Yoghurt or Fresh Fruit
Friday	Fish Fingers with Ketchup Chips, Veggie Sticks Homemade Garlic Bread **** Winter Berry Bake & Custard	Harry Ramsden's Battered Fish with Ketchup Chips, Peas & Sweetcorn Homemade 50/50 Bread **** Chocolate Orange Sponge &	Salmon Bites Chips Winter Slaw **** Lemon Shortcake

A variety of fresh bread will be served daily—Fresh Seasonal Vegetables and Fresh Fruit served daily



# Pickering Infant School

## Autumn 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

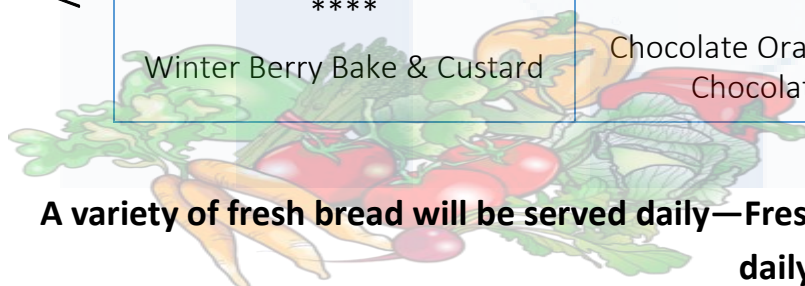


# Pickering Community Infant & Nursery School

## Autumn Term 2022 Vegetarian Menu commencing Tuesday 6th September 2022

	Week 1 - weeks beginning Tues 6th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec	Week 2—weeks beginning 12th Sept, 3rd Oct, 31st Oct, 22st Nov, 12th Dec	Week 3—weeks beginning 19th Sept, 10th Oct, 7th Nov, 28th Nov
Monday	<p>Creamy Macaroni Cheese Broccoli &amp; Sweetcorn Homemade Garlic Bread **** Yoghurt or Fresh Fruit</p>	<p>Cheese and Tomato Pasta with Seeded Bread Baked Potato Wedges Grated Carrot &amp; Cucumber Sticks **** Oatie Cookie</p>	<p>Cheese &amp; Onion Roll Baked Potato Wedges Grated Carrot &amp; Cucumber Sticks Herby Bread *****</p>
Tuesday	<p>Veggie Burger in a Bun Diced Potatoes Winter Slaw &amp; Cous Cous Salad **** Apple Crumble and Custard</p>	<p>Sweet Potato and Vegetable Tortilla Boats Vegetable Rice Carrots &amp; Broccoli **** Yoghurt or Fresh Fruit</p>	<p>Veggie Mid Week Brunch Homemade 50/50 Bread **** Rice Pudding and Peaches</p>
Wednesday	<p>Vegetarian Sausages Gravy, Baby Baked Potatoes Carrots &amp; Savoy Cabbage Crusty Bread ***** Fruity Flapjack</p>	<p>Vegetarian Sausages Gravy, Creamy Mashed Potato Roasted Parsnips &amp; Green Beans Homemade Wholemeal Bread **** Fruit Muffin</p>	<p>Veggie Bites &amp; Yorkshire Pudding &amp; Gravy Creamy Mashed Potatoes, Autumnal Medley of Seasonal Vegetables (Peas &amp; Broccoli) Sliced Wholemeal Bread **** Yoghurt or Fresh Fruit</p>
Thursday	<p>Roasted Veg &amp; Chick Pea Korma &amp; Rice Peas and Sweetcorn Naan Bread ****</p>	<p>Quorn Meatballs &amp; Pasta Bake Green Beans &amp; Cauliflower Homemade Garlic Bread **** Cheese and Crackers</p>	<p>Vegetable and Lentil Bolognese Peas &amp; Sweetcorn Homemade Garlic Bread **** Yoghurt or Fresh Fruit</p>
Friday	<p>Vegetable Frittata Chips, Veggie Sticks Homemade Garlic Bread **** Winter Berry Bake &amp; Custard</p>	<p>Vegetable Sausage Roll Chips, Peas &amp; Sweetcorn Homemade 50/50 Bread **** Chocolate Orange Sponge &amp; Chocolate Sauce</p>	<p>Cheese and Tomato Pizza Chips Winter Slaw **** Lemon Shortcake</p>

**A variety of fresh bread will be served daily—Fresh Seasonal Vegetables and Fresh Fruit served daily**



# 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)

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