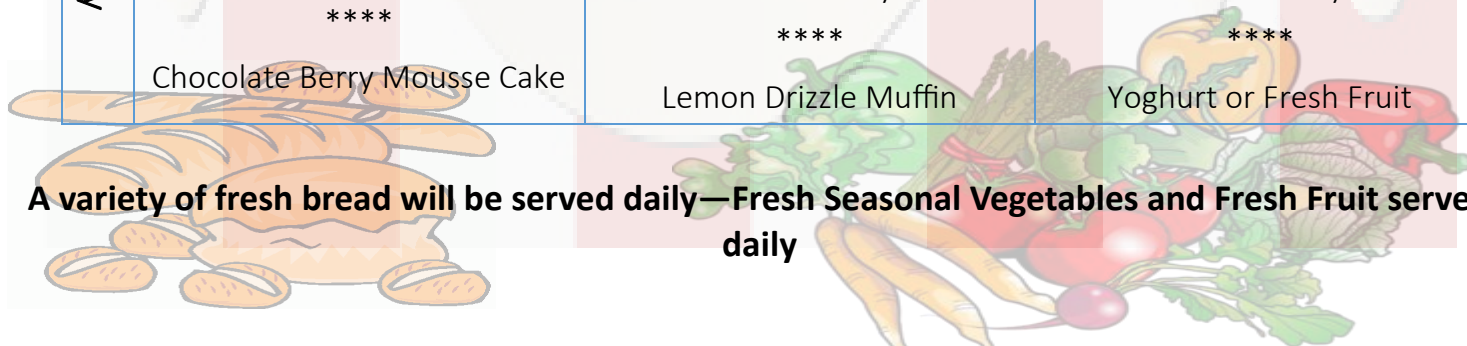


Pickering Community Infant & Nursery School

Spring Term 2023 Menu commencing Wednesday 4th January 2023

	Week 1 - weeks beginning Wed 4th Jan, 23rd Jan, 20th Feb, 13th Mar,	Week 2—weeks beginning 9th Jan, 30th Jan, 27th Feb, 20th Mar	Week 3—weeks beginning 16th Jan, 6th Feb, 27th Mar
Monday	Pasta Parcels in a Homemade Tomato Sauce Cauliflower & Green Beans Homemade Garlic Bread **** Yoghurt or Fresh Fruit	Cheese and Tomato Pizza with Crusty Bread Diced Potatoes Peas and Sweetcorn **** Yoghurt or Fresh Fruit	Farmhouse Mac & Cheese With Garlic Bread Broccoli & Carrots ***** Jam Roly Poly & Custard
Tuesday	Chicken Bites Baked Baby Potatoes Peas & Sweetcorn Herby Bread **** Orange Shortbread	Pasta Bolognese Cauliflower & Green Beans Homemade Garlic Bread **** Chocolate Orange Sponge & Chocolate Sauce	Cheese Burger Baked Potato Wedges Spring Coleslaw with Cucumber Sticks **** Banana Brownie
Wednesday	Roast Turkey & Stuffing Roast Potatoes Medley of Seasonal Vegetables Homemade 50/50 Bread ***** Arctic Roll & Fruit	Sausages & Yorkshire Pudding & Gravy Creamy Mashed Potatoes, Medley of Seasonal Vegetables Sliced Wholemeal Bread **** Cheese and Crackers	Mince Beef & Dumplings with Baked Baby Potatoes Medley of Seasonal Vegetables Sliced Wholemeal Bread **** Yoghurt or Fresh Fruit
Thursday	Chilli Con Carne & Naan Bread 50/50 Rice Broccoli & Carrots **** Cheese and Crackers	Chicken Wrap Vegetable Rice Broccoli & Carrots **** Yoghurt or Fresh Fruit	Chicken Korma & Rice Cauliflower & Green Beans Naan Bread **** Oatie Biscuit & Cheese
Friday	Fishwich (Salmon) Chips Crunchy Vegetable Sticks **** Chocolate Berry Mousse Cake	Fish Fingers Chips Peas & Baked Beans Homemade Crusty Bread **** Lemon Drizzle Muffin	Harry Ramsdens Battered Fish Chips Peas and Sweetcorn Homemade Crusty Bread **** Yoghurt or Fresh Fruit

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



Pickering Infant School

Spring Term 2023



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

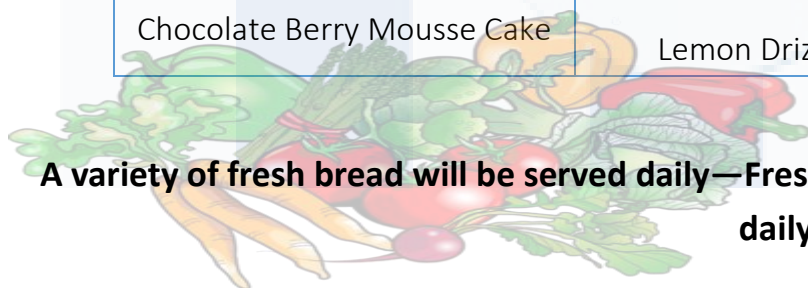


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Tuesday	Cheese and Onion Whirl Baked Baby Potatoes Peas & Sweetcorn Herby Bread **** Orange Shortbread	Cheesy Leek Croquette Cauliflower & Green Beans Homemade Garlic Bread **** Chocolate Orange Sponge & Chocolate Sauce	Veggie Dog Baked Potato Wedges Spring Coleslaw with Cucumber Sticks **** Banana Brownie
Wednesday	Sweet Potato & Spring Vegetable Bake Roast Potatoes Medley of Seasonal Vegetables Homemade 50/50 Bread ***** Arctic Roll & Fruit	Vegetarian Sausages & Yorkshire Pudding & Gravy Creamy Mashed Potatoes, Medley of Seasonal Vegetables Sliced Wholemeal Bread **** Cheese and Crackers	Vegetable Cottage Pie Medley of Seasonal Vegetables Sliced Wholemeal Bread **** Yoghurt or Fresh Fruit
Thursday	Cheesy Bean Enchilada Naan Bread 50/50 Rice Broccoli & Carrots **** Cheese and Crackers	Sweet Potato & Spring Vegetable Curry with Homemade 50/50 Bread Vegetable Rice Broccoli & Carrots **** Yoghurt or Fresh Fruit	Vegetable Lasagne Cauliflower & Green Beans Naan Bread **** Oatie Biscuit & Cheese
Friday	Veggie Burger Chips Crunchy Vegetable Sticks **** Chocolate Berry Mousse Cake	(Quorn) Chilli Wrap Chips Peas & Baked Beans Homemade Crusty Bread **** Lemon Drizzle Muffin	Cheese and Tomato Pizza Chips Peas and Sweetcorn Homemade Crusty Bread **** Yoghurt or Fresh Fruit

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



Pickering Infant School

Spring Term 2023



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