

Pickering Community Infant & Nursery School

Summer Term 2023 Menu commencing Tuesday 18th April 2023

	Week 1 - weeks beginning Tues 18th April, 8th May, 5th Jun, 26th Jun, 17th July	Week 2—weeks beginning 24th Apr, 15th May, 12th Jun, 3rd July,	Week 3—weeks beginning 1st May, 22nd May, 19th Jun, 10th July
Monday	<p>Creamy Cheese & Tomato Pasta</p> <p>Medley of Summer Vegetables</p> <p>Homemade Garlic Flatbread ****</p> <p>Raspberry & Apple Doughnut Muffin, Yoghurt or Fresh Fruit</p>	<p>Quorn Nuggets with Ketchup</p> <p>Potato Wedges</p> <p>Sweetcorn & Peas</p> <p>Homemade 50/50 Bread ****</p> <p>Berry Sponge</p> <p>Yoghurt or Fresh Fruit</p>	<p>Pizza</p> <p>Potato Wedges</p> <p>Summer Coleslaw & Peas *****</p> <p>Yoghurt or Fresh Fruit</p>
Tuesday	<p>Hot Dog & Ketchup</p> <p>Diced Potatoes</p> <p>Cucumber Sticks & Grated Carrot ****</p> <p>Yoghurt or Fresh Fruit</p>	<p>BBQ Chicken Wrap with Rainbow Rice</p> <p>Veggie Sticks ****</p> <p>Oat Biscuit & Cheese</p> <p>Yoghurt or Fresh Fruit</p>	<p>Beef Enchiladas with 50/50 Rice</p> <p>Broccoli & Sweetcorn ****</p> <p>Cheese and Biscuits</p> <p>Yoghurt or Fresh Fruit</p>
Wednesday	<p>Cottage Pie</p> <p>Broccoli & Carrots</p> <p>Crusty Bread *****</p> <p>Cheese and Crackers</p> <p>Yoghurt or Fresh Fruit</p>	<p>Roast Gammon & Gravy</p> <p>Baby New Potatoes</p> <p>Medley of Summer Vegetables</p> <p>Sliced Wholemeal Bread ****</p> <p>Yoghurt or Fresh Fruit</p>	<p>Roast Chicken & Yorkshire Pudding</p> <p>Mashed Potato & Gravy</p> <p>Summer Cabbage & Carrots</p> <p>Homemade 50/50 Bread ****</p> <p>Yoghurt or Fresh Fruit</p>
Thursday	<p>Chicken Korma</p> <p>50/50 Rice</p> <p>Cauliflower & Green Beans</p> <p>Naan Bread ****</p> <p>Yoghurt or Fresh Fruit</p>	<p>Spaghetti Bolognese</p> <p>Homemade Garlic Bread</p> <p>Carrots & Peas ****</p> <p>Chocolate & Vanilla Swirl Muffin</p> <p>Yoghurt or Fresh Fruit</p>	<p>Meatballs (Pork) & Pasta</p> <p>Green Beans & Cauliflower</p> <p>Pitta Bread ****</p> <p>Cornflake Crispie</p> <p>Yoghurt or Fresh Fruit</p>
Friday	<p>Fish Fingers</p> <p>Chips</p> <p>Baked Beans & Peas</p> <p>Homemade Wholemeal Bread ****</p> <p>Fruity Flapjack</p> <p>Yoghurt or Fresh Fruit</p>	<p>Crispy Fish Nuggets (Salmon) & Chips</p> <p>Mixed Summer Salad</p> <p>Homemade Sunflower Seed Bread ****</p> <p>Yoghurt or Fresh Fruit</p>	<p>Battered Fish & Chips</p> <p>Ketchup</p> <p>Peas & Sweetcorn</p> <p>Sliced Wholemeal Bread ****</p> <p>Custard Cookie with Apple</p> <p>Yoghurt or Fresh Fruit</p>

Pickering Infant School Summer 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

Fresh Seasonal Vegetables will be served daily, these may vary from the menu 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.

From time to time it may be necessary to amend the menu slightly due to unforeseen circumstances such as supply issues

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:

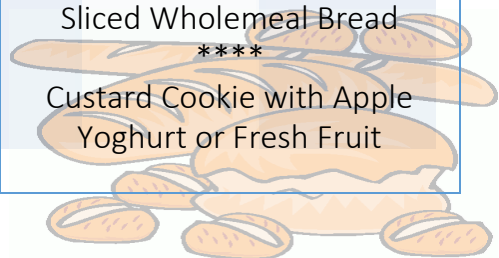
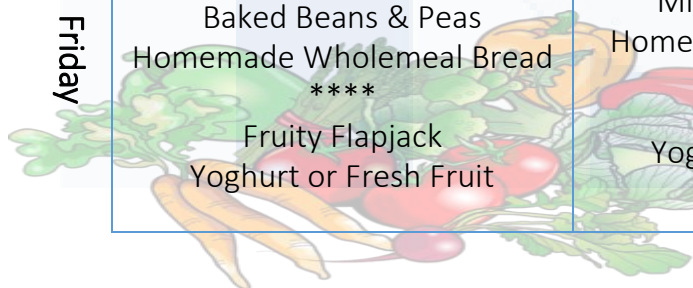
- At least 75% of the dishes on the menu are freshly prepared from unprocessed ingredients
- All meat and poultry is from farms which meet UK welfare standards
- We do not serve fish from the Marine Conservation Society "fish to avoid" list
- We only use free range eggs
- No undesirable additives and 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 2023 Vegetarian Menu commencing Tuesday 18th April 2023

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Monday	Vegetable Korma & Rice Medley of Summer Vegetables Homemade Garlic Flatbread **** Raspberry & Apple Doughnut Muffin, Yoghurt or Fresh Fruit	Cheesy Bean Parcel Potato Wedges Sweetcorn & Peas Homemade 50/50 Bread **** Berry Sponge Yoghurt or Fresh Fruit	Greek Pitta Pocket Potato Wedges Summer Coleslaw & Peas ***** Yoghurt or Fresh Fruit
Tuesday	Veggie Bite Sub & Ketchup Diced Potatoes Cucumber Sticks & Grated Carrot **** Yoghurt or Fresh Fruit	Veggie Bolognese & Pasta Veggie Sticks **** Oat Biscuit & Cheese Yoghurt or Fresh Fruit	Summer Vegetable Spaghetti with Crusty Bread Broccoli & Sweetcorn **** Cheese and Biscuits Yoghurt or Fresh Fruit
Wednesday	Cheesy Potato Bake Broccoli & Carrots Crusty Bread ***** Cheese and Crackers Yoghurt or Fresh Fruit	Veggie Sausage & Gravy Baby New Potatoes Medley of Summer Vegetables Sliced Wholemeal Bread **** Yoghurt or Fresh Fruit	Country Veggie Bake Mashed Potato & Gravy Summer Cabbage & Carrots Homemade 50/50 Bread **** Yoghurt or Fresh Fruit
Thursday	Quorn Sweet and Sour 50/50 Rice Cauliflower & Green Beans Naan Bread **** Yoghurt or Fresh Fruit	Sweet Potato Curry & 50/50 Rice Homemade Garlic Bread Carrots & Peas **** Chocolate & Vanilla Swirl Muffin Yoghurt or Fresh Fruit	Vegetable Risotto Green Beans & Cauliflower Pitta Bread **** Cornflake Crispie Yoghurt or Fresh Fruit
Friday	Veggie (No sausage) Roll Chips Baked Beans & Peas Homemade Wholemeal Bread **** Fruity Flapjack Yoghurt or Fresh Fruit	Crunchy Topped Mac & Cheese Mixed Summer Salad Homemade Sunflower Seed Bread **** Yoghurt or Fresh Fruit	Loaded Potato Skins Ketchup Peas & Sweetcorn Sliced Wholemeal Bread **** Custard Cookie with Apple Yoghurt or Fresh Fruit



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