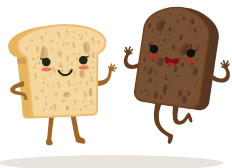


Bread served with every meal



If your child has an allergy or special dietary requirements, please inform the school and our catering team so we can discuss their needs.



Please note, we are unable to guarantee a completely food allergen free environment as foods containing allergens are used in our kitchens.



All main meals are served with vegetables or salad.
Our menus comply with Government School Food Standards.

	WEEK 1	WEEK 2	WEEK 3
	Served w/c 6th & 27th Sept, 18th Oct, 15th Nov, 1st Dec	Served w/c 13th Sept, 2nd Oct, 1st & 22nd Nov, 13th Dec	Served w/c 20th Sept, 11th Oct, 8th & 29th Nov
Monday	Beefburger in a Bun ✓ Vegetable Sausage in a Bun Chipped Potatoes Peas & Carrots Sticky Date & Apple Bars with Custard Fresh Fruit or Fruit Yoghurt	 Connie's Chicken Quesadilla & Rice ✓ 5 Veggie Pasta Sweetcorn & Green Beans Sultana & Oat Cookie Fresh Fruit or Fruit Yoghurt	Minced Beef & Dumpling ✓ Bean & Veggie Tortilla Boats ½ Jacket Potato Mixed Vegetables Chocolate Crispy Fresh Fruit or Yoghurt
Tuesday	✓  Rainbow Cottage Pie ✓ Macaroni Cheese Green Beans & Sweetcorn Cheese & Crackers Fresh Fruit or Fruit Yoghurt	Pasta Bolognaise ✓ Crunchy Topped Cauliflower & Broccoli Cheese Mixed Greens & Carrots Cheese & Crackers Fresh Fruit or Fruit Yoghurt	✓  Dippers & Potato Wedges with Tomato Ketchup ✓ Cheese & Tomato Pasta Green Beans & Sweetcorn Cheese & Crackers Fresh Fruit or Yoghurt
Wednesday	Roast Chicken with Sage & Onion Stuffing and Gravy ✓ Vegetable Roast with Sage & Onion Stuffing and Gravy Roast Potatoes Medley of Vegetables Fruit Muffin Fresh Fruit or Yoghurt	Sausage Toad in the Hole with Onion Gravy ✓ Vegetable Casserole & Dumplings Creamy Mashed Potatoes Broccoli & Swede Fruit Mousse Fresh Fruit or Yoghurt	Roast Loin of Pork with Apple Sauce ✓ Falafel Burger Creamy Mashed Potatoes and Gravy Broccoli & Carrots Forest Fruit Roly Poly & Custard Fresh Fruit or Yoghurt
Thursday	Mexican Tortilla Boats ✓ Vegetable Curry Savoury Rice Carrots & Broccoli Fresh Fruit or Fruit Yoghurt	✓ Cheese & Tomato Pizza ✓ Veggie Fajita Diced Potatoes Crunchy Veg Sticks Apple & Berry Crumble & Custard Fresh Fruit or Fruit Yoghurt	Chicken Korma & Rice ✓ Cheese, Leek & Potato Bake Green Beans & Cauliflower Fresh Fruit or Fruit Yoghurt
Friday	Fishcake ✓ Cheese & Onion Quiche ½ Jacket Potato Baked Beans & Peas Chocolate Banana Sponge & Chocolate Sauce Fresh Fruit or Fruit Yoghurt	Fish Fingers ✓ Cheesy Pastry Tomato Ketchup Chipped Potatoes Carrots & Peas Fruit Shortcake Fresh Fruit or Fruit Yoghurt	 Harry Ramsdens Battered Fish ✓ Roast Vegetable Parcel Chipped Potatoes Peas & Sweetcorn Iced Swiss Bun Fresh Fruit or Yoghurt



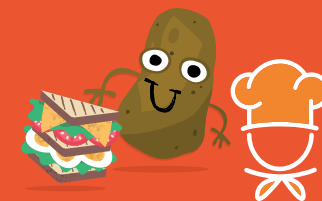
This recognises that:

- Our Menus are designed to make the best use of Seasonal Ingredients
- Our Eggs are always Free Range Eggs
- We serve more of the good stuff - our meals are free from undesirable additives, colouring and sweeteners

Some of our larger schools also like to offer Pasta Pots, Sandwiches and Jacket Potatoes.

Please check with your catering team if these are available, and what the options are each day.

We hope you enjoy your lunch today - if you have any questions about your yummy lunch, please let your Catering Team know.



✓ = Vegetarian

To find out more information about food/menus/recipes please contact our Technical Support Team:
 Email: facilitiesmanagement@northyorks.gov.uk Telephone: (01609) 535324 Website: www.northyorks.gov.uk/schoolmeals
 Very occasionally, due to circumstances beyond our control, it may be necessary to change from the menu.

Upcoming events



Check with your school to see what's on offer this term.



October 2021

Pumpkin Carving Competition

After all of the fantastic entries from the Pumpkin Carving Competition last year; it is back for another year with even more fantastic prizes to be won. Look out in October for this launching!



7th October 2021

National Poetry Day!

Join us for a yummy meal that is sure to make you smile, Plus with all that energy; you'll be able to run a mile!

Bonfire Night

Remember, remember the 5th of November – where NYES Catering served delicious Bonfire Night themed food!

5th November 2021



10th November 2021

Food For Life National Roast Dinner Day

National Roast Dinner Day is a National Campaign run by Food For Life, which highlights the benefits of a Roast Dinner.



November/ December 2021

The Ashes - Cricket

This is an optional event, but we hope that you and your school join us for a sporting event themed lunch!



December 2021

Christmas Lunch

Time to get jolly and celebrate the end of the year with a Christmas themed lunch.

Autumnal Minestrone Soup

Serves 6

Enjoy!



Ingredients

- 1 tblsp Oil
- 1 Medium Onion – finely chopped
- 2 Medium Carrots – peeled & diced
- 3 tblsp Tomato Puree
- 2 Cloves of Garlic – crushed & finely chopped
- 2g Oregano
- 800g Chopped Tomatoes
- 1 litre of Water
- 1 Vegetable Stock Cube
- 400g Cannellini Beans
- 1 Small Leek
- 1 Courgette
- 1 Potato
- ½ Butternut Squash
- 1 Red Pepper – diced
- 100g Peas
- 100g Small Pasta – Orzo, Alphabet or Star
- 60g Spinach – optional

Method

1. Heat the oil in a large pan over a high heat.
2. Add the onion and garlic and cook until translucent.
3. Add the carrot, leek, courgette and pepper, cook for a couple of minutes.
4. Add the chopped tomatoes, water, stock cube and tomato puree. Stir and place a lid on the pan, simmer on a low heat for 20 mins.
5. Add the potato, butternut squash and cannellini beans – simmer for a further 5 minutes.
6. Add the pasta – cook for the time of the pasta on the packet, minus 1 ½ mins.
7. Remove from the stove and stir in the Spinach if using, season, serve into bowls.

Serve with homemade bread like Focaccia, or top with either grated Parmesan or Cheddar Cheese. A great Focaccia recipe can be found here



Stay Hydrated



It is vital we drink enough fluid to keep our body and brain functioning; which allows us to do the things that we enjoy. If you don't get enough fluid, or by doing an activity such as playing outside without

replenishing these lost fluids – you can become dehydrated, which can lead to headaches and dizziness. Some fluids that help you stay hydrated include water, diluted squash, and fruit juice;

just to name a few! The key is to drink regularly throughout the day (at least 6-8 glasses).

Find out more at

[Hydration | NHS inform](#)