

SPRING 2023 MENU

Fresh fruit & yoghurt available 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.

We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



✓ = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Spring Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



	WEEK 1 Served w/c 2nd Jan, 23rd Jan, 20th Feb, 13 Mar	WEEK 2 Served w/c 9th Jan, 30th Jan, 27th Feb, 20th Mar	WEEK 3 Served w/c 16th Jan, 6th Feb, 6th Mar, 27th Mar
Monday	<ul style="list-style-type: none"> ✓ Pasta Parcels in a Homemade Tomato Sauce ✓ Sticky Vegetable Noodles Cauliflower & Green Beans Garlic Bread Tuna Jacket Potato Apple Crumble & Custard 	<ul style="list-style-type: none"> ✓ Pizza ✓ Vegetable Curry Pastry with Crusty Bread Diced Potatoes Peas & Sweetcorn Tuna Sandwich Krispie Cereal Bar 	<ul style="list-style-type: none"> ✓ Farmhouse Mac & Cheese with Garlic Bread ✓ Melting Veggie Slice with 50/50 Rice Broccoli & Carrots Cheese Jacket Potato Jam Roly Poly & Custard
Tuesday	<ul style="list-style-type: none"> Crispy Chicken Bites ✓ Cheese & Onion Whirl Baked Baby Potatoes Peas & Sweetcorn Herby Bread Cheese Sandwich Orange Shortbread 	<ul style="list-style-type: none"> Pasta Bolognese ✓ Cheesy Leek Croquette Cauliflower & Green Beans Garlic Bread Cheese Jacket Potato Chocolate Orange Sponge & Chocolate Sauce 	<ul style="list-style-type: none"> Cheese Burger ✓ Veggie Dog Baked Potato Wedges Spring Coleslaw with Cucumber Sticks Ham Sandwich Banana Brownie
Wednesday	<ul style="list-style-type: none"> Roast Turkey & Stuffing ✓ Sweet Potato & Spring Vegetable Bake Roast Potatoes Medley of Seasonal Vegetables Homemade 50/50 Bread Cheese Jacket Potato Arctic Roll & Fruit 	<ul style="list-style-type: none"> Sausages & Yorkshire Pudding ✓ Veggie Sausages & Yorkshire Pudding Mashed Potato Medley of Seasonal Vegetables Sliced Wholemeal Bread Ham & Cheese Panini Cheese & Crackers 	<ul style="list-style-type: none"> Mince Beef & Dumplings with Baked Baby Potatoes ✓ Vegetable Cottage Pie Medley of Seasonal Vegetables Sliced Wholemeal Bread Cheese Panini Marbled Sponge & Custard
Thursday	<ul style="list-style-type: none"> Chilli Con Carne & Naan Bread ✓ Cheesy Bean Enchilada 50/50 Rice Broccoli & Carrots Cheese & Tomato Panini Cheese & Crackers 	<ul style="list-style-type: none"> Chicken Wrap ✓ Sweet Potato & Spring Vegetable Curry with Homemade 50/50 Bread Vegetable Rice Broccoli & Carrots Bean Jacket Potato Apple Flapjack 	<ul style="list-style-type: none"> Chicken Korma & Rice ✓ Vegetable Lasagne Cauliflower & Green Beans Naan Bread Tuna Sandwich Oatie Biscuit & Cheese
Friday	<ul style="list-style-type: none"> Fishwich ✓ Veggie Burger Chips Crunchy Vegetable Sticks Baked Bean Jacket Potato Chocolate Berry Mousse Cake 	<ul style="list-style-type: none"> Fish Fingers ✓ Chilli Wrap Chips Baked Beans & Peas Crusty Bread Cheese Jacket Potato Lemon Drizzle Muffin 	<ul style="list-style-type: none"> Battered Fish ✓ Cheese & Tomato Quiche Chips Peas & Sweetcorn Crusty Bread Baked Bean Jacket Potato Lemon & Sultana Iced Finger



Upcoming events



We hope that your children join in with the fun. Please check with your school for further information.



19th January 2023

Destination: Food

The Catering Team have taken their food inspiration from China, to tie in with the Chinese New Year festivities. Will your child join us for a tasty and fun-themed meal?



2nd March 2023

World Book Day

A day to celebrate reading! Why not add an extra element of fun into your child's day by enjoying a tasty, themed meal with us.



March 2023

Easter Lunch

Have your child join us for an Easter celebration lunch; the perfect way to put a spring in their step before the holidays!

Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for your children too. They will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if your child has any dietary requirements.

We are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in this kitchen.



For more information about food items, menus, or recipes, please speak to your on-site catering team, or contact our Technical Support Team:

E: facilitiesmanagement@northyorks.gov.uk

T: (01609) 535324

W: www.northyorks.gov.uk/schoolmeals



Easter Iced Biscuits Recipe

Ingredients:

- 110g Margarine
- 110g Granulated Sugar
- 1 Egg
- 120g Plain Flour
- 100g Wholemeal Flour
- 1/4 tsp Baking Powder

For Icing:

- 120g Icing Sugar
- Water (As Required)

**Recipe makes
12 biscuits*

Method:

Pre-heat oven to 160C

1. Cream the margarine and sugar.
2. Beat in the eggs.
3. Fold in both flours, then add baking powder and fold in.
4. Roll out and cut into shapes.
5. Bake in oven for 10 - 15 minutes until firm and golden.
6. Allow to cool. Whilst biscuits are cooling, make up icing and then decorate biscuits as required.



How will you decorate yours?

Vitamin A

Vitamin A is well known for helping with your vision, and is an important vitamin to maintain a healthy diet. It also helps keep skin happy and healthy, and our immune system work properly.

Vitamin A is found in lots of different foods including vegetables, dairy products and fruit.

Find out more information here:

www.nhs.uk/conditions/vitamins-and-minerals/vitamin-a/

