



This menu is compliant with Government School Food Standards



Deli Bar

Larger schools offer a range of deli style options all available with a range of scrummy fillings:

- Jacket potatoes • Sandwiches • Salads



Allergies & Special Dietary Requirements

If your child has an allergy or special dietary requirements please inform the school and our catering team will happily 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.

WEEK ONE

Served w/c 7th & 28th Sep,
19th Oct, 16th Nov, 7th Dec

WEEK TWO

Served w/c 14th Sep, 5th Oct,
2nd & 23rd Nov, 14th Dec

WEEK THREE

Served w/c 21st Sep, 12th Oct,
9th & 30th Nov, 21st Dec

Monday

YOU CHOOSE
Sausage in a Homemade Bun with Tomato Ketchup
Diced Potatoes
Peas & Coleslaw

DESSERT OF THE DAY
Pineapple Upside Down Pudding & Custard
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
🌱 Cheese & Tomato Pizza
Diced Potatoes
Fruity Coleslaw & Mixed Salad
50/50 Bread

DESSERT OF THE DAY
Fruit Crumble & Custard
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Beefburger in a Homemade Bun with Chipped Potatoes
Green Beans & Sweetcorn
Pumpkin Seed Bread

DESSERT OF THE DAY
Lemon & Lime Drizzle Cake
Fruit Yoghurt & Fresh Fruit

Tuesday

YOU CHOOSE
Pasta Bolognese
Green Salad & Grated Carrot
Garlic Bread

DESSERT OF THE DAY
Chocolate Orange Muffin
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Chicken & Veg Pie & Gravy
New Potatoes
Peas & Sweetcorn
Sliced Wholemeal Bread

DESSERT OF THE DAY
Banana Custard
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Chicken Fajitas & Vegetable Rice
Broccoli & Carrots
Naan Bread

DESSERT OF THE DAY
Sweet Pizza with Ice Cream
Fruit Yoghurt & Fresh Fruit

Wednesday

YOU CHOOSE
Roast Chicken with Sage & Onion Stuffing & Gravy
Roast Potatoes
Medley of Vegetables
50/50 Bread

DESSERT OF THE DAY
Oat Cookie & Apple Wedge
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Meatballs in Tomato Sauce with Pasta Spirals
Carrots & Green Beans
Cheese & Onion Flatbread

DESSERT OF THE DAY
Fruity Paris Sandwich & Custard
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Savoury Minced Beef and Dumplings
with Creamed Mashed Potato
Carrots & Peas
Sliced Wholemeal Bread

DESSERT OF THE DAY
Chocolate Crunch
Fruit Yoghurt & Fresh Fruit

Thursday

YOU CHOOSE
Mexican Beef Tortilla Boats with Vegetable Rice
Broccoli & Carrots
Pitta Bread

DESSERT OF THE DAY
Fruit Jelly and Ice Cream
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Chicken Korma & Brown Rice
Medley of Vegetables
Naan Bread

DESSERT OF THE DAY
Chocolate Muesli Krispie
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Roast Pork Loin with Homemade Apple Sauce & Gravy
New Potatoes
Ratatouille & Sweetcorn
Homemade White Bread

DESSERT OF THE DAY
Cheese & Crackers
Fruit Yoghurt & Fresh Fruit

Friday

YOU CHOOSE
Battered Fish
Chipped Potatoes
Peas & Sweetcorn
Homemade Wholemeal Bread

DESSERT OF THE DAY
Cheese & Crackers
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Fish Fingers with Tomato Ketchup
& Chipped Potatoes
Vegetable Sticks
Crusty White Bread

DESSERT OF THE DAY
Cheese & Crackers with Apple Wedge
Fruit Yoghurt & Fresh Fruit

YOU CHOOSE
Salmon & Sweet Potato Fishcake
Potato Wedges
Baked Beans & Tomato Salad
50/50 Bread

DESSERT OF THE DAY
Fresh Fruit Salad with Cream or
Fruit Yoghurt

To find out more about our food/menus/recipes contact our Technical Support Team

T: 01609 535324 E: facilitiesmanagement@northyorks.gov.uk Visit www.northyorks.gov.uk/schoolmeals

Very occasionally, due to circumstances beyond our control, it may be necessary to change from the menu.

🌱 Suitable for a vegetarian diet

Primary Autumn Term 2020

We've been living through strange times, but it's not all bad. Never have so many looked forward to taking a walk alone or with family, exploring beautiful pathways right on your doorstep which you had never before discovered.

Watching nature bounce back into life and all the wonderful colours and sound, rainbows everywhere, painted stones to hide and seek, cuddly toys and treasure trails to find. The sound of bird song, neighbours clapping together for our NHS and all key workers. Learning new skills or rekindling old ones, planting seeds, tending the garden, growing together in more ways than one, families cooking together and enjoying the simple pleasure of sitting to eat together.



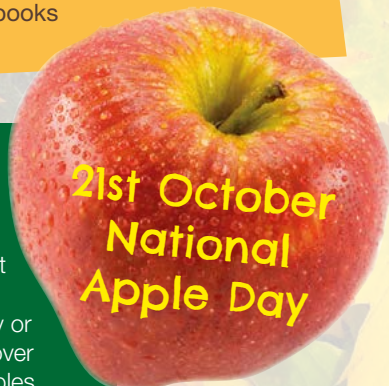
Special promotions

Check with your school

14th September
Roald Dahl Day

Celebrating the birth month of Roald Dahl and he would have been 103 years old this year. Who doesn't love the BFG, Matilda or Charlie and the Chocolate Factory? Did you know that Roald Dahl invented more than 500 new words when writing his books, who can forget "Oompa Loompas" or "Scrumdiddlyumptious"? And he wrote almost all his books sitting in his garden shed!

A chance to celebrate Autumn, harvest and especially our orchards full of apples. How diverse are apples? You can eat them just as they are, make both sweet and savoury dishes, juice, jelly or jam! Did you know there are over 8,000 different varieties of apples in the world?



21st October
National
Apple Day



Christmas lunch



Winning
entry from
our lockdown
baking
competition

Amaia's Orange Upside Down Cake

Please note this recipe should be baked with adult supervision at all times.

For the caramel orange topping:

Ingredients:

1 cup of sugar
6 tbsp water
½ cup butter

Method:

1. Put the sugar and water into a pan and heat until the sugar starts to melt and goes golden brown.
2. Take the pan off the heat and add in the butter.
3. Pour the caramel into a well greased cake tin.
4. Slice up 2 oranges in circles and lay them out on the caramel.

For the sponge:

Ingredients:

½ cup of butter
1 cup sugar
3 eggs
2 cups plain flour
1 cup buttermilk (if you don't have butter milk make it with 1 cup of milk and 1 tsp white vinegar or lemon juice)
1 tsp baking powder
½ tsp bicarbonate of soda
Zest of 1 orange
1 tsp vanilla essence

Method:

1. Beat together the butter and sugar until light and fluffy.
2. Beat in the eggs 1 at a time.
3. Mix the flour, baking powder and bicarbonate of soda together in a bowl.
4. Alternately add the dry ingredients (flour) and buttermilk into the mixture and stir well.
5. Add the vanilla essence and orange zest and stir well.
6. Pour the cake batter over the top of the orange and caramel in the cake tin.
7. Bake in a pre-heated oven at 175c for 35-40 minutes until a skewer is clean.

Enjoy!