

## Appleton Wiske Primary School

Fresh fruit & yoghurt served with every meal!

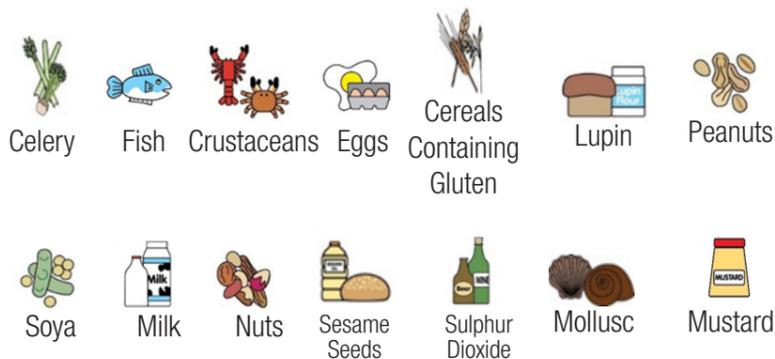


If your child has an allergy or special dietary requirements, please inform the school and our catering team so we can discuss their needs.

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.



**V** = Vegetarian



Don't forget to turn the page to see the Autumn Term's upcoming promotions, competition, nutritional good-to-know, and meet our new Catering Mascot!



	WEEK 1	WEEK 2	WEEK 3
	Served w/c 5th Sept, 26th Sept, 17th Oct, 14th Nov, 5th Dec.	Served w/c 12th Sept, 3rd Oct, 31st Oct, 21st Nov, 12th Dec.	Served w/c 19th Sept, 10th Oct, 7th Nov, 28th Nov.
Monday	<b>V Creamy Macaroni Cheese</b> Broccoli & Sweetcorn Homemade Garlic Bread Tuna Baked Jacket Potato ***** Banana Mousse	<b>V Cheese &amp; Tomato Pasta with Seeded Bread</b> Baked Potato Wedges Grated Carrot & Cucumber Sticks Tuna Sandwich ***** Oatie Cookie	<b>V Dippers</b> Ketchup Baked Potato Wedges Grated Carrot & Cucumber Sticks Herby Bread Tuna Baked Jacket Potato ***** Fruity Jam Sandwich & Custard
Tuesday	Chicken Burger in a Bun Diced Potatoes Winter Slaw & Mixed Salad <b>V Cheese Baked Jacket Potato</b> ***** Apple Crumble & Custard	Tortilla Boats Vegetable Rice Carrots & Broccoli <b>V Egg Mayo Sandwich</b> ***** Jelly & Ice-cream	All Day Breakfast Homemade 50/50 Bread <b>V Cheese Baked Jacket Potato</b> ***** Chocolate Crispie
Wednesday	Roast Gammon Gravy Baked Baby Potatoes Carrots & Savoy Cabbage Crusty Bread Chicken Mayo Baked Jacket Potato ***** Fruity Flapjack	Roast Pork with Apple Sauce Gravy Creamy Mashed Potato Roasted Parsnips & Green Beans Homemade Wholemeal Bread Chicken Sandwich ***** Cheese & Crackers	Roast Chicken & Yorkshire Pudding Gravy Creamy Mashed Potato Autumnal Medley of Veg Sliced Wholemeal Bread <b>V Baked Bean Jacket Potato</b> ***** Rice Pudding & Peaches
Thursday	Chicken Korma & Rice Peas & Sweetcorn Naan Bread <b>V Cheese Baked Jacket Potato</b> ***** Cheese & Biscuits	Meatballs & Pasta Green Beans & Cauliflower Homemade Garlic Bread Ham Sandwich ***** Fruit Muffin	Spaghetti Bolognese Peas & Sweetcorn Homemade Garlic Bread Chicken Mayo Baked Jacket Potato ***** Chocolate Berry Brownie
Friday	Fish Fingers Ketchup Chips Veggie Sticks Homemade 50/50 Bread <b>V Baked Bean Jacket Potato</b> ***** Winter Berry Bake & Custard	Battered Fish Ketchup Chips Peas & Sweetcorn Homemade 50/50 Bread <b>V Cheese Sandwich</b> ***** Chocolate Orange Sponge & Chocolate Sauce	Crispy Fish Taco/Wrap Chips Winter Slaw <b>V Baked Bean Baked Jacket Potato</b> ***** Lemon Shortcake



We incorporate well known brands into our dishes including Quorn, Harry Ramsden's Junior, Hilcona and Heinz.

# Upcoming events



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



October 2022

## Pumpkin Carving Competition

Our annual competition returns with further opportunities to get creative and have fun with food. Look out for this launching in October!



6th October 2022

## All the Fun of the Fair

A great opportunity for your children to join their friends for a fun-filled lunch featuring popular food items found at a fair.



9th November 2022

## National Roast Dinner Day

We're celebrating this Food For Life campaign with a delicious roast dinner to warm us all up.



December 2022

## Christmas Lunch

Children can celebrate and get in the festive spirit by joining their friends for a traditional Christmas themed lunch.

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.



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

E: [facilitiesmanagement@northyorks.gov.uk](mailto:facilitiesmanagement@northyorks.gov.uk)

T: (01609) 535324

W: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)



# Our New Mascot Pea-ter Pod!

Earlier in the year, we encouraged pupils to enter our Design Our Catering Mascot Competition, and the winning mascot was **PEA-TER POD!**

He promotes having fun with food and eating healthy meals.

We can't wait for Pea-ter Pod to help make lunchtimes more enjoyable for your children!

Keep a look out for where Pea-ter Pod visits! Rumour has it, he's looking to visit the farm where his friends are grown as well as schools where peas are served. Will he be coming to visit your child's school?

Did you know that peas are a good source of plant-based protein, full of fibre, iron and vitamin C?



## Food for Thought

Our school meals help provide children with energy to play with friends and help them do better at school. Each meal contains nutrients that help their whole body; keeping their bones and teeth strong and their hearts healthy.

Choosing a school meal for your child could also save you time and money.

Find out more here: [www.northyorks.gov.uk/free-school-meals](http://www.northyorks.gov.uk/free-school-meals)



## Vitamin C

Vitamin C is well known for helping the immune system to function correctly. It helps with wound healing and keeping bones and teeth strong.

Vitamin C is found in lots of different foods including fruits, vegetables and meat. It is necessary for growth, and helps other important minerals such as iron, to be absorbed by the body. It also helps to maintain happy and healthy skin.

Find out more information here:

[www.nhs.uk/conditions/vitamins-and-minerals/vitamin-c/](http://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-c/)

