

AUTUMN 2023 MENU

Appleton Wiske Primary School

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.



V = 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 Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



	WEEK 1	WEEK 2	WEEK 3
	Served w/c 4th Sep, 25th Sep, 16th Oct, 13th Nov & 4th Dec	Served w/c 11th Sep, 2nd Oct, 23rd Oct, 20th Nov & 11th Dec	Served w/c 18th Sep, 9th Oct, 6th Nov, 27th Nov & 18th Dec
Monday	<p>V Pizza 🌿 🥗 🥕 Diced Potatoes Crunchy Veggie Sticks</p> <p>V Vegetable Bolognese Jacket Potato 🌿 🥗 🥕 *****</p> <p>V Lemon Drizzle Muffin 🌿 🥞 🥛</p>	<p>V Pasta Bolognese Bake 🌿 🥗 🥕 Broccoli & Sweetcorn Garlic Flatbread 🌿 🥗 🥕</p> <p>V Cheese Sandwich 🌿 🥞 🥛 *****</p> <p>V Custard Cookie, Fruit & Ice-Cream 🌿 🥞 🥛</p>	<p>V Creamy Mac & Cheese 🌿 🥗 🥕 Broccoli & Carrots Homebaked Garlic Bread 🌿 🥗 🥕</p> <p>V Baked Bean Jacket Potato *****</p> <p>V Berry Crumble Mousse Pot 🌿 🥞 🥛</p>
Tuesday	<p>Chicken & Tomato Pasta 🌿 🥗 🥕 Peas & Sweetcorn Homebaked Garlic Bread 🌿 🥗 🥕</p> <p>V Baked Bean Jacket Potato *****</p> <p>V Autumnal Fruit Crumble & Custard 🌿 🥞 🥛</p>	<p>Chicken Burger in a Bun 🌿 🥗 🥕 Potato Wedges Peas & Coleslaw 🥗 🥕 🥛</p> <p>Ham Sandwich 🌿 🥞 🥛 *****</p> <p>V Chocolate Sponge & Chocolate Sauce 🌿 🥞 🥛</p>	<p>Nacho Beef Bake 🌿 🥗 🥕 Rice Sweetcorn & Peas</p> <p>Tuna Jacket Potato 🥗 🥕 🥛 🥞 *****</p> <p>V Chocolate Berry Brownie 🌿 🥞 🥛</p>
Wednesday	<p>Sausage & Yorkshire Pudding 🌿 🥗 🥕 Mashed Potato Medley of Vegetables Gravy Crusty Bread 🌿</p> <p>Tuna Jacket Potato 🥗 🥕 🥛 🥞 *****</p> <p>V Cheese & Crackers 🌿 🥞 🥛</p>	<p>Roast Loins of Pork with Apple Sauce Boiled Potatoes Carrots & Green Beans Gravy Homebaked Bread 🌿 🥗 🥕</p> <p>Chicken Sandwich 🌿 🥞 🥛 *****</p> <p>V Jam Bun & Cheese 🌿 🥞 🥛</p>	<p>Roast Chicken & Stuffing 🌿 🥗 🥕 Mashed Potato Medley of Vegetables Gravy Crusty Bread 🌿</p> <p>V Vegetable Bolognese Jacket Potato 🌿 🥗 🥕 *****</p> <p>V Rice Pudding & Peaches 🌿 🥞 🥛</p>
Thursday	<p>Chicken Korma & Rice 🌿 🥗 🥕 Cauliflower & Green Beans Naan Bread 🌿</p> <p>V Cheese Jacket Potato 🌿 🥗 🥕 *****</p> <p>V Berry Marble Sponge & Custard 🌿 🥞 🥛</p>	<p>Mexican Beef Pitta with Rice 🌿 🥗 🥕 Medley of Vegetables Homebaked Sunflower Seed Bread 🌿 🥗 🥕</p> <p>Tuna Sandwich 🌿 🥞 🥛 *****</p> <p>V Toffee Apple Muffin 🌿 🥞 🥛</p>	<p>All Day Breakfast 🌿 🥗 🥕 Homebaked Bread 🌿 🥗 🥕</p> <p>V Cheesy Bean Jacket Potato 🌿 🥗 🥕 *****</p> <p>V Oatie Cookie & Cheese 🌿 🥞 🥛</p>
Friday	<p>Fish Fingers & Chips with Ketchup 🌿 🥗 🥕 Carrots & Peas Sliced Wholemeal Bread 🌿 🥗 🥕</p> <p>V Baked Bean Jacket Potato *****</p> <p>V Chocolate Orange Mousse Cake 🌿 🥞 🥛</p>	<p>Battered Fish 🌿 🥗 🥕 Chips & Ketchup Sweetcorn & Peas Crusty Bread 🌿</p> <p>V Egg Sandwich 🌿 🥞 🥛 *****</p> <p>V Lemon Shortcake 🌿 🥞 🥛</p>	<p>Fish Star & Chips 🌿 🥗 🥕 Peas & Carrots Homebaked Wholemeal Bread 🌿 🥗 🥕</p> <p>V Cheese Jacket Potato 🌿 🥗 🥕 *****</p> <p>V Fruity Jam Sandwich & Custard 🌿 🥞 🥛</p>

Census Day 5th Oct 2023

Upcoming Events



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



October 2023

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!



5th October 2023

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.



December 2023

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.



Find out if you are eligible to receive free school meals and apply in a matter of minutes by scanning here:

www.northyorks.gov.uk/free-school-meals



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

E: NYES.Catering@northyorks.gov.uk

T: (01609) 535324

W: www.northyorks.gov.uk/schoolmeals



Raspberry & Apple Doughnut Muffin



Enjoy!

Ingredients

200g Plain Flour
5g Baking Powder
5g Bicarbonate Of Soda
115g Granulated Sugar
125ml Semi Skimmed Milk
85ml Oil
1 Medium Egg
200g Apple Pieces (Tinned)
1ml Vanilla Essence
50g Raspberry Jam
1g Cinnamon
10 Muffin Cases

Method

1. Pre heat the oven to 180c and line the muffin tin with the muffin cases.
2. Place all of the ingredients (other than 15g sugar, cinnamon, jam and apples) into a bowl, and mix together until smooth.
3. Spoon a little of the mixture evenly into each muffin case.
4. Then spoon a little jam mixed with some finely diced apple into the middle of each, cover with the remaining mix and any remaining apple.
5. Bake for about 20 mins, or until firm to the touch and golden.
6. Once the muffins are cool, sprinkle each with a little of the mixed sugar and cinnamon.

Calcium



Calcium is a mineral that is essential in building strong bones when you're young, as well as keeping your teeth strong and healthy. Calcium also aids in regulating muscle contractions, including your heartbeat.

Foods that contain high levels of calcium include dairy products such as milk, yoghurt, and cheese. Additionally there are some green leafy vegetables which contain small amounts of calcium, as well as some foods that are fortified with

calcium including cereals and bread. Find out more about information at: www.nhs.uk/conditions/vitamins-and-minerals/calcium/

Did you know that around 99% of the calcium in our bodies is in our bones and teeth?

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