

Fresh fruit or yoghurt available with every meal!



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

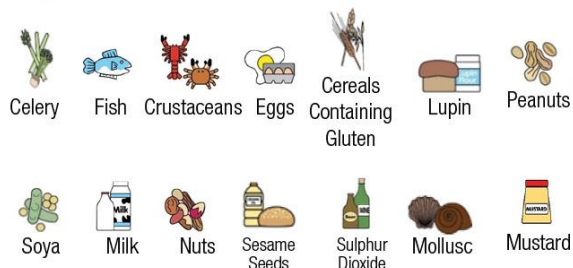


Below are the 14 allergens, we highlight these on our daily allergen matrix.

Please contact our onsite catering team 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 Summer Term's upcoming promotions, a fun activity section to do at home, and a nutritional good-to-know!



# SUMMER 2023 MENU

	WEEK 1	WEEK 2	WEEK 3
	Served w/c 17 <sup>th</sup> Apr, 8 <sup>th</sup> May, 5 <sup>th</sup> Jun, 26 <sup>th</sup> Jun, 17 <sup>th</sup> Jul	Served w/c 24 <sup>th</sup> Apr, 15 <sup>th</sup> May, 12 <sup>th</sup> Jun, 3 <sup>rd</sup> Jul, 24 <sup>th</sup> Jul	Served w/c 1 <sup>st</sup> May, 22 <sup>nd</sup> May, 19 <sup>th</sup> Jun, 10 <sup>th</sup> Jul
Monday	<b>V Cheese and Tomato Pasta</b> Medley of Summer Vegetables Garlic Flatbread Baked Bean Jacket Potato ***** Raspberry & Apple Doughnut Muffin	<b>V Nuggets*</b> Potato Wedges Sweetcorn & Peas Home baked Bread Ham Sandwich ***** Berry Sponge	<b>V Pizza</b> Potato Wedges Coleslaw & Peas Baked Bean Jacket Potato ***** Summer Drizzle Cake
Tuesday	<b>Hot Dog</b> Ketchup Diced Potatoes Cucumber Sticks & Grated Carrot Cheese Jacket Potato ***** Summer Mousse & Shortbread Bite	<b>BBQ Chicken Wrap with Rainbow Rice</b> Veggie Sticks Tortilla Wrap Tuna & Cucumber Sandwich ***** Oat Biscuit & Cheese	<b>Beef Enchiladas with Rice</b> Broccoli & Sweetcorn Crusty Bread Cheesy Bean Jacket Potato ***** Cheese & Biscuit
Wednesday	<b>Cottage Pie</b> Broccoli & Carrots Crusty Bread Baked Bean Jacket Potato ***** Cheese & Crackers	<b>Roast Gammon</b> Baby Potatoes Gravy Medley of Summer Vegetables Sliced Wholemeal Bread Egg Mayo Sandwich ***** Summer Crumble & Custard	<b>Roast Chicken &amp; Yorkshire Pudding</b> Mashed Potato Gravy Summer Cabbage & Carrots Home baked Bread Vey Bolognese Jacket Potato ***** Waffle Finger with Ice Cream
Thursday	<b>Chicken Korma</b> Rice Cauliflower & Green Beans Naan Bread Veg Chilli Jacket Potato ***** Chocolate Orange Sponge & Chocolate Sauce	<b>Spaghetti Bolognese</b> Carrots & Peas Garlic Bread Chicken Sandwich ***** Chocolate & Vanilla Swirl Muffin	<b>Meatballs &amp; Pasta</b> Green Beans & Cauliflower Pitta Bread Baked Bean Jacket Potato ***** Cornflake Crispie
Friday	<b>Fish Fingers</b> Chips Baked Beans & Peas Wholemeal Bread Tuna Jacket Potato ***** Fruity Flapjack	<b>Crispy Fish Nuggets &amp; Chips</b> Mixed Summer Salad Sunflower Seed Bread Cheese Sandwich ***** Jelly & Ice-Cream	<b>Battered Fish &amp; Chips</b> Ketchup Peas & Sweetcorn Sliced Wholemeal Bread Tuna Jacket Potato ***** Custard Cookie with Apple

Census Day 16<sup>th</sup> May 2023

# Upcoming Events



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



April/May 2023

## A Royal Celebration

Celebrate the King's Coronation with a tasty selection of tea-party style food. Have your child join in this fun lunchtime treat!



18th May 2023

## Fakeaway Day

A popular takeaway choice for lunch today! Have your child join us to enjoy this tasty meal.



July 2023

## Seaside Special

The perfect way to get in the spirit of the Summer holidays is with a special seaside themed meal. We are positive a smile will be on everyone's face, don't miss out!

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](http://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](mailto:NYES.Catering@northyorks.gov.uk)

T: (01609) 535324

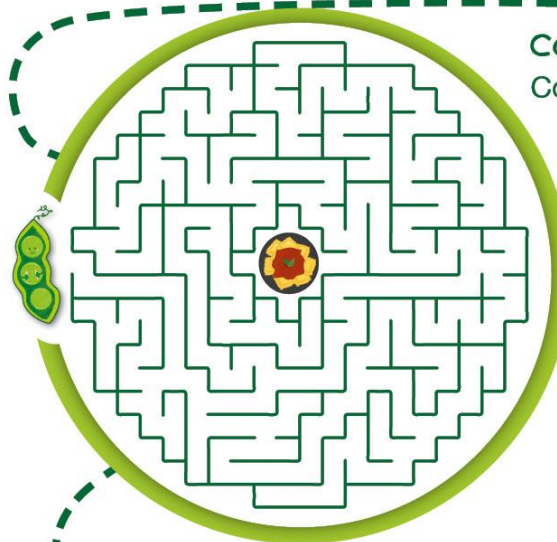
W: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)



# Activity Fun

I've been travelling around Yorkshire and the Humber visiting you and your schools, helping the catering team to run taster sessions for you to try some of the tasty new items on our menu.

Have I visited your school yet? If not, I hope to see you very soon! Until then, please keep enjoying your school lunches, and help me with the below activities.



Help Pea-ter Pod get to his tasty plate of food.

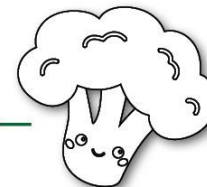
Can you work out which vegetable is which?  
Colour them in once you have!

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## Iron

Iron is important in making red blood cells, which carry oxygen around the body. Most people should be able to get all the iron they need by eating a varied and balanced diet.

Iron is found in a variety of food including red meat, pulses, eggs, vegetables, and some fruit.

Find out more information here:

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

