SPRING TERM 2020

SCHOOL MENU

WEEK ONE
Served w/c 6th & 27th Jan, 24th Feb, 16th March

YOU CHOOSE
Ham & Pineapple Pizza with Chips
DESSERT OF THE DAY
Fresh Fruit or Fruit Yoghurt

YOU CHOOSE
Chicken Korma & Rice
DESSERT OF THE DAY
Arctic Roll & Mandarins

YOU CHOOSE
Minced Beef & Yorkshire Pudding
DESSERT OF THE DAY
Fresh Fruit, Fruit Yoghurt or Cheese & Crackers

YOU CHOOSE
Tomato Pasta
DESSERT OF THE DAY
Berry Sponge & Custard

YOU CHOOSE
Fish Fingers & Tomato Ketchup
DESSERT OF THE DAY
Rice Pudding & Sultanas

WEEK TWO
Served w/c 13th Jan, 3rd Feb, 2nd & 23rd March

YOU CHOOSE
Sausage, Chips & Beans
DESSERT OF THE DAY
Chocolate Cornflake Pudding

YOU CHOOSE
Pasta Bolognaise with Cheese & Onion Flat Bread
DESSERT OF THE DAY
Fresh Fruit, Fruit Yoghurt or Cheese & Crackers

YOU CHOOSE
Cheese Whirl (cheese & potato puff pastry swirl)
DESSERT OF THE DAY
Chocolate Sponge & Chocolate Sauce

YOU CHOOSE
Golden Breaded Salmon Fillet
DESSERT OF THE DAY
Fresh Fruit or Fruit Yoghurt

WEEK THREE
Served w/c 20th Jan, 10th Feb, 9th & 30th March

YOU CHOOSE
Mac 'n' Cheese
DESSERT OF THE DAY
Roly Poly & Custard

YOU CHOOSE
Beef Stew & Dumplings
DESSERT OF THE DAY
Fresh Fruit or Fruit Yoghurt

YOU CHOOSE
Roast Pork & Apple Sauce
DESSERT OF THE DAY
Peach Crisp & Custard

YOU CHOOSE
Crispy Battered Fish
DESSERT OF THE DAY
Fresh Fruit, Fruit Yoghurt or Cheese & Crackers

Add some...
All of our mains are served with a selection of:
• Freshly baked breads
• Home cooked potatoes
• Seasonal vegetables or salad
Fresh drinking water is always available.

Deli Bar
Larger schools offer a range of deli style options all available with a range of scrummy fillings:
• Jacket potatoes • Sandwiches • Salads

A sweet treat
You can choose from:
• Homemade dessert of the day
• Freshly prepared fruit
• Organic Yeo Yogurts

Allergen & Special Dietary Requirements
If your child has any allergen or special dietary requirements please inform the school and our catering team will happily discuss their needs.

To find out more about our food/menus/recipes contact our Technical Support Team
T: 01609 536887   E: facilitiesmanagement@northyorks.gov.uk   Visit www.northyorks.gov.uk

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

We are unable to guarantee a completely “food allergen free” environment as foods containing allergens are used in our kitchens.
Primary Spring Term 2020
Helping you on your way to achieving your 5 a day
Eating more fresh fruit and veg is one of the simplest choices you can make to improve yours and your children’s overall health. According to the department of health, most children are not meeting their 5 A Day target. As a parent with a child enjoying a school meal provided by North Yorkshire County Council, our award-winning school meals service (Food for Life Award for the best in fresh, seasonal and local produce) you can be confident that your child’s school lunch will provide, on average, over HALF of your child’s recommended 5-a-Day, and just under 40% of the government’s new fibre requirement!

Special promotions
Check with your school to see what is on offer this term

Chinese New Year
w/e 25th January 2020
Also known as Spring Festival or Lunar New Year celebrations can last from 7 days to 2 weeks. This year is known as the year of The Rat according to the Chinese Zodiac.

World Book Day
5th March 2020
Is a celebration of Authors, Illustrators and most importantly Reading. It is celebrated across the school with fancy dress of your favourite characters to specially designed themed menu’s in your school dining hall. What was your favourite book?

British Yorkshire Pudding Day
2nd March 2020
A celebration of Yorkshire’s best. Did you know? In 1737 the first recipe for ‘dripping pudding’ was published, then in 1747 a lady called Hannah Glasse shook up the recipe and changed the name to one we know and love today.

Sport Relief
13th March 2020
Sports Relief was founded in 2002 and takes place every two years, raising millions of pounds each year for organisations both in the UK and across the World. It’s a great way to get active, have fun and change lives.

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Easter Celebrations
Look out for special celebratory menu’s from a traditional Roast Easter Dinner to an Easter Bunny’s Picnic.

Foods in Season
Why not try?
Beetroot, Purple Sprouting Broccoli, Pomegranates, Spinach or Rhubarb

Mac “n” Cheese
Serves 2 adults 2 children
150g Butternut squash – peeled and diced.
300g penne pasta (use 150g white pasta – 150g wholemeal pasta)
40g butter
1 small leek – finely sliced
25g flour
600ml milk
100g frozen peas
175g cheddar cheese – grated
1 slice of brown bread – made into bread crumbs.

1. Peel and dice the butternut squash - simmer until soft. Drain and mash until smooth
2. Cook the pasta.
3. Melt the butter in a pan, add the sliced leeks and cook for 2 mins.
4. Stir in the flour, cook out for 1-2 mins.
5. Whisk in the milk gradually, bring to the boil, continually stirring. Simmer for 5 mins.
6. Stir in the peas, butternut squash and 125g of cheese.
7. Add the pasta to the sauce, mix and transfer into an ovenproof dish.
8. Sprinkle with the remaining cheese and breadcrumbs.
9. Bake in the oven, 180c or gas mark 6 for 20 mins or until golden brown.