

### Special diets

If your child has a dietary need please put the request in writing to the headteacher who will then arrange a meeting with the catering team to discuss your child's needs.

Log on to our new web site:

[www.myschoollunch.co.uk/northyorks](http://www.myschoollunch.co.uk/northyorks)

and learn more about our mascot Herbie the carrot, play some on line games or gain inspiration for recipes for some healthy family meals.

### SPECIAL PROMOTIONS

Look out for the following Special promotions. See school for details.

- Join Hands Day 7th May
- Fathers Day 19th June
- Wimbledon tennis promotion in June/July
- Picnic Days
- Leavers Day Luncheon
- Seaside Specials

### Locally sourced food

This has now been endorsed for the second year running by the Soil Association Food for Life - Bronze Catering Award who promote home produced, high quality, fresh food using local suppliers. We work very closely with our suppliers to ensure high standards, not only in food quality, but also safety and hygiene.

We are now working towards the Silver Catering Mark Award for our menus. This includes sourcing foods which are environmentally friendly and ethical food. Pasta and beefburgers on the menu this term are now organic. We are looking at reducing plate waste and supporting eating well in schools as part of the Schools Food for Life programme.

The Catering Mark for menus is changing from 24th April 2017 becoming FOOD FOR LIFE SERVED HERE.



### Contact us

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If you would like this information in another language or format such as Braille, large print or audio, please ask us.

**Tel: 01609 780 780**

**Email: [customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)**

On week 3 we have featured Lee Morland's first course entry for School Chef of the year 2017. Mexican meatballs in a tomato sauce served with red rice and cheese cornbread with sweetcorn, courgette and ribbon salad.



Served w/c:  
24th Apr, 15th May,  
12th Jun, 3rd July, 24th July

WEEK **1**

Served w/c:  
1st May, 22nd May,  
19th Jun, 10th July

WEEK **2**

Served w/c:  
8th May, 5th Jun,  
26th June, 17th July

WEEK **3**

**Bacon & Pea Pasta**

Broccoli & Carrots  
Tomato Bread

Iced Banana Cake  
or Fresh Fruit



Succulent Strawberries - rich in Vitamin C, potassium, folic acid and fibre

**Minced Beef Tortilla Wrap**

Mixed Salad  
Sauté Potatoes

Chocolate Cornflake Pudding  
or Fresh Fruit

**Roast Pork Loin, Apple Sauce & Gravy**

Carrots & Summer Cabbage  
New Potatoes  
Sliced Wholemeal Bread

Summer Fruit Crumble & Custard  
or Fresh Fruit



Tangy Blackcurrants - excellent source of nutrients essential for health

**Sweet & Sour Chicken with Rice**

Cauliflower & Green Beans  
Crusty White Bread

Orange Brownie & Ice Cream  
or Fresh Fruit

**Breaded Salmon Fillet with Tomato ketchup**

Carrot Sticks  
Peas

Chipped Potatoes  
Sunflower Seed Bread

Fresh Fruit Salad & Yoghurt  
or Fresh Fruit

**✓ Cheese & Tomato Pizza**

Peas & Sweetcorn  
Potato Wedges

Pears & Ice Cream  
or Fresh Fruit

**Organic Beefburger in a Seeded Bun**

Vegetable Sticks  
New Potatoes

Summer Fruit Cheesecake  
or Fresh Fruit

**Chicken Korma**

Broccoli & Cauliflower  
Savoury Brown Rice  
Naan Bread

Lemon Drizzle Cake & Custard  
or Fresh Fruit

**Pasta Bolognaise**

Green Beans & Sweetcorn  
Herbie Bread

Digestive Biscuit, Cheese & Grapes  
or Fresh Fruit

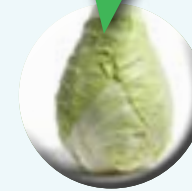
**Battered Fish Portion**

Peas & Carrots  
Chips

Wholemeal Bread

Berry Muffin & Glass of Milk  
or Fresh Fruit

Summer Cabbage - Excellent source of Vitamin C, low in calories and fat. Most popular variety is 'Hispri' also known as Sweetheart Cabbage.



**Sausages**

Chips & Beans  
Broccoli

Poppy Seed Bread

Chewy Oat & Seed Bars and Cheese  
or Fresh Fruit

**Beef Lasagne**

Mixed Salad  
Sunflower Seed Salad  
Garlic Bread

Arctic Roll & Peaches  
or Fresh Fruit

**Roast Chicken, Stuffing & Gravy**

Medley of Vegetables  
Roast Potatoes  
Pitta Bread

Jam Sponge & Custard  
or Fresh Fruit

**Meatballs in Creamy Tomato Sauce with Red Rice**

Sweetcorn & Courgette and Carrot Ribbon Salad  
Cheese Corn Bread

Forest Fruit Flapjack  
or Fresh Fruit

**Fish Fingers**

Vegetable Sticks & Peas  
Diced Potatoes

Apricot & Seed Bread

Fruit Fool & Shortbread Finger  
or Fresh Fruit

Tasty Tomatoes - very good source of Vitamin A and C



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

Monday

Tuesday

Wednesday

Thursday

Friday