

# AUTUMN 2024 MENU

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)

**VG Fresh fruit & yoghurt** available with every meal!



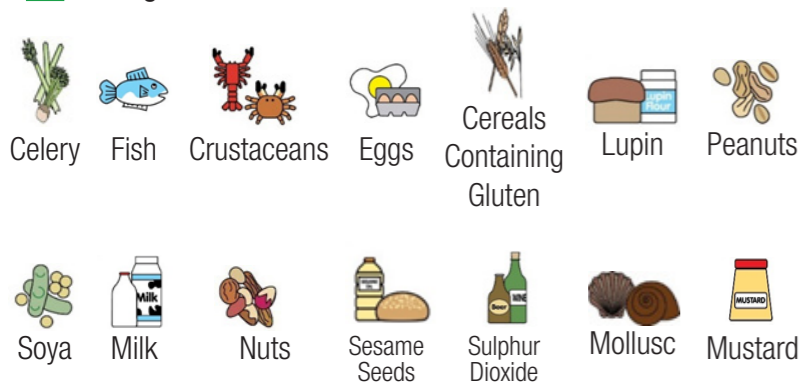
If your child has an allergy or special dietary requirements, please inform your school and our catering team, so we can discuss their needs.

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.



**VG** = Vegetarian



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	WEEK 1	WEEK 2	WEEK 3
	Served w/c 2nd Sept, 23rd Sept, 14th Oct, 14th Nov, 2nd Dec, 6th Jan and 27th Jan	Served w/c 9th Sept, 30th Sept, 21st Oct, 18th Nov, 9th Dec, 13th Jan & 3rd Feb	Served w/c 16th Sept, 7th Oct, 4th Nov, 25th Nov, 16th Dec, 20th Jan & 10th Feb
<b>Monday</b>	<ul style="list-style-type: none"> <li>VG Sausage Roll</li> <li>VG Cheese Whirl</li> <li>VG Baked Baby Potatoes</li> <li>VG Baked Beans</li> <li>VG Crusty Bread</li> <li>*****</li> <li>VG Chocolate Biscuit Bar</li> </ul>	<ul style="list-style-type: none"> <li>VG Pizza</li> <li>VG Mexican Veg Burrito</li> <li>VG Potato Wedges</li> <li>VG Peas &amp; Sweetcorn</li> <li>*****</li> <li>VG Chocolate Brownie</li> </ul>	<ul style="list-style-type: none"> <li>HL Chicken Nuggets</li> <li>VG Veggie Burger</li> <li>VG Diced Potatoes</li> <li>VG Vegetable Sticks</li> <li>VG Homebaked 50/50 Bread</li> <li>*****</li> <li>VG Autumn Fruit Muffin</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>HL Chicken Korma</li> <li>VG Sweet &amp; Sour</li> <li>VG 50/50 Rice</li> <li>VG Cauli &amp; Green Beans</li> <li>VG Naan Bread</li> <li>*****</li> <li>VG Autumn Crumble Sponge &amp; Custard</li> </ul>	<ul style="list-style-type: none"> <li>HL Curried Chicken Rice</li> <li>VG Pasta Bake</li> <li>VG Carrots &amp; Broccoli</li> <li>VG Crusty Bread</li> <li>*****</li> <li>VG Sticky Toffee Pudding &amp; Custard</li> </ul>	<ul style="list-style-type: none"> <li>VG Creamy Cheesy Tomato Pasta</li> <li>VG BBQ Rice</li> <li>VG Medley of Vegetables</li> <li>VG Homebaked Garlic Bread</li> <li>*****</li> <li>VG Iced Berry Bun</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>HL Sausage &amp; Yorkshire Pudding</li> <li>VG Vegetable Nuggets &amp; Yorkshire Pudding</li> <li>VG Gravy</li> <li>VG Roast Potatoes</li> <li>VG Carrots &amp; Broccoli</li> <li>VG Sliced Wholemeal Bread</li> <li>*****</li> <li>VG Jelly &amp; Ice-cream</li> </ul>	<ul style="list-style-type: none"> <li>HL Minced Beef Pie</li> <li>VG Broccoli Cheese Bake</li> <li>VG Gravy</li> <li>VG Mashed Potatoes</li> <li>VG Medley of Vegetables</li> <li>VG Homebaked 50/50 Bread</li> <li>*****</li> <li>VG Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>HL Roast Gammon</li> <li>VG Veggie Sausage</li> <li>VG Gravy</li> <li>VG Mashed Potato</li> <li>VG Peas &amp; Sweetcorn</li> <li>VG Sliced Wholemeal Bread</li> <li>*****</li> <li>VG Lemon Drizzle Cookie</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>HL Spaghetti Bolognese</li> <li>VG Shepard's Pie</li> <li>VG Medley of Vegetables</li> <li>VG Homebaked Garlic Flatbread</li> <li>*****</li> <li>VG Cheese &amp; Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>HL Meatballs in a Tomato Sauce with Pasta</li> <li>VG Sweet Potato &amp; Veg Curry &amp; 50/50 Rice</li> <li>VG Green Beans &amp; Sweetcorn</li> <li>VG Homebaked Garlic Bread</li> <li>*****</li> <li>VG Jammy Shortbread</li> </ul>	<ul style="list-style-type: none"> <li>HL Nacho Beef Bake</li> <li>VG Quesadilla</li> <li>VG Vegetable Rice</li> <li>VG Carrots &amp; Green Beans</li> <li>*****</li> <li>VG Chocolate Fudge Pudding with Vanilla Sauce</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>Battered Fish</li> <li>VG Sweet Potato Bake</li> <li>VG Chips</li> <li>VG Peas &amp; Sweetcorn</li> <li>VG Ketchup</li> <li>VG Homebaked 50/50 Bread</li> <li>*****</li> <li>VG Banoffee Mousse Pot</li> </ul>	<ul style="list-style-type: none"> <li>Fish Star with Chips</li> <li>VG Cheesy Bean Loaded Potato Skins</li> <li>VG Chips</li> <li>VG Ketchup</li> <li>VG Sweetcorn &amp; Peas</li> <li>VG Crusty Bread</li> <li>*****</li> <li>VG Chocolate Orange Mousse Cake</li> </ul>	<ul style="list-style-type: none"> <li>Fish Fingers</li> <li>VG Chilli Pitta</li> <li>VG Chips</li> <li>VG Ketchup</li> <li>VG Mixed Salad &amp; Grated Carrot</li> <li>VG Homebaked Sunflower Seed Bread</li> <li>*****</li> <li>VG Oat Cookie &amp; Cheese</li> </ul>

Please be aware that we are unable to guarantee a completely food allergen-free environment, as foods containing allergens are used in the kitchen. Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

# 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

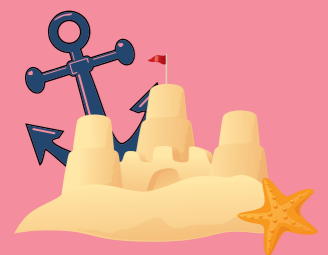
Celebrate the King's Coronation with a tasty selection of tea-party style food. Have your child join in this fun lunchtime treat!



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!

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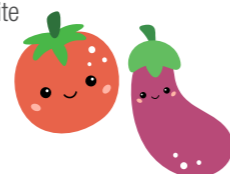


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## Iron

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/)

