

# SUMMER 2022 MENU

Bread of the day, tasty vegetables or salad, and fresh fruit & yoghurt served with every meal

Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for you too!

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



✓ = Vegetarian



Did you know that the pictures above are the 14 allergens? Some ingredients include 'may contain' information, but this is not included on this menu. This information is however available on our allergen matrix; please contact your school cook for further information.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> Served w/c 25th April, 16th May, 13th June, 4th July.	✓ Creamy Cheese & Tomato Pasta Bake ✓ Summer Vegetable Frittata ***** Orange Shortbread	Chicken Wrap ✓ Baked Tortilla Chips Topped with Roasted Veg & Melted Mozzarella ***** Fruit Jelly with Ice-cream	Savoury Minced Beef & Vegetable Pie ✓ Cottage Pie ***** Cheese & Crackers	Sausage in a Homemade Bun with Tomato Ketchup ✓ Mixed Bean Pitta Pocket ***** Summer Mousse	Battered Fish ✓ Cheese, Spinach & Potato Bake ***** Fresh Summer Fruit Platter
<b>Week 2</b> Served w/c 2nd May, 23rd May, 20th June, 11th July.	Pasta Bolognese ✓ Sweet Potato & Vegetable Curry & Rice ***** Marbled Sponge & Chocolate Sauce	✓ Margherita Pizza ✓ Roast Vegetable Pasta ***** Chocolate & Vanilla Cookie with Orange Slice	Roast Pork & Apple Sauce ✓ Vegetable Sausages ***** Raspberry & Apple Doughnut Muffin	Chicken Korma & Rice ✓ Seasonal Vegetable Bolognese & Pasta ***** Cheese & Crackers	Fish Fingers ✓ Cheese & Onion Pasty ***** Iced Lemon & Sultana Finger
<b>Week 3</b> Served w/c 9th May, 6th June, 27th June, 18th July.	Beef Burger in a Bun ✓ Summer Vegetable Quiche ***** Cheese & Crackers	✓ Tikka Masala & Rice ✓ Sticky Noodle Pot ***** Chocolate Banana Brownie	Roast Chicken with Sage and Onion Stuffing & Gravy ✓ Stuffed Courgettes ***** Custard Cookie with Apple Wedge	Homemade Pork Sausage Roll ✓ Falafel Burger in a Bun ***** Seasonal Berry Crumble & Custard	Crunchy Fish Bites ✓ Creamy Mac & Cheese ***** Summer Drizzle Cake

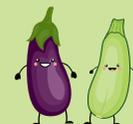


We incorporate well known brands into our dishes including Quorn, Harry Ramsden and Heinz.

Don't forget to turn the page to see the fantastic promotions, competition, additional catering information, and a nutritional good to know for the Summer 2022 Term!

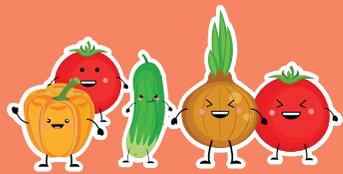


Our menus will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if you have any dietary requirements.



Some of our schools also like to offer a daily special Grab Bag, Jacket Potato, Sandwich or Pasta Pot. Please check with your catering team for what is available within your school.

# Upcoming events



Check with your school to see what's on offer this term.



19th May 2022

## Re-Fuel Yourself

We're thinking about the benefits food provides the body with and how food can be healthy and tasty! Join in to re-fuel your body and mind for the rest of the school day.



26th May 2022

## Celebration of the Platinum Jubilee

Join us for a special lunch to celebrate the Queen's Platinum Jubilee! It is set to be a truly royal affair with food the Queen would approve of.



June 2022

## Sustainable Oceans Poem Competition

A chance for pupils to think about the world in which we live, and how what we do can change the world. Use your creativity by writing a poem about our oceans and what we can do to protect them.



21st June 2022

## Summer Mini Food Fest

A day to have some extra fun with food. Start to get excited about Summer, enjoy spending time with school friends, and maybe even try some new and tasty items!



July 2022

## Bye-Bye BBQ

Whether you are moving up a year or leaving primary school, we're planning a special BBQ style lunch to celebrate the last month before the Summer holidays and new adventures begin.

We are unable to guarantee a completely food allergen-free environment as foods containing allergens are used in this kitchen.

To find out more information about food/menus/recipes please contact our Technical Support Team:

E: [facilitiesmanagement@northyorks.gov.uk](mailto:facilitiesmanagement@northyorks.gov.uk)

T: (01609) 535324

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



# Free School Meals

Did you know that 1.74 million pupils are currently eligible for free school meals, including 23% of children within Yorkshire and The Humber\*.

If your child doesn't have a school meal with us, you could be missing out on up to £450 worth of free school meals for your child throughout the school year.

Speak to your school to find out more on how to sign your child up for our delicious and freshly cooked school lunches!

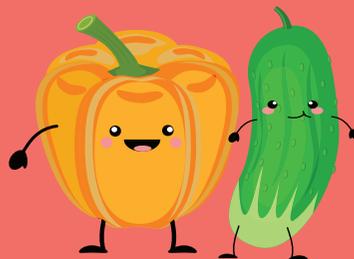
You can also find out more on the NYCC website by typing in [Free School Meals](#).

\* Based on Census Data

"The macaroni cheese is like heaven!"  
Alex, aged 6, Dishforth CE Primary School

All children in Reception, Year 1 & 2 automatically qualify for free school meals. Ask your school for more information.

# Allergen Information



Did you know that food allergy cases are increasing? Almost 1 in 12 young children are living with a food allergy. Food allergies occur when the immune system becomes confused – instead of ignoring harmless food proteins, it triggers a reaction, which leads to the allergy symptoms.

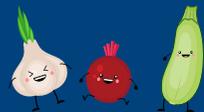
NYES Catering is committed to providing a meal that is safe for all children, including those who have a food allergy, intolerance, or dietary requirement.

Good food allergen management is a key part of food safety legislation, food information regulations, and food labelling regulations; all which have been updated recently.

The 14 major food allergens are identified on our recipes, and our on-site catering teams have these accessible for every meal. Our food safety system clearly documents our food allergen controls and we have strict food allergen policies and procedures to comply with legislation.

# Our Service

At NYES Catering we pride ourselves on the school meals we offer, and are committed to great quality, and nutritionally balanced food.



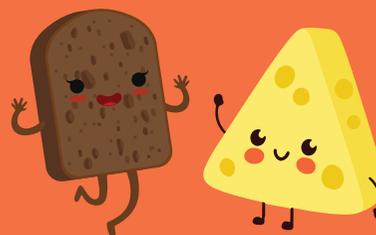
We promote local and fresh. 75% of our meals are cooked daily on-site with ingredients from our main suppliers located within Yorkshire to reduce our carbon footprint and promote local businesses.

We want children to develop healthy eating habits whilst eating with us, which will ensure they get the nutrition they need to learn and grow. Our friendly catering teams love what they do and they can't wait to make and serve your children a delicious meal!

**NYES** | Catering



# Zinc



Zinc is a mineral that helps with wound healing, making new cells and enzymes; and helping your body use the other nutrients in food, such as carbohydrate, fat and protein. It's an important mineral to include in your diet.

Some food items that provide zinc include meat, shellfish, dairy foods, bread, and cereal products.

Provided you eat a varied and balanced diet, like our menu can help provide, you should be getting all the zinc your body needs.

Did you know that approximately 1/3 of the zinc present in our bodies can be found in our bones?