A AUTUMN TERM 2020 SCHOOL MENU

FOOD FOR LIFE BRONZE SERVED HERE
Soil Association

SUGAR WISE

ASSURED FOOD STANDARDS

This menu is compliant with Government School Food Standards

GOOD EGG AWARD

LACA SCHOOL CHEF OF THE YEAR 2017

Deli Bar

Larger schools offer a range of deli style options all available with a range of scrummy fillings:

• Jacket potatoes • Sandwiches • Salads

Allergies & Special Dietary Requirements

If your child has an allergy or special dietary requirements please inform the school and our catering team will happily discuss their needs. Please note, we are unable to guarantee a completely "food allergen free" environment as foods containing allergens are used in our kitchens.

	WEEK ONE Served w/c 7th & 28th Sep, 19th Oct, 16th Nov, 7th Dec	WEEK TWO Served w/c 14th Sep,5th Oct, 2nd & 23rd Nov, 14th Dec	WEEK THREE Served w/c 21st Sep,12th Oct, 9th & 30th Nov, 21st Dec
Monday	YOU CHOOSE Sausage in a Homemade Bun with Tomato Ketchup Falafel Burger in a Homemade Bun Diced Potatoes Peas & Coleslaw DESSERT OF THE DAY Pineapple Upside Down Pudding & Custard Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Cheese & Tomato Pizza Pea & Potato Croquette Diced Potatoes Fruity Coleslaw & Mixed Salad 50/50 Bread DESSERT OF THE DAY Fruit Crumble & Custard Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Beefburger in a Homemade Bun with Chipped Potatoes Sweet Potato & Lentil Curry & Brown Rice Green Beans & Sweetcorn Pumpkin Seed Bread DESSERT OF THE DAY Lemon & Lime Drizzle Cake Fruit Yoghurt & Fresh Fruit
Tuesday	YOU CHOOSE Pasta Bolognaise Leek & Cheese Roll with Potato Wedges Green Salad & Grated Carrot Garlic Bread DESSERT OF THE DAY Chocolate Orange Muffin Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Chicken & Veg Pie & Gravy Veg Frittata New Potatoes Peas & Sweetcorn Sliced Wholemeal Bread DESSERT OF THE DAY Banana Custard Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Chicken Fajitas & Vegetable Rice Bean & Veg Hotpot Broccoli & Carrots Naan Bread DESSERT OF THE DAY Sweet Pizza with Ice Cream Fruit Yoghurt & Fresh Fruit
Wednesday	YOU CHOOSE Roast Chicken with Sage & Onion Stuffing & Gravy Vegetable Quiche Roast Potatoes Medley of Vegetables 50/50 Bread DESSERT OF THE DAY Oat Cookie & Apple Wedge Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Meatballs in Tomato Sauce with Pasta Spirals Quorn & Lentil Shepherd's Pie Carrots & Green Beans Cheese & Onion Flatbread DESSERT OF THE DAY Fruity Paris Sandwich & Custard Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Savoury Minced Beef and Dumplings with Creamed Mashed Potato Macaroni Cheese Carrots & Peas Sliced Wholemeal Bread DESSERT OF THE DAY Chocolate Crunch Fruit Yoghurt & Fresh Fruit
Thursday	YOU CHOOSE Mexican Beef Tortilla Boats with Vegetable Rice Vegetable Curry & Brown Rice Broccoli & Carrots Pitta Bread DESSERT OF THE DAY Fruit Jelly and Ice Cream Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Chicken Korma & Brown Rice Stuffed Courgettes with Diced Potato Medley of Vegetables Naan Bread DESSERT OF THE DAY Chocolate Muesli Krispie Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Roast Pork Loin with Homemade Apple Sauce & Gravy Spanish Oven-baked Bean Omelette New Potatoes Ratatouille & Sweetcorn Homemade White Bread DESSERT OF THE DAY Cheese & Crackers Fruit Yoghurt & Fresh Fruit
Friday	YOU CHOOSE Battered Fish Vegetable Chow Mein Chipped Potatoes Peas & Sweetcorn Homemade Wholemeal Bread DESSERT OF THE DAY Cheese & Crackers Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Fish Fingers with Tomato Ketchup & Chipped Potatoes Loaded Potato Skins Vegetable Sticks Crusty White Bread DESSERT OF THE DAY Cheese & Crackers with Apple Wedge Fruit Yoghurt & Fresh Fruit	YOU CHOOSE Salmon & Sweet Potato Fishcake Roasted Vegetable Parcels Potato Wedges Baked Beans & Tomato Salad 50/50 Bread DESSERT OF THE DAY Fresh Fruit Salad with Cream or Fruit Yoghurt

North Yorkshire education services

To find out more about our food/menus/recipes contact our Technical Support Team
T: 01609 535324 E: facilitiesmanagement@northyorks.gov.uk Visit www.northyorks.gov.uk/schoolmeals

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

Suitable for a vegetarian diet

North Yorkshire County Council

Primary Autumn Term 2020

We've been living through strange times, but it's not all bad. Never have so many looked forward to taking a walk alone or with family, exploring beautiful pathways right on your doorstep which you had never before discovered.

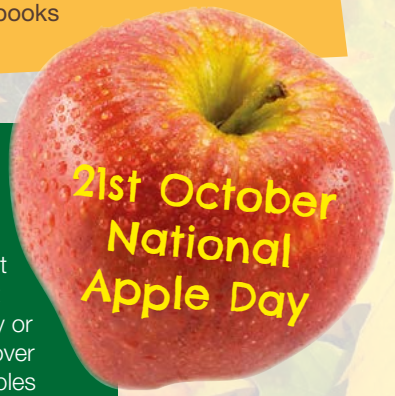
Watching nature bounce back into life and all the wonderful colours and sound, rainbows everywhere, painted stones to hide and seek, cuddly toys and treasure trails to find. The sound of bird song, neighbours clapping together for our NHS and all key workers. Learning new skills or rekindling old ones, planting seeds, tending the garden, growing together in more ways than one, families cooking together and enjoying the simple pleasure of sitting to eat together.

Special promotions

Check with your school

14th September Roald Dahl Day

Celebrating the birth month of Roald Dahl and he would have been 103 years old this year. Who doesn't love the BFG, Matilda or Charlie and the Chocolate Factory? Did you know that Roald Dahl invented more than 500 new words when writing his books, who can forget "Oompa Loompas" or "Scrumdiddlyumptious"?
And he wrote almost all his books sitting in his garden shed!



A chance to celebrate Autumn, harvest and especially our orchards full of apples. How diverse are apples? You can eat them just as they are, make both sweet and savoury dishes, juice, jelly or jam! Did you know there are over 8,000 different varieties of apples in the world?

Christmas lunch

82184 07/20

Winning entry from our lockdown baking competition

Amaia's Orange Upside Down Cake

Please note this recipe should be baked with adult supervision at all times.

For the caramel orange topping:

Ingredients:
1 cup of sugar
6 tbsp water
½ cup butter

Method:
1. Put the sugar and water into a pan and heat until the sugar starts to melt and goes golden brown.
2. Take the pan off the heat and add in the butter.
3. Pour the caramel into a well greased cake tin.
4. Slice up 2 oranges in circles and lay them out on the caramel.

For the sponge:

Ingredients:
½ cup of butter
1 cup sugar
3 eggs
2 cups plain flour
1 cup buttermilk (if you don't have butter milk make it with 1 cup of milk and 1 tsp white vinegar or lemon juice)
1tsp baking powder
½ tsp bicarbonate of soda
Zest of 1 orange
1 tsp vanilla essence

Method:
1. Beat together the butter and sugar until light and fluffy.
2. Beat in the eggs 1 at a time.
3. Mix the flour, baking powder and bicarbonate of soda together in a bowl.
4. Alternately add the dry ingredients (flour) and buttermilk into the mixture and stir well.
5. Add the vanilla essence and orange zest and stir well.
6. Pour the cake batter over the top of the orange and caramel in the cake tin.
7. Bake in a pre-heated oven at 175c for 35-40 minutes until a skewer is clean.

Enjoy!