

Parkstone Primary School

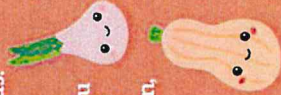
Fresh fruit & yoghurt available with every meal!



If your child has an allergy or special dietary requirements, please inform the 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.

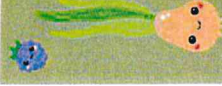


V = Vegetarian

- Celery
- Soya
- Fish
- Crustaceans
- Eggs
- Cereals Containing Gluten
- Peanuts
- Lupin
- Milk
- Nuts
- Sulphur Dioxide
- Mollusc
- Mustard

Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



AUTUMN 2023 MENU



WEEK 1

Served w/c 4th Sep, 25th Sep, 16th Oct, 13th Nov & 4th Dec

- V Pizza
- V **Chicken** BBQ Wrap
- Diced Potatoes
- Crunchy Veggie Sticks
- Tuna Sandwich
- Chicken Mayo Pasta Pot

V Lemon Drizzle Muffin

- Chicken & Tomato Pasta
- V Seasonal Vegetable Hot Pot
- Peas & Sweetcorn
- Homebaked Garlic Bread
- V Cheese Sandwich
- V Baked Bean Jacket Potato

V Autumnal Fruit Crumble & Custard

- Sausage & Yorkshire Pudding
- V Meat-Free Sausage & Yorkshire Pudding
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- Ham Sandwich
- Tuna Jacket Potato

V Cheese & Crackers

- Chicken Korma & Rice
- V Cheese, Leek & Potato Bake
- Cauliflower & Green Beans
- Naan Bread
- V Egg Sandwich
- V Cheese Jacket Potato

V Berry Marble Sponge & Custard

- Fish Fingers & Chips with Ketchup
- V Vegetable Lasagne
- Carrots & Peas
- Sliced Wholemeal Bread
- V Baked Bean Jacket Potato
- Cheese Sandwich

V Chocolate Orange Mousse Cake

WEEK 2

Served w/c 11th Sep, 2nd Oct, 23rd Oct, 20th Nov & 11th Dec

- V Pasta Bolognese Bake
- V Oven Baked Sausage & Bean Bake
- Broccoli & Sweetcorn
- Garlic Flatbread
- V Cheese Sandwich
- Tuna Jacket Potato

V Custard Cookie, Fruit & Ice-Cream

- Chicken Burger in a Bun
- V Vegetable & Bean Burger in a Bun
- Potato Wedges
- Peas & Coleslaw
- Ham Sandwich
- Tuna Pasta Pot

V Chocolate Sponge & Chocolate Sauce

Roast Loins of Pork with Apple Sauce

- V Pear-ter Croquette
- Boiled Potatoes
- Carrots & Green Beans
- Gravy
- Homebaked Bread
- Cheese Sandwich
- V Baked Bean Jacket Potato

V Jam Bun & Cheese

- Mexican Beef Pitta with Rice
- V Cauliflower Cheese Bake
- Medley of Vegetables
- Homebaked Sunflower Seed Bread
- Tuna Sandwich
- V Cheese Jacket Potato

V Toffee Apple Muffin

- Battered Fish
- V Cheese Whirl
- Chips & Ketchup
- Sweetcorn & Peas
- Crusty Bread
- V Egg Sandwich
- V Baked Bean Jacket Potato

V Lemon Shortcake

WEEK 3

Served w/c 18th Sep, 9th Oct, 6th Nov, 27th Nov & 18th Dec

- V Creamy Mac & Cheese
- V Lightly Spiced Bean and Vegetable Curry & Rice
- Broccoli & Carrots
- Homebaked Garlic Bread
- V Cheese Sandwich
- V Baked Bean Jacket Potato

V Berry Crumble Mousse Pot

- Nacho Beef Bake
- V Cheese & Bean Enchilada
- Rice
- Sweetcorn & Peas
- Tuna Sandwich
- Cheese Jacket Potato

V Chocolate Berry Brownie

Roast Chicken & Stuffing

- V Vegetable Cottage Pie
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- V Egg Sandwich
- Cheese Jacket Potato
- Rice Pudding & Peaches

- All Day Breakfast
- V Veggie All Day Breakfast
- Homebaked Bread
- Ham Sandwich
- V Cheesy Bean Jacket Potato

V Oatle Cookie & Cheese

- Fish Star & Chips
- V Crunchy Garlic Bread Topped Tomato Pasta
- Peas & Carrots
- Homebaked Wholemeal Bread
- Cheese Sandwich
- V Cheese Jacket Potato

V Fruity Jam Sandwich & Custard



Upcoming

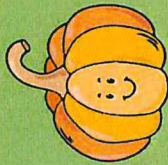
Events



We hope that your children join in with the fun. Please check with your school for further information.

Pumpkin Carving Competition

Our annual competition returns with further opportunities to get creative and have fun with food. Look out for this launching in October!



October 2023



All the Fun of the Fair

A great opportunity for your children to join their friends for a fun-filled lunch featuring popular food items found at a fair.

5th October 2023



Christmas Lunch

Children can celebrate and get in the festive spirit by joining their friends for a traditional Christmas themed lunch.

December 2023



Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for your children too. They will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if your child has any dietary requirements.

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

Find out if you are eligible to receive free school meals and apply in a matter of minutes by scanning here:



www.northyorks.gov.uk/free-school-meals

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

T: (01609) 535324

W: www.northyorks.gov.uk/schoolmeals

Raspberry & Apple Doughnut Muffin



Ingredients

- 200g Plain Flour
- 5g Baking Powder
- 5g Bicarbonate Of Soda
- 115g Granulated Sugar
- 125ml Semi Skimmed Milk
- 85ml Oil
- 1 Medium Egg
- 200g Apple Pieces (Tinned)
- 1ml Vanilla Essence
- 50g Raspberry Jam
- 1g Cinnamon
- 10 Muffin Cases

Method

1. Pre heat the oven to 180c and line the muffin tin with the muffin cases.
2. Place all of the ingredients (other than 15g sugar, cinnamon, jam and apples) into a bowl, and mix together until smooth.
3. Spoon a little of the mixture evenly into each muffin case.
4. Then spoon a little jam mixed with some finely diced apple into the middle of each, cover with the remaining mix and any remaining apple.
5. Bake for about 20 mins, or until firm to the touch and golden.
6. Once the muffins are cool, sprinkle each with a little of the mixed sugar and cinnamon.

Enjoy!

Calcium



Calcium is a mineral that is essential in building strong bones when you're young, as well as keeping your teeth strong and healthy. Calcium also aids in regulating muscle contractions, including your heartbeat.

Foods that contain high levels of calcium include dairy products such as milk, yoghurt, and cheese. Additionally there are some green leafy vegetables which contain small amounts of calcium, as well as some foods that are fortified with

calcium including cereals and bread. Find out more about information at: www.nhs.uk/conditions/vitamins-and-minerals/calcium/

Did you know that around 99% of the calcium in our bodies is in our bones and teeth?

OFFICIAL