

Dunnington C of E Primary School

Fresh fruit or 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.

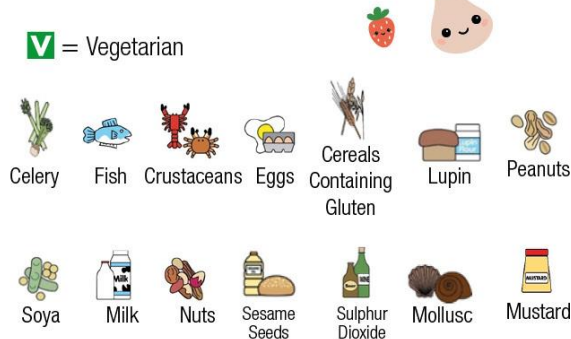


Below are the 14 allergens, we highlight these on our daily allergen matrix. Please contact our

onsite catering team for further information.



**V** = Vegetarian



# SUMMER 2023 MENU

	WEEK 1	WEEK 2	WEEK 3
	Served w/c 17 <sup>th</sup> Apr, 8 <sup>th</sup> May, 5 <sup>th</sup> Jun, 26 <sup>th</sup> Jun, 17 <sup>th</sup> Jul	Served w/c 24 <sup>th</sup> Apr, 15 <sup>th</sup> May, 12 <sup>th</sup> Jun, 3 <sup>rd</sup> Jul, 24 <sup>th</sup> Jul	Served w/c 1 <sup>st</sup> May, 22 <sup>nd</sup> May, 19 <sup>th</sup> Jun, 10 <sup>th</sup> Jul
Monday	<p><b>V</b> Cheese and Tomato Pasta <b>V</b> Korma &amp; Rice Medley of Summer Vegetables Garlic Flatbread</p> <p><b>V</b> Baked Bean Jacket Potato *****</p> <p>Raspberry &amp; Apple Doughnut Muffin</p>	<p><b>V</b> Nuggets* <b>V</b> Cheesy Bean Parcel Potato Wedges &amp; Ketchup Sweetcorn &amp; Peas Homebaked Bread</p> <p>Ham Sandwich *****</p> <p>Berry Sponge</p>	<p><b>V</b> Pizza <b>V</b> Greek Style (Lemon &amp; Garlic) Pitta Bread* Potato Wedges Coleslaw &amp; Peas *****</p> <p>Summer Drizzle Cake</p>
Tuesday	<p>Hot Dog <b>V</b> Veggie Bite Sub Diced Potatoes &amp; Ketchup Cucumber Sticks &amp; Grated Carrot</p> <p>Ham Sandwich *****</p> <p>Summer Mousse &amp; Shortbread Bite</p>	<p>BBQ Chicken Wrap with Vegetable Rice <b>V</b> Bolognese &amp; Pasta Veggie Sticks Tortilla Wrap</p> <p><b>V</b> Baked Bean Jacket Potato *****</p> <p>Oat Biscuit &amp; Cheese</p>	<p>Beef Enchiladas with Rice <b>V</b> Summer Vegetable Spaghetti Broccoli &amp; Sweetcorn Crusty Bread</p> <p><b>V</b> Cheesy Bean Jacket Potato *****</p> <p>Cheese &amp; Biscuit</p>
Wednesday	<p>Cottage Pie <b>V</b> Cheesy Potato Bake Broccoli &amp; Carrots Crusty Bread</p> <p>Chicken Sandwich *****</p> <p>Cheese &amp; Crackers</p>	<p>Roast Gammon <b>V</b> Veggie Sausage Baby Potatoes &amp; Gravy Medley of Summer Vegetables Sliced Wholemeal Bread</p> <p><b>V</b> Egg Mayo Sandwich *****</p> <p>Summer Crumble &amp; Custard</p>	<p>Roast Chicken &amp; Yorkshire Pudding <b>V</b> Country Bake Mashed Potato &amp; Gravy Summer Cabbage &amp; Carrots Homebaked Bread *****</p> <p>Waffle Finger with Ice-Cream</p>
Thursday	<p>Chicken Korma <b>V</b> Sweet &amp; Sour* Rice &amp; Naan Bread Cauliflower &amp; Green Beans</p> <p><b>V</b> Egg Mayo Sandwich *****</p> <p>Chocolate Orange Sponge &amp; Chocolate Sauce</p>	<p>Spaghetti Bolognese <b>V</b> Sweet Potato Curry &amp; Rice Garlic Bread Carrots &amp; Peas</p> <p><b>V</b> Veggie Chilli Jacket Potato *****</p> <p>Chocolate &amp; Vanilla Swirl Muffin</p>	<p>Meatballs &amp; Pasta <b>V</b> Vegetable Risotto Pitta Bread, Green Beans &amp; Cauliflower</p> <p>Ham Sandwich *****</p> <p>Cornflake Crispie</p>
Friday	<p>Fish Fingers <b>V</b> Veggie Roll Chips, Baked Beans &amp; Peas Wholemeal Bread</p> <p>Tuna Jacket Potato *****</p> <p>Fruity Flapjack</p>	<p>Crispy Fish &amp; Chips <b>V</b> Crunchy Topped Mac &amp; Cheese Mixed Summer Salad Sunflower Seed Bread</p> <p><b>V</b> Baked Bean Jacket Potato *****</p> <p>Jelly &amp; Ice-Cream</p>	<p>Battered Fish &amp; Chips <b>V</b> Loaded Potato Skins Ketchup Peas &amp; Sweetcorn Sliced Wholemeal Bread</p> <p>Tuna Jacket Potato *****</p> <p>Custard Cookie with Apple</p>

Census Day 18th May 2023

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 Summer Term's upcoming promotions, a fun activity section to do at home, and a nutritional good-to-know!



We incorporate well known brands into our dishes including Quorn, Harry Ramsden's Junior and Hilcona OFFICIAL

# 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!

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](http://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](mailto:NYES.Catering@northyorks.gov.uk)

T: (01609) 535324

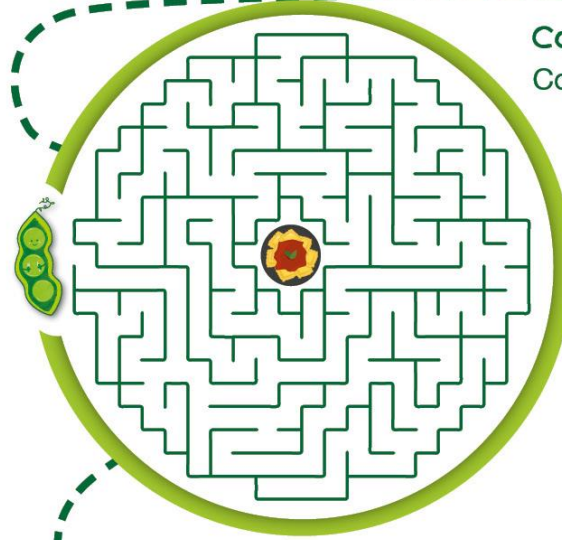
W: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)



# Activity Fun

I've been travelling around Yorkshire and the Humber visiting you and your schools, helping the catering team to run taster sessions for you to try some of the tasty new items on our menu.

Have I visited your school yet? If not, I hope to see you very soon! Until then, please keep enjoying your school lunches, and help me with the below activities.



Help Pea-ter Pod get to his tasty plate of food.

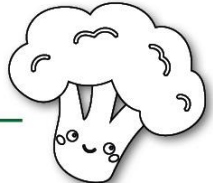
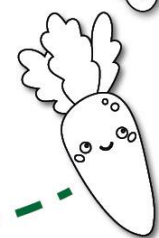
Can you work out which vegetable is which?  
Colour them in once you have!

C \_ i f o r \_



w e c o \_

B \_ c c \_



\_ r r t \_

## 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/)

