

# For just £3.00

Served at every meal...



A choice of nutritious main meals to suit dietary needs

+

A selection of vegetables and fresh salads

+

Fresh homemade bread

+

Fresh water

also

**A choice of Ham, Cheese or Egg  
Sandwiches prepared daily**

## NUT AND SESAME FREE SCHOOL

Knavesmire is a **nut and sesame free** school. This means that all food provided in school are free of these allergens. It also means that children should **NEVER** bring snacks or lunches into school containing either nuts or sesame.

**Please help us to keep the whole school community safe by checking your packed lunches and snack to ensure they're nut and sesame free!**



Are you entitled?

Free School Meals are automatically applied to all children in Reception, Year 1 and Year 2.

This entitlement can be extended to children where families are in receipt of certain benefits and earnings do not exceed a threshold. These benefits include:

**Universal Credit, Income Support, Income-based Job Seeker's Allowance, Child Tax Credit (but not Working Tax Credit)**

North Yorkshire County Council have launched an online portal for free school meal applications that will give you an instant decision on whether your application is successful: <https://www.northyorks.gov.uk/free-school-meals>

## SUPPORTING LOCAL BUSINESSES

Meals are prepared using locally sourced ingredients from York suppliers.

Menus may have to change at short notice due to supplier availability but children will **ALWAYS** be fed a nutritious meal!



# KNAVESMIRE PRIMARY SCHOOL

GLUTEN FREE

Winter Term Menu



## Week 1

Monday

Spaghetti Bolognese with veg

Veggie Bolognese with veg

Jacket Potato with Beans, Cheese or Tuna

Yoghurt and Fruit

Tuesday

Chicken Wraps and Veg or Salad

Veggie Nugget Wraps with Veg or Salad

Jacket Potato with Beans, Cheese or Tuna

Coconut Cookie or Yoghurt & Fruit

Wednesday

Roast Beef, Potatoes & Veg

Veggie Sausage, Potatoes, Veg & Yorkshire Pud

Jacket Potato with Beans, Cheese or Tuna

Apple Crumble or Yoghurt & Fruit

Thursday

BBQ Ham Pizza with Veg or Salad

Cheese Pizza with Veg or Salad

Jacket Potato with Beans, Cheese or Tuna

Vanilla Yoghurt & Fruit

Friday

Breaded Cod with Chips and Beans

Vegan Breaded Nuggets, Chips and Beans

Jacket Potato with Beans, Cheese or Tuna

Cookie or Yoghurt & Fruit

W/c 4/11, 25/11, 16/12

## Week 2

Monday

Tomato Bacon Pasta with Veg

Vegetable Tomato Bake with Veg

Jacket Potato with Beans, Cheese or Tuna

Yoghurt & Fruit

Tuesday

Hot Dog Sausage in a Bun & Veg

Veggie Sausage in a Bun & Veg

Jacket Potato with Beans, Cheese or Tuna

School Cake or Yoghurt & Fruit

Wednesday

Roast Chicken, Potatoes & Veg

Roast Vegetable Tray Bake, Potatoes & Veg

Jacket Potato with Beans, Cheese or Tuna

Yoghurt & Fruit

Thursday

Pepperoni Pizza with Veg or Salad

Cheese Pizza with Veg or Salad

Jacket Potato with Beans, Cheese or Tuna

Banana Muffin or Yoghurt & Fruit

Friday

Fish Burger, Chips & Peas

Vegan Fillet Burger, Chips & Peas

Jacket Potato with Beans, Cheese or Tuna

Choc Orange Cookie or Yoghurt and Fruit

W/c 11/11, 2/12

## Week 3

Monday

Honey Lemon Chicken, New Pots & Veg

Honey Lemon Quorn, Pots & Veg

Jacket Potato with Beans, Cheese or Tuna

Yoghurt & Fruit

Tuesday

Beef Burger in a Bun & Veg

Vegan Burger in a Bun & Veg

Jacket Potato with Beans, Cheese or Tuna

Blueberry Flapjack or Yoghurt & Fruit

Wednesday

Roast Gammon, Potatoes & Veg

Roast Veg Crumble, Potatoes & Veg

Jacket Potato with Beans, Cheese or Tuna

Yoghurt & Fruit

Thursday

Chicken & Cheese Pizza, Veg or Salad

Cheese Pizza with Veg or Salad

Jacket Potato with Beans, Cheese or Tuna

Fruity Jelly or Yoghurts & Fruit

Friday

Battered Fish Fingers, Chips & Peas

Veggie Fingers, Chips & Beans

Jacket Potato with Beans, Cheese or Tuna

Choc & Raspberry Sponge or Yoghurts & Fruit

W/c 18/11, 9/12