

# 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

Vegetarian

Winter Term Menu



## Week 1

Monday

Veggie Bolognese with veg

Jacket Potato with Beans or Cheese

Yoghurt and Fruit

Tuesday

Veggie Nugget Wraps with Veg or Salad

Jacket Potato with Beans or Cheese

Coconut Cookie or Yoghurt & Fruit

Wednesday

Veggie Sausage, Potatoes, Veg & Yorkshire Pud

Jacket Potato with Beans or Cheese

Apple Crumble or Yoghurt & Fruit

Thursday

Cheese Pizza with Veg or Salad

Jacket Potato with Beans or Cheese

Vanilla Yoghurt & Fruit

Friday

Vegan Breaded Nuggets, Chips and Beans

Jacket Potato with Beans or Cheese

Rhubarb Custard Cake or Yoghurt & Fruit

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

## Week 2

Monday

Vegetable Tomato Bake with Veg

Jacket Potato with Beans or Cheese

Yoghurt & Fruit

Tuesday

Veggie Sausage in a Bun & Veg

Jacket Potato with Beans or Cheese

School Cake or Yoghurt & Fruit

Wednesday

Roast Vegetable Tray Bake, Potatoes & Veg

Jacket Potato with Beans or Cheese

Yoghurt & Fruit

Thursday

Cheese Pizza with Veg or Salad

Jacket Potato with Beans or Cheese

Banana Muffin or Yoghurt & Fruit

Friday

Vegan Fillet Burger, Chips & Peas

Jacket Potato with Beans or Cheese

Choc Orange Cookie or Yoghurt and Fruit

W/c 11/11, 2/12

## Week 3

Monday

Honey Lemon Quorn, Pots & Veg

Jacket Potato with Beans or Cheese

Yoghurt & Fruit

Tuesday

Vegan Chicken in a Burger & Veg

Jacket Potato with Beans or Cheese

Blueberry Flapjack or Yoghurt & Fruit

Wednesday

Roast Veg Crumble, Yorkshire Pud, Potatoes & Veg

Jacket Potato with Beans or Cheese

Yoghurt & Fruit

Thursday

Cheese Pizza with Veg or Salad

Jacket Potato with Beans or Cheese

Fruity Jelly or Yoghurts & Fruit

Friday

Veggie Fingers, Chips & Beans

Jacket Potato with Beans or Cheese

Choc & Raspberry Sponge or Yoghurts & Fruit

W/c 18/11, 9/12