For just £3.00



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! Free Market School Meals

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: <u>https://</u> 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!

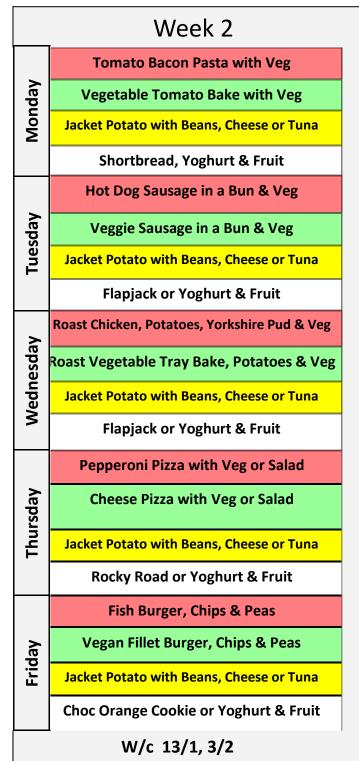




KNAVESMIRE PRIMARY SCHOOL Egg Free Spring Term Menu



| Week 1 | | |
|---------------|--|--|
| Monday | Spaghetti Bolognese with veg | |
| | Veggie Bolognese with veg | |
| | Jacket Potato with Beans or Cheese | |
| | Shortbread, 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, Yorkshire Pud, & 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, Chips & Sweetcorn | |
| | Vegan Breaded Nuggets, Chips & Sweetcorn | |
| | Jacket Potato with Beans, Cheese or Tuna | |
| | Cookie or Yoghurt & Fruit | |
| W/c 6/1, 27/1 | | |



| | Tuesday | Vegan Burger in a Bun & Veg |
|--|-----------|---|
| | | Jacket Potato with Beans, Cheese or Tuna |
| | | Blueberry Flapjack or Yoghurt & Fruit |
| | Wednesday | Roast Gammon, Yorkshire Pud, Potatoes & Veg |
| | | Roast Veg Crumble, Yorkshire Pud, 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 |
| | | Flapjack or Yoghurts & Fruit |
| | | |

Week 3

Honey Lemon Chicken, New Pots & Veg

Honey Lemon Quorn, Pots & Veg

Jacket Potato with Beans, Cheese or Tuna

Shortbread, Yoghurt & Fruit

Beef Burger in a Bun & Veg

Monday

ay

W/c 20/1, 10/2