## 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!



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

Are you entitled?

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: <a href="https://www.northyorks.gov.uk/free-school-meals">https://www.northyorks.gov.uk/free-school-meals</a>

## **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!





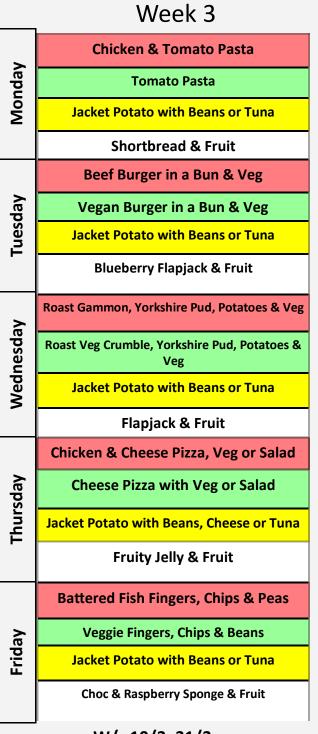
## RIMARY SCHOOL

Dairy/Soya Free
Spring Term Menu



Week 1		
Monday	Spaghetti Bolognese with veg	
	Veggie Bolognese with veg	
	Jacket Potato with Beans or Tuna	
	Shortbread & Fruit	
Tuesday	Chicken Wraps and Veg or Salad	
	Veggie Nugget Wraps with Veg or Salad	
	Jacket Potato with Beans or Tuna	
	Coconut Cookie or Fruit	
Wednesday	Roast Beef, Potatoes, Yorkshire Pud, & Veg	
	Veggie Sausage, Potatoes, Veg & Yorkshire Pud	
	Jacket Potato with Beans or Tuna	
	Apple Crumble & Fruit	
Thursday	BBQ Ham Pizza with Veg or Salad	
	Cheese Pizza with Veg or Salad	
	Jacket Potato with Beans or Tuna	
	Rocky Road & Fruit	
Friday	Breaded Cod with Chips and Beans	
	Vegan Breaded Nuggets, Chips and Beans	
	Jacket Potato with Beans or Tuna	
	Cookie & Fruit	
	W/c 24/2, 17/3	

	Week 2
Monday	Tomato Bacon Pasta with Veg
	Vegetable Tomato Bake with Veg
	Jacket Potato with Beans or Tuna
	Shortbread & Fruit
Tuesday	Hot Dog Sausage in a Bun & Veg
	Veggie Sausage in a Bun & Veg
	Jacket Potato with Beans or Tuna
	School Cake & Fruit
<b>^</b>	Roast Chicken, Potatoes, Yorkshire Pud & Veg
Wednesday	Roast Vegetable Tray Bake, Potatoes & Veg
	Jacket Potato with Beans or Tuna
	Flapjack & Fruit
	Pepperoni Pizza with Veg or Salad
Thursday	Cheese Pizza with Veg or Salad
	Jacket Potato with Beans or Tuna
	Banana Muffin & Fruit
	Fish Burger, Chips & Peas
Friday	Vegan Fillet Burger, Chips & Peas
	Jacket Potato with Beans or Tuna
	Choc Orange Cookie & Fruit
	W/c 3/3, 24/3



W/c 10/3, 31/3