

# 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

Spring Term Menu



## Week 1

<b>Monday</b>	Spaghetti Bolognese with veg
	Veggie Bolognese with veg
	Jacket Potato with Beans, Cheese or Tuna
	Yoghurt and Fruit
<b>Tuesday</b>	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
<b>Wednesday</b>	Roast Beef, Potatoes & Veg
	Veggie Sausage, Potatoes, Veg & Yorkshire Pud
	Jacket Potato with Beans, Cheese or Tuna
	Apple Crumble or Yoghurt & Fruit
<b>Thursday</b>	BBQ Ham Pizza with Veg or Salad
	Cheese Pizza with Veg or Salad
	Jacket Potato with Beans, Cheese or Tuna
	Vanilla Yoghurt & Fruit
<b>Friday</b>	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 24/2, 17/3

## Week 2

<b>Monday</b>	Tomato Bacon Pasta with Veg
	Vegetable Tomato Bake with Veg
	Jacket Potato with Beans, Cheese or Tuna
	Yoghurt & Fruit
<b>Tuesday</b>	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
<b>Wednesday</b>	Roast Chicken, Potatoes & Veg
	Roast Vegetable Tray Bake, Potatoes & Veg
	Jacket Potato with Beans, Cheese or Tuna
	Yoghurt & Fruit
<b>Thursday</b>	Pepperoni Pizza with Veg or Salad
	Cheese Pizza with Veg or Salad
	Jacket Potato with Beans, Cheese or Tuna
	Banana Muffin or Yoghurt & Fruit
<b>Friday</b>	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 3/3, 24/3

## Week 3

<b>Monday</b>	Chicken & Tomato Pasta
	Tomato Pasta
	Jacket Potato with Beans, Cheese or Tuna
	Yoghurt & Fruit
<b>Tuesday</b>	Beef Burger in a Bun & Veg
	Vegan Burger in a Bun & Veg
	Jacket Potato with Beans, Cheese or Tuna
	Blueberry Flapjack or Yoghurt & Fruit
<b>Wednesday</b>	Roast Gammon, Potatoes & Veg
	Roast Veg Crumble, Potatoes & Veg
	Jacket Potato with Beans, Cheese or Tuna
	Yoghurt & Fruit
<b>Thursday</b>	Chicken & Cheese Pizza, Veg or Salad
	Cheese Pizza with Veg or Salad
	Jacket Potato with Beans, Cheese or Tuna
	Fruity Jelly or Yoghurts & Fruit
<b>Friday</b>	Battered Fish Fingers, Chips & Peas
	Veggie Fingers, Chips & Beans
	Jacket Potato with Beans, Cheese or Tuna
	Choc & Raspberry Sponge or Yoghurts & Fruit

W/c 10/3, 31/3