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 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!

SUPPORTING LOCAL BUSINESS

KNAVESMIRE PRIMARY SCHOOL

Egg Free

Summer 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	Minced 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 21/4, 12/5, 2/6, 23/6, 14/7

Week 2

Monday	Tomato Bacon Pasta with Veg
	Vegetable Tomato Bake with Veg
	Jacket Potato with Beans, Cheese or Tuna
	Shortbread, Yoghurt & Fruit
Tuesday	Hot Dog Sausage in a Bun & Veg
	Veggie Sausage in a Bun & Veg
	Jacket Potato with Beans, Cheese or Tuna
	Flapjack or Yoghurt & Fruit
Wednesday	Roast Chicken, Potatoes, Yorkshire Pud & Veg
	Roast Vegetable Tray Bake, Potatoes & Veg
	Jacket Potato with Beans, Cheese or Tuna
	Flapjack or Yoghurt & Fruit
Thursday	Pepperoni Pizza with Veg or Salad
	Cheese Pizza with Veg or Salad
	Jacket Potato with Beans, Cheese or Tuna
	Rocky Road 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 & Fruit

W/c 28/4, 19/5, 9/6, 30/6

Week 3

Monday	Chicken & Tomato Pasta
	Tomato Pasta
	Jacket Potato with Beans, Cheese or Tuna
	Shortbread, 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, 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

W/c 5/15, 26/5, 16/6, 7/7