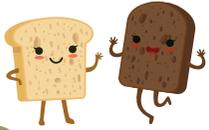




Bread of the day served with every meal

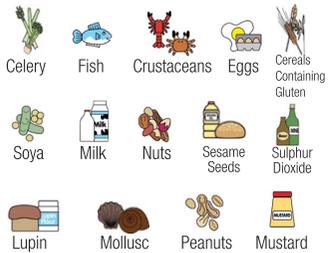


If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.

Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for you too!



V = Vegetarian



Did you know that the 14 pictures above are allergens? Each item we serve you has an allergen matrix, which allows us to highlight any allergens your food may contain.

	Week 1	Week 2	Week 3
	Served w/c 3rd Jan, 24th Jan, 14th Feb, 14th March, 4th April	Served w/c 10th Jan, 31st Jan, 28th Feb, 21st March	Served w/c 17th Jan, 7th Feb, 7th March, 28th March
Monday	<ul style="list-style-type: none"> ✓ Cheese & Tomato Pizza Diced Potatoes with Peas & Sweetcorn Baked Bean or Tuna Jacket Potato ✓ Egg Mayo Sandwich Chocolate Crunch Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> ✓ ^{Quorn} Dippers with Potato Wedges & Tomato Ketchup Peas & Sweetcorn ✓ Cheese Sandwich Baked Bean or Tuna Jacket Potato Chocolate & Orange Sponge & Chocolate Sauce Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> ✓ Creamy Mac & Cheese Broccoli & Sweetcorn Ham Sandwich ✓ Baked Bean or Cheese Jacket Potato Fresh Fruit Salad Or Fruit Yoghurt
Tuesday	<ul style="list-style-type: none"> Chicken & Broccoli Pasta Bake Carrots & Green Beans Cheese or Chicken Mayo Jacket Potato Tuna & Cucumber Sandwich Cheese & Crackers Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Chicken & Veg Pie with Baby Potatoes Seasonal Medley of Veg Baked Bean or Bolognese Jacket Potato or Egg Mayo Sandwich Cheese & Crackers Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Chicken Korma & Rice Cauliflower & Green Beans Cheese or Tuna Jacket Potato ✓ Egg Mayo Sandwich Chocolate Cornflake Pudding Or Fruit Yoghurt
Wednesday	<ul style="list-style-type: none"> Savoury Minced Beef & Yorkshire Pudding Roast Potatoes & Medley of Seasonal Veg ✓ Cheese Sandwich Tuna or Baked Bean Jacket Potato Fruit Jelly & Ice Cream Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Roast Pork & Apple Sauce with Gravy Broccoli & Carrots with Creamy Mashed Potatoes Tuna or Cheese Jacket Potato Tuna Sandwich Creamy Rice Pudding & Peaches Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Roast Chicken with Sage & Onion Stuffing & Gravy Roast Potatoes with Spring Cabbage & Carrots Cheese Jacket Potato or Tuna & Cucumber Sandwich Banana & Custard Fresh Fruit or Fruit Yoghurt
Thursday	<ul style="list-style-type: none"> Sausage, Mash & Onion Gravy Roast Parsnips & Broccoli ✓ Bakes Bean or Cheese Jacket Potato or Ham Sandwich Apple Crumble with Custard Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Pasta Bolognese Green Beans & Sweetcorn Cheese or Tuna Jacket Potato Ham Sandwich Oat & Sultana Cookie Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Nacho Beef Bake with Rice Sweetcorn & Green Beans Tuna Jacket Potato ✓ Cheese Sandwich Berry Sponge & Custard Fresh Fruit or Fruit Yoghurt
Friday	<ul style="list-style-type: none"> Fish Fingers Baked Beans & Peas Chipped Potatoes Chicken Mayo or Cheese Jacket Potato Chicken Sandwich Fruity Jam Sponge Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Crunchy Breaded Fish Chipped Potatoes Green Beans & Carrots Chicken Sandwich ✓ Cheese Jacket Potato Fruity Flapjack Fresh Fruit or Fruit Yoghurt 	<ul style="list-style-type: none"> Harry Ramsdens Battered Fish Chipped Potatoes & Tomato Ketchup Peas & Sweetcorn ✓ Cheese or Baked Bean Jacket Potato Chicken Sandwich Carrot Cake Fresh Fruit or Fruit Yoghurt



- This recognises that:
- Our Menus are designed to make the best use of Seasonal Ingredients
 - Our Eggs are always Free Range Eggs
 - We serve more of the good stuff - our meals are free from undesirable additives, colourings and sweeteners

Here at NYES Catering we pride ourselves on the school meals we offer. We want children to develop healthy eating habits whilst eating with us, which will ensure they get the energy and nutrition they need to learn and to grow.

Our friendly catering teams can't wait to make and serve you a delicious meal!

Some schools like to offer additional items such as Pasta Pots, Sandwiches, Jacket Potatoes and Grab Bags. Please check with your catering teams for what is available within your school.

We hope you enjoy your meal choice!



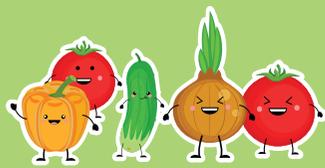
Don't forget to turn the page to see the fantastic promotions, competitions, tasty recipe and nutritional good to know for the Spring 2022 Term!

Our menus will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if you have any dietary requirements.

We are unable to guarantee a completely food allergen free environment as foods containing allergens are used in this kitchen.



Upcoming events



Check with your school to see what's on offer this term.



January 2022

Design a Mascot Competition

We have been busy updating our brand look and feel, and with this comes the opportunity to design our new NYES Catering Mascot. We can't wait to see your fantastic entries!

HEINZ
ESTD 1869

20th January 2022

Heinz Beanz

Celebrate 153 years of Heinz with us; and the nutritional, high protein benefits Heinz themed items provide for our one-off, special menu.



February 2022

Design a School Main Meal Competition

Would you like the chance to get your favourite meal featured on the Autumn 2022 Menu? Look out for this being launched in February, and enter our Design a School Main Meal Competition to have your say!



3rd February 2022

Chinese New Year

Celebrate Chinese New Year with us! 2022 is the Year of the Tiger. Did you know that the colour red is considered to bring good luck and good fortune to all - this is why red is the main celebratory colour used throughout Chinese New Year.



14th February 2022

Valentine's Day

Spread a little love today, and join us to celebrate our love of food, and creating the warm fuzzy feeling that comes with a full tummy after a yummy meal.



3rd March 2022

World Book Day with Charlie Mackesy

We celebrate the enjoyment a good book and great food can bring, as well as the positive literature author Charlie Mackesy has championed throughout the past 2 years.



March 2022

Design an Easter Egg Competition

Enter our Design an Egg Competition running throughout March and April to celebrate the creative joy Easter and food can bring.



April 2022

Easter Lunch

Join us to celebrate all that Easter and Springtime brings and enjoy an Easter lunch with us to put a spring in your step before your holidays!

Raspberry & Apple Doughnut Muffin



Enjoy!

Ingredients

- 200g Plain Flour
- 5g Baking Powder
- 5g Bicarbonate Of Soda
- 115g Granulated Sugar
- 125ml Semi Skimmed Milk
- 85ml Prep Multi Oil PET
- 1 Medium Egg
- 200g Apple Pieces (Tinned)
- 1ml Vanilla Essence
- 50g Raspberry Jam
- 1g Cinnamon
- 10 Muffin Cases

Method

Pre heat the oven to 180c and line a muffin tray with the cases. Place all of the ingredients into a bowl, and mix together until smooth (everything other than the 150g sugar and cinnamon - keep these separate for decorating!).

Spoon a little of each mixture into each muffin case. Then spoon a little jam and diced apple into the middle of each, cover with the remaining mix.

Bake for about 20 mins or until firm to the touch and golden. Cool. Sprinkle each top with a little of the mixed sugar and cinnamon. Serve.

Calcium



Calcium is a mineral that is essential in building strong, dense bones when you're young, as well as keeping your teeth strong and healthy. Calcium also aids in regulating muscle contractions, including your heartbeat.

Foods that contain high levels of calcium include dairy products such as milk, yoghurt, and cheese. Additionally there are some green leafy vegetables which contain small amounts of calcium, as well as some foods that

are fortified with calcium including juices, cereals, and bread.

Did you know that around 99% of the calcium in our bodies is in our bones and teeth?