

## Locally sourced food

This has now been endorsed for the second year running by the Soil Association Food for Life - Bronze Catering Award who promote home produced, high quality, fresh food using local suppliers. We work very closely with our suppliers to ensure high standards, not only in food quality, but also safety and hygiene.

Photo shows Cowling CE pupils celebrating the launch of working towards the Food for Life school award with Herbie the Carrot. Pupils, staff and visitors enjoyed a delicious Roast Dinner using locally sourced, farm assured pork loin.



## Special diets

If your child has a dietary need please put the request in writing to the headteacher who will then arrange a meeting with the catering team to discuss your child's needs.

Log on to our new web site:

[www.myschoollunch.co.uk/northyorks](http://www.myschoollunch.co.uk/northyorks)

and learn more about our mascot Herbie the carrot, play some on line games or gain inspiration for recipes for some healthy family meals.

## Contact us

**June Taylor**, Operations Manager – Catering County Hall, Northallerton, North Yorkshire, DL7 8AE.

**Tel: 01609 536889 Email: [june.taylor@northyorks.gov.uk](mailto:june.taylor@northyorks.gov.uk)**

If you would like this information in another language or format such as Braille, large print or audio, please ask us. **Tel: 01609 780 780**

**Email: [customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)**

## SPECIAL PROMOTIONS

**Look out for details from your school regarding Special Promotions this term**

Chinese New Year in January featuring Chicken Sweet & Sour with Noodles, Yorkshire Pudding Day 1st February and World Book Day 7th March 2017.

## COMPETITION TIME ~ NEW RECIPE!

If you have a tasty recipe which is popular with your family and suitable for serving in our schools and you would like to share it with us please email it to June Taylor (details below) by the end of February 2017. The best recipe will be cooked in your child's school and you will be invited to lunch.

Served w/c:  
2<sup>nd</sup> and 23<sup>rd</sup> Jan, 13<sup>th</sup> Feb,  
13<sup>th</sup> Mar and 3<sup>rd</sup> Apr

WEEK **1**

Served w/c:  
9<sup>th</sup> and 30<sup>th</sup> Jan, 27<sup>th</sup> Feb  
and 20<sup>th</sup> Mar

WEEK **2**

Served w/c  
16<sup>th</sup> Jan, 6<sup>th</sup> Feb, 6<sup>th</sup>  
and 27<sup>th</sup> Mar

WEEK **3**

Monday

**Sausage & Tomato Pasta**

Broccoli & Sweetcorn  
Herbie Bread

Chocolate & Pear Fudge Pudding  
Custard  
Fresh Fruit



*Root vegetables  
now in season.  
Packed with  
vitamins  
to ward off  
infections*

**Cottage Pie**

Savoy Cabbage & Carrots  
Sliced Wholemeal Bread

Fruit Muffin  
Fresh Fruit

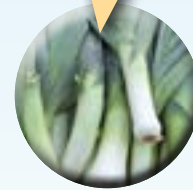
**Pizza Margherita**

Sweetcorn  
Peas

Diced Potatoes  
Garlic Bread

Arctic Roll & Mandarins  
Fresh Fruit

*At their best Jan/  
Feb and March*



**Macaroni Cheese**

Broccoli  
Carrots  
Sunflower Seed Bread

Grannies Crunch  
Fresh Fruit

Tuesday

**Chicken Korma**

Green Beans & Cauliflower  
Savoury Brown Rice  
Naan Bread

Jam Roly Poly & Custard  
Fresh Fruit



*The most versatile  
veg. Try roasting  
with honey, stir  
frying or grate into  
a cake.*

**Roast Chicken, Stuffing & Gravy**

Medley of Vegetables  
Creamed Potatoes  
Pitta Bread

Coconut Rice Pudding & Pineapple  
Fresh Fruit

**Meat & Potato Pie, Gravy**

Cauliflower & Cheese Sauce  
Green Beans  
Creamed Potatoes  
Crusty White Bread

Raspberry Bun & Apple Wedge  
Fresh Fruit

Wednesday

**Mexican Beef Pot and Cornbread**

Sweetcorn Medley  
Potato Wedges

Chocolate Muesli Krispie  
Fresh Fruit

**Lasagne**

Mixed Salad  
Herbie Bread

Chocolate Surprise Cake  
Chocolate Sauce  
Fresh Fruit

**Roast Pork, Apple Sauce, Gravy**

Broccoli & Sweetcorn  
Roast Potatoes  
Pitta Bread

Apricot Bar & Custard  
Fresh Fruit

Thursday

**Battered Fish**

Tomato Sauce  
Peas & Carrots  
Chipped Potatoes  
Wholemeal Bread

Oaty Apple Crumble & Custard  
Fresh Fruit

**Pork & Apple Plait & Gravy**

Savoy Cabbage & Carrots  
Parsley Potatoes  
Sliced Wholemeal Bread

Fruit Salad & Yoghurt  
Fresh Fruit

**Chicken in Tomato Sauce**

Medley of Vegetables  
Brown Rice  
Garlic Bread

Treacle Sponge & Custard  
Fresh Fruit

Friday

**Breaded Salmon Fillet**

Broccoli & Sweetcorn  
Potato Wedges  
Poppy Seed Bread

Sticky Date & Apple Bar and Custard  
Fresh Fruit

**Fish Fingers**

Peas  
Roast Carrots  
Saute Potatoes  
Herbie Bread

Yoghurt & Abbey Biscuit  
Fresh Fruit

\* Very occasionally due to circumstances beyond our control it may be necessary to change the menu.