

## 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