

Ganton School

Fresh fruit or yoghurt available with every meal!



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



Below are the 14 allergens, we highlight these on our daily allergen matrix.

Please contact our

onsite catering team for further information.



✓ = Vegetarian



Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Summer Term's upcoming promotions, a fun activity section to do at home, and a nutritional good-to-know!



SUMMER 2023 MENU



	WEEK 1	WEEK 2	WEEK 3
	Served w/c 17 th Apr, 8 th May, 5 th Jun, 26 th Jun, 17 th Jul	Served w/c 24 th Apr, 15 th May, 12 th Jun, 3 rd Jul, 24 th Jul	Served w/c 1 st May, 22 nd May, 19 th Jun, 10 th Jul
Monday	<p>✓ Cheese and Tomato Pasta</p> <p>✓ Korma & Rice</p> <p>Medley of Summer Vegetables</p> <p>Garlic Flatbread</p> <p>Tuna Sandwich</p> <p>✓ Baked Bean Jacket Potato</p> <p>*****</p> <p>Raspberry & Apple Doughnut Muffin</p>	<p>✓ Nuggets*</p> <p>✓ Cheesy Bean Parcel</p> <p>Potato Wedges</p> <p>Sweetcorn & Peas</p> <p>Homebaked Bread</p> <p>Ham Sandwich</p> <p>Tuna Jacket Potato</p> <p>*****</p> <p>Berry Sponge</p>	<p>✓ Pizza</p> <p>✓ Greek Style (Lemon & Garlic) Pitta Bread*</p> <p>Potato Wedges</p> <p>Coleslaw & Peas</p> <p>✓ Egg Mayo Sandwich</p> <p>Tuna & Sweetcorn Pasta Pot</p> <p>*****</p> <p>Summer Drizzle Cake</p>
Tuesday	<p>Hot Dog</p> <p>✓ Veggie Bite Sub</p> <p>Ketchup</p> <p>Diced Potatoes</p> <p>Cucumber Sticks & Grated Carrot</p> <p>Ham Sandwich</p> <p>✓ Cheese Jacket Potato</p> <p>*****</p> <p>Summer Mousse & Shortbread Bite</p>	<p>BBQ Chicken Wrap with Vegetable Rice</p> <p>✓ Bolognese & Pasta</p> <p>Veggie Sticks</p> <p>Tortilla Wrap</p> <p>✓ Baked Bean Jacket Potato</p> <p>✓ Veggie Pasta Pot</p> <p>*****</p> <p>Oat Biscuit & Cheese</p>	<p>Beef Enchiladas with Rice</p> <p>✓ Summer Vegetable Spaghetti</p> <p>Broccoli & Sweetcorn</p> <p>Crusty Bread</p> <p>Tuna Sandwich</p> <p>✓ Cheesy Baked Bean Jacket Potato</p> <p>*****</p> <p>Cheese & Biscuit</p>
Wednesday	<p>Cottage Pie</p> <p>✓ Cheesy Potato Bake</p> <p>Broccoli & Carrots</p> <p>Crusty Bread</p> <p>Chicken Sandwich</p> <p>✓ Creamy Cheese Pasta Pot</p> <p>*****</p> <p>Cheese & Crackers</p>	<p>Roast Gammon</p> <p>✓ Veggie Sausage</p> <p>Baby Potatoes & Gravy</p> <p>Medley of Summer Vegetables</p> <p>Sliced Wholemeal Bread</p> <p>✓ Egg Mayo Sandwich</p> <p>✓ Cheese Jacket Potato</p> <p>*****</p> <p>Summer Crumble & Custard</p>	<p>Roast Chicken & Yorkshire Pudding</p> <p>✓ Country Bake</p> <p>Mashed Potato & Gravy</p> <p>Summer Cabbage & Carrots</p> <p>Homebaked Bread</p> <p>✓ Veggie Bolognese Jacket Potato</p> <p>✓ Veggie Pasta Pot</p> <p>*****</p> <p>Waffle Finger with Ice Cream</p>
Thursday	<p>Chicken Korma & Rice</p> <p>✓ Sweet & Sour* & Rice</p> <p>Cauliflower & Green Beans</p> <p>Naan Bread</p> <p>✓ Egg Mayo Sandwich</p> <p>✓ Baked Bean Jacket Potato</p> <p>*****</p> <p>Chocolate Orange Sponge & Chocolate Sauce</p>	<p>Spaghetti Bolognese</p> <p>✓ Sweet Potato Curry & Rice</p> <p>Garlic Bread</p> <p>Carrots & Peas</p> <p>Chicken Sandwich</p> <p>✓ Baked Bean Jacket Potato</p> <p>*****</p> <p>Chocolate & Vanilla Swirl Muffin</p>	<p>✓ Meatballs & Pasta</p> <p>✓ Vegetable Risotto</p> <p>Green Beans & Cauliflower</p> <p>Pitta Bread</p> <p>Ham Sandwich</p> <p>✓ Baked Bean Jacket Potato</p> <p>*****</p> <p>Cornflake Crispie</p>
Friday	<p>Fish Fingers</p> <p>✓ Veggie Roll</p> <p>Chips, Baked Beans & Peas</p> <p>Wholemeal Bread</p> <p>✓ Cheese Sandwich</p> <p>Tuna Jacket Potato</p> <p>*****</p> <p>Fruity Flapjack</p>	<p>Crispy Fish & Chips</p> <p>✓ Crunchy Topped Mac & Cheese</p> <p>Mixed Summer Salad</p> <p>Sunflower Seed Bread</p> <p>✓ Cheese Sandwich</p> <p>✓ Baked Bean Jacket Potato</p> <p>*****</p> <p>Jelly & Ice-Cream</p>	<p>Battered Fish & Chips</p> <p>✓ Loaded Potato Skins</p> <p>Ketchup, Peas & Sweetcorn</p> <p>Sliced Wholemeal Bread</p> <p>Chicken Sandwich</p> <p>Tuna Jacket Potato</p> <p>*****</p> <p>Custard Cookie with Apple</p>

Census Day 18th May 2023

Quorn*

Harry Ramsden's Junior

hilcona

We incorporate well known brands into our dishes including Quorn, Harry Ramsden's Junior and Hilcona
OFFICIAL

Upcoming Events



We hope that your children join in with the fun. Please check with your school for further information.



April/May 2023

A Royal Celebration

Celebrate the King's Coronation with a tasty selection of tea-party style food. Have your child join in this fun lunchtime treat!



18th May 2023

Fakeaway Day

A popular takeaway choice for lunch today! Have your child join us to enjoy this tasty meal.



July 2023

Seaside Special

The perfect way to get in the spirit of the Summer holidays is with a special seaside themed meal. We are positive a smile will be on everyone's face, don't miss out!

Our menus are not only tasty, but comply with the Government School Food Standards, meaning they are good for your children too. They will very occasionally need to change due to circumstances beyond our control, so please check with your catering team if your child has any dietary requirements.

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



Find out if you are eligible to receive free school meals and apply in a matter of minutes by scanning here:

www.northyorks.gov.uk/free-school-meals



For more information about food items, menus, or recipes; please speak to your on-site catering team, or contact our Technical Support Team:

E: NYES.Catering@northyorks.gov.uk

T: (01609) 535324

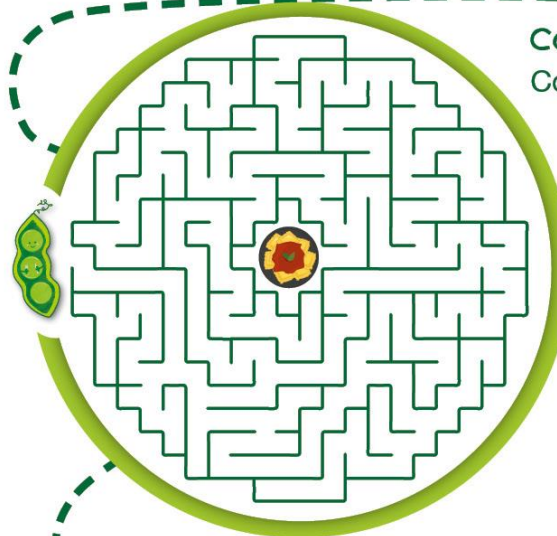
W: www.northyorks.gov.uk/schoolmeals



Activity Fun

I've been travelling around Yorkshire and the Humber visiting you and your schools, helping the catering team to run taster sessions for you to try some of the tasty new items on our menu.

Have I visited your school yet? If not, I hope to see you very soon! Until then, please keep enjoying your school lunches, and help me with the below activities.



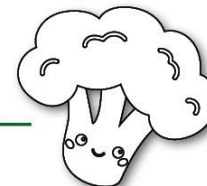
Can you work out which vegetable is which?
Colour them in once you have!

C _ _ i f o _ _ r



_ w e c o _

B _ _ c c _ _



_ _ r r _ t

Help Pea-ter Pod get to his
tasty plate of food.

Iron

Iron is important in making red blood cells, which carry oxygen around the body. Most people should be able to get all the iron they need by eating a varied and balanced diet.

Iron is found in a variety of food including red meat, pulses, eggs, vegetables, and some fruit.

Find out more information here:

www.nhs.uk/conditions/vitamins-and-minerals/iron/

