

Catering Service

New starter pack for school meals
Key Stage 1



Welcome from the Catering Service

A message from the Director

Welcome to our school meals service provided by North Yorkshire Education Services, part of North Yorkshire County Council.

We're passionate about what we do and are proud to deliver healthy, balanced, locally sourced meals to pupils, all certified to the Soil Association's Food for Life served here Silver Award. This means all the food we serve meets exceptional standards.

School meals play an important part in promoting healthy eating and maintaining good health, which helps us achieve our aim to ensure all children are happy, healthy and achieving. Good health and diet are not only important when young but also help establish a foundation for maintaining good health in later years.

Enjoy finding out more about what we do and be confident that your child's needs are met when it comes to delicious, nutritious food!



Stuart Carlton
Director, Children and Young
People's Service
North Yorkshire County Council

"Mealtimes are a very important part of our school day...our meals are attractive, nutritious and popular, and they provide good value for parents' money."

Headteacher



FACT

All the eggs we use in our school meals are free range!



Choose School Food

Is there anything better than seeing children tuck into a delicious healthy meal and finish it all? We take great pride in the meals we provide, preparing quality, freshly cooked food to care for the dietary needs of children and young people.

Our skilled catering teams all have a passion for delivering healthy, balanced meals that not only provide children with a nutritious lunch but also gets them excited to eat it!

Our school meals are:

- Nutritionally balanced
- Freshly prepared
- Made with local produce
- Adapted to meet dietary needs
- Changed every term to reflect the seasons
- Low-salt and low-sugar

We also use sustainable plastics in our packaging, helping the environment.



Award Winning

Our award winning service has been recognised by the Soil Association through their prestigious Food for Life served here Silver Award for:

- Our commitment to serving fresh, environmentally sustainable and ethical food
- Championing local producers
- Making healthy eating easy



FACT

Where possible our food is seasonal, organic, sustainable, local and traceable



Special Dietary Requirements

We cater for any dietary need. If your child has a special dietary requirement, medical or cultural, please inform the school and our catering team will happily discuss your child's needs.

"It's great that my child can join in with other children at lunchtime and I have the peace of mind knowing that the cook is fully aware of her dietary needs."

Parent



FACT

One portion of fruit =



TOP TIP: A child's palm is a good guide for a portion of fruit

Lunchtime Experience

Don't worry when your child first starts having a school lunch. They will be served by caring staff who are experts in helping pupils through the early days of all the new experiences school will offer. All pupils are actively encouraged to try new foods and will be helped by catering staff, lunchtime supervisors and older pupils.

Universal Free School Meals

Did you know that if your child is in reception, year one or year two, they are entitled to a free meal at lunchtime?

Eating a healthy nutritious meal is great because it improves a child's ability to concentrate in lessons and helps children practice the social skills involved in eating with others. It also saves you time and money making packed lunches!

Parents who are in receipt of certain benefits may be entitled to additional support. Please contact your school or visit: northyorks.gov.uk/free-school-meals

"Children eating a freshly prepared school lunch have the opportunity to begin to 'love' and learn about fresh food, cooked from scratch."

School Cook



Delicious, healthy recipes for you to try at home

Sugar free Apple, Banana and Carrot Muffins

- Makes approximately 16 small muffins (bun cases)
- Cooking time 15 – 20 minutes
- Oven temperature 180 degrees

Ingredients

150g eating apples
100g carrots
100g ripe bananas
40g sultanas
2 eggs
1 tbsp milk
1 tsp vanilla essence
50ml vegetable oil
170g self-raising flour
(half plain and wholemeal optional)

Method

1. Peel and grate the apples and carrots, drain well.
2. Mash the bananas using a fork.
3. Beat together the eggs, milk, vanilla essence and oil.
4. Place the flour in a bowl, stir in egg mixture to form a batter.
5. Gently stir in sultanas, carrot, apple and banana. Divide between the bun/muffin cases and bake until golden and firm to touch.

...tuck in and enjoy!



Little Crispy Croustades

- Makes approximately 6 croustades
- Cooking time 15 – 20 minutes
- Oven temperature 170 degrees

Ingredients

For the croustades:

6 slices of bread (or more!)
50g butter or 50ml vegetable oil

Method

1. Place the slices of bread on a flat surface and press them with a rolling pin to make them as thin as possible. Stamp out rounds using 5.5cm cutter.
2. Melt the butter and coat the bread rounds on both sides (or brush with oil), press them firmly into the tartlet tins.
3. Bake them until crisp and brown. Cool them on a wire rack. (You can store them in an airtight container for up to 2 weeks).
4. Choose your filling
 - Tuna, sweetcorn and peppers mixed with crème fraiche
 - Roasted vegetables with cream cheese
 - Cheesy baked beans
 - Scrambled egg with bacon and tomato
 - Chicken mayo with salad
 - Cheese and grapes...or make up your own!



Enjoy colouring in!



Contact us

To find out more about our school meals or if you have any questions please contact June Taylor, Technical Support Manager - Facilities Management

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