

## Frederick Holmes School



**Fresh fruit & yoghurt options available every day**



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

We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.



**V** = Vegetarian **VG** = Vegan



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 Spring term's upcoming promotions, a fun activity section to complete at home, and a nutritional good-to-know!



	WEEK 1	WEEK 2	WEEK 3
	Served w/c 8th Jan, 29th Jan, 26th Feb & 18th Mar	Served w/c 15th Jan, 5th Feb and 4th Mar	Served w/c 22th Jan, 19th Feb and 11th Mar
Monday	<p>V Lasagne</p> <p>VG Baked Bean Jacket Potato</p> <p>VG Broccoli &amp; Carrots</p> <p>V Homebaked Garlic Bread</p> <p>*****</p> <p>V Chocolate Crunch &amp; Custard</p>	<p>V Pizza</p> <p>V Egg Mayo Sandwich</p> <p>VG Baked Potato Wedges</p> <p>VG Mixed Salad &amp; Grated Carrot</p> <p>*****</p> <p>V Fruit Jelly &amp; Ice Cream</p>	<p>V Crunchy Topped Mac &amp; Cheese</p> <p>VG Veggie Chilli Jacket Potato</p> <p>VG Carrots &amp; Swede</p> <p>V Homebaked Garlic Bread</p> <p>*****</p> <p>V Jam Doughnut Muffin</p>
Tuesday	<p>Chicken Nuggets</p> <p>V Cheese Whirl</p> <p>VG Diced Potatoes</p> <p>VG Peas &amp; Sweetcorn</p> <p>VG Homebaked Bread</p> <p>*****</p> <p>V Marble Berry Sponge &amp; Custard</p>	<p>Meatballs in a Creamy Sauce &amp; Pasta</p> <p>V Vegetable Pasta Bake</p> <p>VG Carrots &amp; Broccoli</p> <p>VG Homebaked Bread</p> <p>*****</p> <p>V Chocolate Sponge &amp; Chocolate Sauce</p>	<p>Sausage &amp; Mashed Potato</p> <p>VG Vegetable Hot Pot</p> <p>VG Gravy</p> <p>VG Carrots &amp; Broccoli</p> <p>VG Homebaked Bread</p> <p>*****</p> <p>V Oatie Apple Crumble &amp; Custard</p>
Wednesday	<p>Roast Pork &amp; Stuffing</p> <p>V Vegetable Cottage Pie</p> <p>VG Mashed Potato</p> <p>VG Medley of Vegetables</p> <p>VG Crusty Bread</p> <p>*****</p> <p>V Fruit Mousse</p>	<p>Roast Chicken &amp; Yorkshire Pudding</p> <p>V Veggie Sausage &amp; Yorkshire Pudding</p> <p>VG Roast Potatoes</p> <p>VG Gravy</p> <p>VG Medley of Vegetables</p> <p>VG Sliced Wholemeal Bread</p> <p>*****</p> <p>V Orange Shortcake</p>	<p>Minced Beef &amp; Dumplings</p> <p>V Cheesy Leek Croquette</p> <p>VG Roast Potatoes</p> <p>VG Carrots &amp; Peas</p> <p>VG Sliced Wholemeal Bread</p> <p>*****</p> <p>V Chocolate Orange Mousse Pot with Melting Moment</p>
Thursday	<p>Beef Chilli with ½ Jacket Potato</p> <p>V Vegetable Quesadilla</p> <p>VG Carrots</p> <p>*****</p> <p>VG Fruity Flapjack</p>	<p>Spaghetti Bolognese</p> <p>VG Sweet Potato Curry with ½ Jacket Potato</p> <p>VG Seasonal Vegetables</p> <p>V Homebaked Garlic Flatbread</p> <p>*****</p> <p>VG Oat &amp; Fruit Cookie</p>	<p>Chicken Korma &amp; Wedges</p> <p>V Vegetable &amp; Sweet Potato Bake</p> <p>VG Cauliflower</p> <p>*****</p> <p>V Jelly &amp; Ice-Cream</p>
Friday	<p>Battered Fish</p> <p>V Cheesy Bean Burger</p> <p>VG Chips</p> <p>VG Ketchup</p> <p>VG Peas</p> <p>*****</p> <p>V Lemon Drizzle Muffin</p>	<p>Fish Star</p> <p>VG Veggie Dog</p> <p>VG Chips</p> <p>VG Ketchup</p> <p>VG Baked Beans</p> <p>VG Homebaked Bread</p> <p>*****</p> <p>V Chocolate Berry Mousse Cake</p>	<p>Fish Fingers</p> <p>V Vegetable Roll</p> <p>VG Chips</p> <p>VG Ketchup</p> <p>VG Peas</p> <p>VG Crusty Bread</p> <p>*****</p> <p>VG Berry Iced Bun</p>

Census Day 18th Jan 2024

World Book Day 7th March 2024

# Upcoming Events



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



## Seaside Special

A Winter Seaside Special themed meal to celebrate one of the most loved dishes in the UK. Don't miss out on this tasty meal!

18th January 2024



## World Book Day

A day to celebrate your child's favourite books, book characters and all the adventures reading offers! Why not add an extra element of fun into your child's day by enjoying a tasty, themed meal with us.

7th March 2024



## Easter Lunch

Have your child join us for an Easter celebration lunch; the perfect way to put a spring in their step before the holidays!

March 2024

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](http://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](mailto:NYES.Catering@northyorks.gov.uk)

T: (01609) 535324

W: [www.northyorks.gov.uk/schoolmeals](http://www.northyorks.gov.uk/schoolmeals)

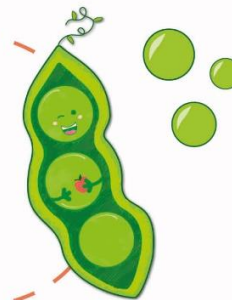
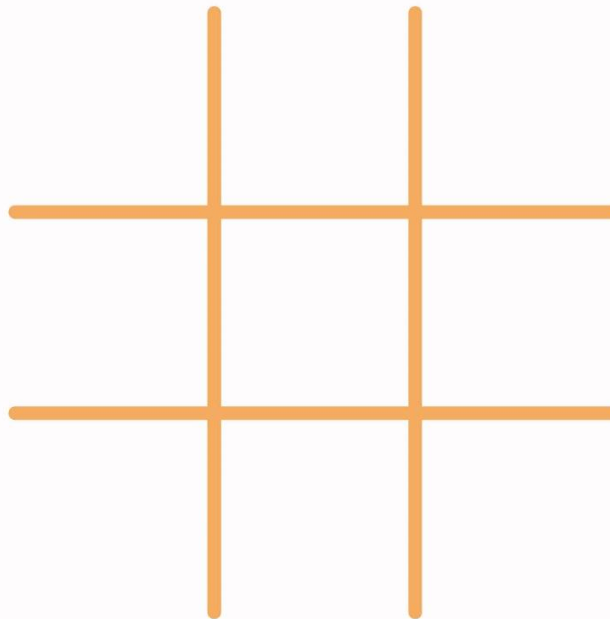


# Activity Fun

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 the menu.

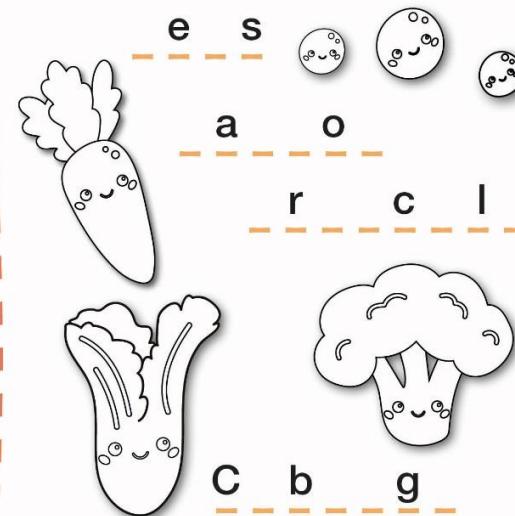
Have I visited your school yet? If not, I hope to see you very soon! Until then, please keep enjoying your school lunches, and help me with the below activities.

## Peas and Crosses



## Can you work out which vegetable is which?

Colour them in once you have!



# Fibre

Providing your body with a balanced and varied diet allows you to benefit from the different nutrients your body needs to grow, which are available in food.

One of these is fibre, which is a type of carbohydrate and is found naturally in lots of different foods including oats, wholemeal bread, fruit and vegetables.

Fibre aids with digestion and feeling fuller for longer. Find out how you can get more fibre in your diet here:

[www.nhs.uk/live-well/eat-well/digestive-health/how-to-get-more-fibre-into-your-diet/](http://www.nhs.uk/live-well/eat-well/digestive-health/how-to-get-more-fibre-into-your-diet/)

