WELCOME TO SCHOOL MEALS

In the East Riding we pride ourselves on the school meals we offer our children. It takes time to ensure your child gets a balanced diet, which we base on The School Food Standards. By using these standards, it is intended children develop healthy eating habits, which will ensure they get the energy and nutrition they need to learn and to grow.

Follow these tips to help maintain good health:

- Eat lots more fruit and vegetables
- Eat more fish - including a portion of oily fish every three weeks
- Cut down on saturated fat and sugar
- Try to eat less salt
- Drink plenty of water

Eat Well and Move More

Change4Life helps you make small changes that can make a big difference. The Change4Life app lets families see what's in their food and drinks, simply by scanning the barcode. Download the app today.

Allergies and Special Diets

Full allergen information is available and special dietary requirements can be catered for. Individual schools may offer an alternative choice to the meal options shown.
Please contact your school for details.

It may be necessary to change the menu without prior notice.

KEY

- Dishes made in the kitchen
- V Vegetarian option (available on request)

Give school meals a try

If you are interested in trying school meals, simply contact the main office at your child's school.

Is your child missing out?

If you feel or are unsure if your child is eligible for a free school meal you can contact the council's benefits section on **(01482) 394799** or ask for an application form from your school secretary.

Comments

Should you require any further information, or would like to make comments on your child's school meal service, contact us as follows:

www.eastriding.gov.uk/schoolmeals

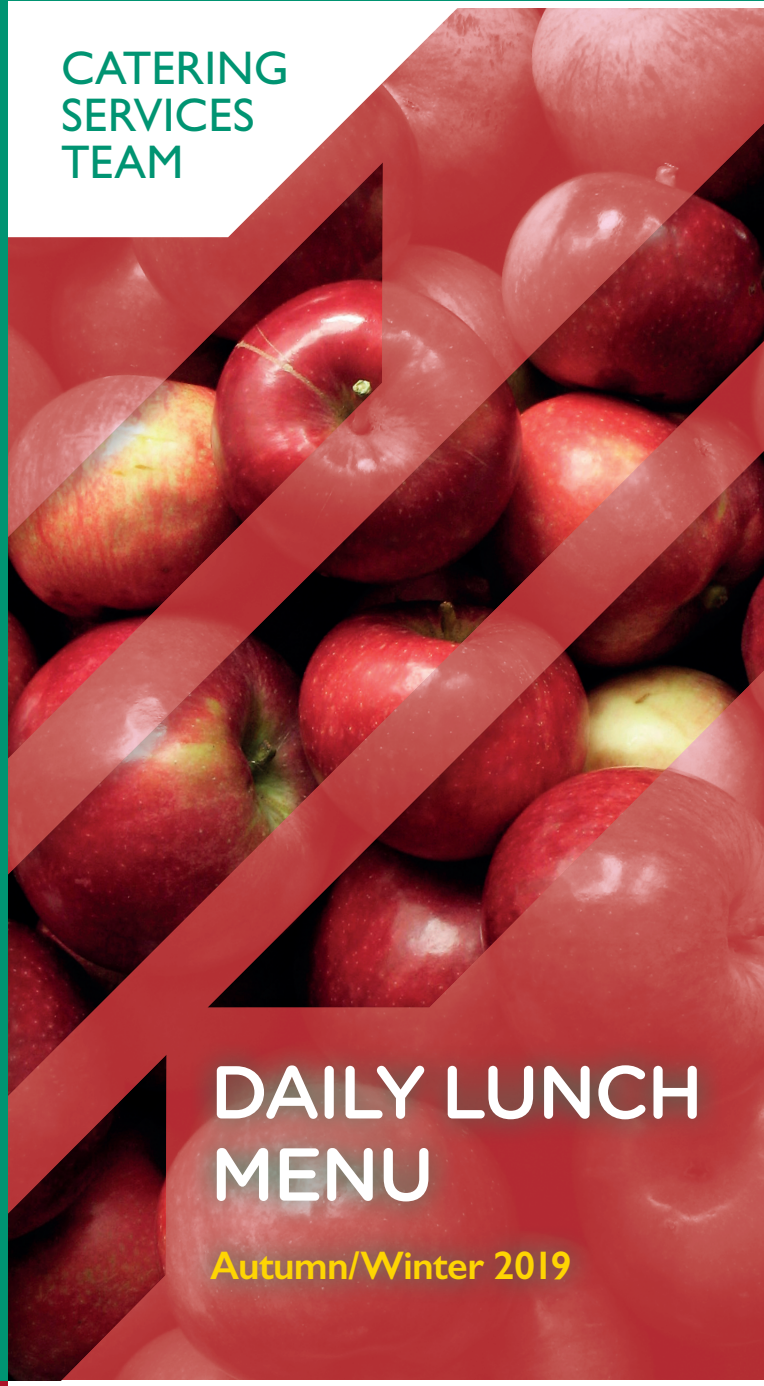
schoolmeals@eastriding.gov.uk

(01482) 395320

East Riding of Yorkshire Council
Catering Unit
County Hall
Beverley
East Riding of Yorkshire
HU17 9BA

This information can be made available in other languages or formats if required. To request another format, please contact us via telephone **(01482) 395320** or email **schoolmeals@eastriding.gov.uk**

CATERING SERVICES TEAM



DAILY LUNCH MENU

Autumn/Winter 2019

EAST RIDING OF YORKSHIRE COUNCIL

MENU 1

w/c		
02 SEP	MONDAY	**SAUSAGE BAGUETTE** OR **QUORN SAUSAGE BAGUETTE** Oven Baked Wedges, Coleslaw and Baked Beans **Fresh Fruit** OR **Yoghurt** OR Sultana Shortcake and Custard
23 SEP		
14 OCT	TUESDAY	**STICKY CHICKEN** OR **JACKET POTATO AND FILLING** Vegetable Rice and Sweetcorn **Fresh Fruit** OR **Yoghurt** OR Iced Cookie, Fruit Wedges and Milkshake
11 NOV		
02 DEC	WEDNESDAY	**GAMMON AND PINEAPPLE** OR **QUORN ROAST** Sauté Potatoes and Cauliflower Broccoli Cheese **Fresh Fruit** OR **Yoghurt** OR Banoffee Mousse and Banana
06 JAN		
27 JAN	THURSDAY	**SPAGHETTI BOLOGNAISE** OR **SPAGHETTI NEAPOLITAN** Crusty Bread, Baby Carrots and Green Beans **Fresh Fruit** OR **Yoghurt** OR Chocolate Krispie Slice and Mandarins
	FRIDAY	**FISH NIBBLES AND TOMATO SAUCE** OR **VEGETABLE NIBBLES** Chips, Garden Peas and Sweetcorn **Fresh Fruit** OR **Yoghurt** OR Lemon Drizzle and Custard

Dishes made in the kitchen

MENU 2

w/c		
09 SEP	MONDAY	**CHICKEN AND SWEETCORN PIZZA** OR **MARGHERITA PIZZA** Garlic Wedges, Garden Peas and Coleslaw **Fresh Fruit** OR **Yoghurt** OR Arctic Roll and Peaches
30 SEP		
21 OCT	TUESDAY	**MEATBALLS IN TOMATO SAUCE** OR **QUORN MEATBALLS** Pasta, Sweetcorn and Green Beans **Fresh Fruit** OR **Yoghurt** OR Apple Crisp and Custard
18 NOV		
09 DEC	WEDNESDAY	**ROAST PORK LOIN** OR **QUORN ROAST** Oven Roast Potatoes, Broccoli and Baby Carrots **Fresh Fruit** OR **Yoghurt** OR Frosted Chocolate Cake
13 JAN		
03 FEB	THURSDAY	**CHICKEN CARBONARA** OR **MUSHROOM CARBONARA** Rice and Vegetable Medley **Fresh Fruit** OR **Yoghurt** OR Melting Moment and Milkshake
	FRIDAY	**FISH FINGER MAYO WRAP** Chips, Baked Beans and Garden Peas OR **JACKET POTATO** Cheese and Baked Beans **Fresh Fruit** OR **Yoghurt** OR Orange Sponge and Chocolate Sauce

Vegetarian option (available on request)

MENU 3

w/c		
16 SEP	MONDAY	**ITALIAN CHICKEN FILLET AND PASTA IN TOMATO SAUCE** OR **CHEESE AND SPRING ONION PASTA** Baby Carrots and Garden Peas **Fresh Fruit** OR **Yoghurt** OR Steamed Jam Sponge and Custard
07 OCT		
04 NOV	TUESDAY	**PULLED PORK IN A SOFT BUN** OR **ROASTED VEGETABLE WRAP** Cajun Wedges, Coleslaw and Vegetable Sticks **Fresh Fruit** OR **Yoghurt** OR Chocolate Crunch and Chocolate Sauce
25 NOV		
16 DEC	WEDNESDAY	**ROAST TURKEY AND YORKSHIRE PUDDING** OR **QUORN ROAST** Mashed Potato, Cauliflower and Broccoli **Fresh Fruit** OR **Yoghurt** OR Frozen Yoghurt and Fruit
20 JAN		
10 FEB	THURSDAY	**BACON AND LEEK PASTA** OR **QUORN SWEET AND SOUR** Rice, Crusty Bread, Baby Carrots and Green Beans **Fresh Fruit** OR **Yoghurt** OR Chocolate Sponge, Sliced Pear and Custard
	FRIDAY	**FILLET OF FISH** OR **CHEESE AND ONION POTATO SKINS** Chips, Mushy or Garden Peas and Baked Beans **Fresh Fruit** OR **Yoghurt** OR Fruit Cheesecake