

DAILY LUNCH MENU

WEEK ONE

CATERING
SERVICES

MENUS

Primary School
Final Spring/Summer Term 2024

w/c

19 FEB

11 MAR

15 APR

06 MAY

03 JUN

24 JUN

15 JUL

MONDAY

BEEF MEATBALL WRAP
WITH TOMATO SAUCE
OR
[VE] PROTEIN POWER
BALLS

TUESDAY

[K] BBQ CHICKEN WRAP
OR
[K] [V] [VE] BBQ
ROASTED VEGETABLE
WRAP

WEDNESDAY

ROAST PORK AND APPLE
SAUCE
OR
[V] [VE] QUORN ROAST
FILLET AND APPLE SAUCE

THURSDAY

[K] PIZZA PASTA BAKE
OR
[VK] [V] PIZZA PASTA
BAKE

FRIDAY

CRISPY CRUMB FISH
FINGERS
OR
[VE] OCEAN FRIENDLY
FISH FINGERS

MAINCOURSE

SIDES

[V] [VE] RICE [V] [VE]
SWEETCORN & PEAS

[V] [VE] POTATO WEDGES [V]
[VE] VEGETABLE STICKS &
SWEETCORN

[V] [VE] OVEN ROAST
POTATOES [V] [VE] BROCCOLI
MIX

[V] [VE] CRUSTY BREAD [V]
[VE] SUMMER SALAD AND
BROCCOLI

[V] [VE] CHUNKY CHIPS [V]
[VE] GARDEN PEAS & BEANS

DESSERT

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V]
SHORTCAKE AND CUSTARD

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] FROSTED
CHOCOLATE CAKE

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] MELTING
MOMENT MILKSHAKE

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] FRUIT &
STRAWBERRY SMOOTHIE

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] OATY
CRUNCH AND [V] CREAM &
FRUIT

Key [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans 🌱 Climate Friendly Day



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK TWO

Primary School
Final Spring/Summer Term 2024

CATERING
SERVICES

MENUS

w/c

26 FEB

18 MAR

22 APR

13 MAY

10 JUN

01 JUL

22 JUL

MAIN COURSE

MONDAY

[K] FULLY LOADED PIZZA
POCKETS
OR
[K] [V] FULLY LOADED
PIZZA POCKETS

TUESDAY

CHICKEN GOUJONS
OR
[VE] CRISPY NUGGET
DIPPERS

WEDNESDAY

ROAST GAMMON AND
YORKSHIRE PUDDING
OR
[V] [VE] QUORN ROAST
FILLET AND [V]
YORKSHIRE PUDDING

THURSDAY

[K] ITALIAN STYLE
MINCED BEEF PASTA
BOLOGNESE
OR
[K] [V] [VE] ITALIAN
STYLE PASTA BOLOGNESE

FRIDAY

FILLET OF FISH AND
TOMATO SAUCE
OR
[V] [VE] CRISPY
RAINBOW FINGERS AND
TOMATO SAUCE

SIDES

[K] [V] [VE] ITALIAN TOMATO
PASTA SALAD [V] [VE]
SWEETCORN

[V] [VE] GARLIC WEDGES
SOUTHERN GRAVY DIP [V] [VE]
VEGETABLE STICKS & BEANS

[V] [VE] MASH POTATO, [V]
[VE] BABY CARROTS [V] [VE]
BROCCOLI MIX

[V] [VE] CRUSTY ROLL [V] [VE]
MIXED VEGETABLES

[V] [VE] CHUNKY CHIPS [V]
[VE] GARDEN PEAS

DESSERT

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] ICED
LEMON SPONGE AND
CUSTARD

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [V] PEACH
MELBA

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V] [VE]
CHOCOLATE COOKIE AND
ORANGE WEDGE

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V]
BLUEBERRY MUFFIN

[V] [VE] FRESH FRUIT OR [V]
YOGHURT OR [K] [V]
CHOCOLATE CRUNCH AND
CREAM

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans 🌱 Climate Friendly Day



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK THREE

Primary School
Final Spring/Summer Term 2024

CATERING
SERVICES

MENUS

w/c

04 MAR

08 APR

29 APR

20 MAY

17 JUN

08 JUL

MAIN COURSE

MONDAY

[K] SAUSAGE & CHEESE
SUMMER BRUNCH
MUFFIN
OR
[K] [V] SUMMER BRUNCH
MUFFIN

TUESDAY

[K] CHEESEBURGER STYLE
PASTA
OR
[K] [V] CHEESEBURGER
STYLE PASTA

WEDNESDAY

ROAST CHICKEN AND
STUFFING
OR
[V] [VE] QUORN ROAST
FILLET AND STUFFING

THURSDAY

[K] CHINESE STYLE STICKY
PORK
OR
[K] [V] CHINESE STYLE
STICKY QUORN PIECES

FRIDAY

CRISPY FISH CAKE AND
TOMATO SAUCE
OR
[V] [VE] CRISPY NUGGET
DIPPERS

SIDES

[V] [VE] HASH BROWNS
[V] [VE] BAKED BEANS

[V] [VE] CRUST ROLL
[V] [VE] SWEETCORN

[V] [VE] MASHED POTATO
[V] [VE] CAULIFLOWER
[V] [VE] BROCCOLI

[V] [VE] RAINBOW RICE
[V] [VE] STEAMED RICE
[V] [VE] VEGETABLE STICKS &
BROCCOLI

[V] [VE] CHUNKY CHIPS
[V] [VE] GARDEN PEAS

DESSERT

[V] [VE] FRESH FRUIT OR
[V] YOGHURT OR
[K] [V] CHOCOLATE SPONGE &
CUSTARD

[V] [VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] WAFFLE, ICE CREAM AND
FRUIT COCKTAIL

[V] [VE] FRESH FRUIT OR
[V] YOGHURT OR
[K] [V] [VE] ICED CORNFLAKE
SPECIAL AND [V] MILKSHAKE

[V] [VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] RASPBERRY MOUSSE AND
FRUIT

[V] [VE] FRESH FRUIT OR
[V] YOGHURT OR
[K] [V] BUN

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans 🌱 Climate Friendly Day



EAST RIDING
OF YORKSHIRE COUNCIL

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.

MAKE A CHANGE TODAY!

Discover healthy recipes, food swaps and nutritional advice and top tips for activities.

Download the free NHS food scanner app today, a speedy scan of your family's favourite products reveals a range of healthier swaps.

The next time you shop it's as easy as scan, swipe and swap!

📱 nhs.uk/healthier-families



HOLIDAY ACTIVITIES AND FOOD

For free fun holiday activities and a meal, please sign up to the newsletter at 📧 activeeastriding.co.uk/holiday-activities-and-food

Sessions are for children and young people eligible for free-school meals aged 5 -16 years old.

ALLERGIES AND SPECIAL DIETS

Full allergen information is available and special dietary requirements can be catered for, please contact your school for details. It may be necessary to change the menu without prior notice. Please note: Individual schools may offer an alternative choice to the meal options. Please contact your school for details.

Give School Meals a try

Pomegranate power!

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:

📧 eastriding.gov.uk/schoolmeals

@ cateringservices@eastriding.gov.uk

☎ (01482) 395320

✉ East Riding of Yorkshire Council
Catering Services
HF54
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 ☎ (01482) 395320 or @ cateringservices@eastriding.gov.uk