

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2024 - April 2025

CATERING
SERVICES

MENUS

w/c 4 Nov 25 Nov 16 Dec 6 Jan 27 Jan 24 Feb 10 Mar 31 Mar

MAIN COURSE

SIDES

DESSERT

MONDAY

[K] Italian style minced beef Bolognese
Or
[VE][K] Italian style Bolognese

Pasta
Half a Crusty Roll
[V] Mixed Vegetables

[VE] Fresh fruit or
[V] Yoghurt or
[V][K] Oaty Biscuit and Cream

TUESDAY

Chicken Goujon wraps
Or
[V] Quorn Nugget Dippers wrap

Rainbow Rice
[V] Vegetable sticks and dipping sauces

[VE] Fresh fruit or
[V] Yoghurt or
[V][K] Shortcake, Sultana & Custard

WEDNESDAY

[K] Sausages and Yorkshire pudding
Or
[V] Quorn Sausage and Yorkshire pudding

Mashed Potatoes
[V] Baton Carrots
[V] Broccoli
[V] Gravy

[VE] Fresh fruit or
[V] Yoghurt or
[V][K] Sticky Toffee Muffin

THURSDAY

[K] Gammon
Or
[V] Quorn Roast Fillet

Roast Potatoes
[V] Sweetcorn Gravy

[VE] Fresh fruit or
[V] Yoghurt or
[V][K] Chocolate Oat Delight and Mandarins

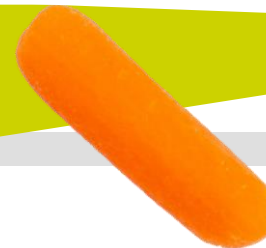
FRIDAY

Crispy Fish Finger Wrap
Or
[V] Crispy Rainbow Dippers

[V] Chips
[V] Garden Peas

[VE] Fresh fruit or
[V] Yoghurt or
[V][K] Lemon Drizzle and Custard

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan



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SERVICES

MENUS

w/c

11 Nov

2 Dec

13 Jan

3 Feb

24 Feb

MONDAY

[K] Tomato, Ham & Cheese Pasta Bake
Or
[VE][K] Tomato & Cheese Pasta Bake

TUESDAY

[K] Minced Beef
Or
[VE][K] Harvest Cottage Pie

WEDNESDAY

[K] Pork roast and stuffing
Or
[VE][K] Quorn Roast and stuffing

THURSDAY

[K] Pork Meatballs in Tomato Sauce
Or
[VE][K] Protein Power Balls in Tomato Sauce

FRIDAY

[K] Jumbo Fish Finger and Mayo Wrap
Or
[VE][K] Ocean Friendly Fingers and Mayo Wrap

MAIN COURSE

SIDES

DESSERT

[VE] Garlic Bread
[VE] Fluted Carrots

[V] Mashed Potato
[VE] Cauliflower
[VE] Green Beans

[VE] Oven baked Roast Potatoes
[VE] Broccoli
[VE] Baton Carrots

[VE] Steamed Rice
[VE] Mixed Vegetables

[VE] Chips
[VE] Garden Peas

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Ice Cream Roll and Peaches

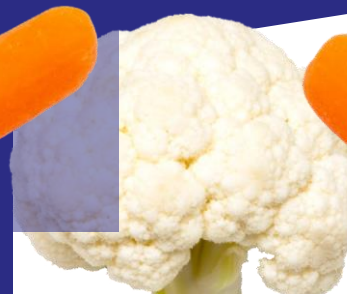
[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Crunch and Cream

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Plain Sponge, Custard and Apple pieces

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Oaty Biscuit and Milk

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Orange Sponge and Chocolate Sauce

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan



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WEEK THREE

Primary School
November 2024 - April 2025

CATERING
SERVICES

MENUS

w/c 18 Nov 9 Dec 20 Jan 10 Feb 3 Mar 24 Mar

MAIN COURSE

SIDES

DESSERT

MONDAY

[K] Chicken Breast Fillet
or
[V][K] Mediterranean Roasted Vegetable and Tomato Pasta

TUESDAY

[K] All Day Breakfast
Or
[V][K] All day Breakfast

WEDNESDAY

[K] Roast Chicken and Stuffing
Or
[VE] Quorn Roast Fillet and Stuffing

THURSDAY

[K] Italian Style Pizza Pocket
Or
[V][K] Italian Style Pizza Pocket

FRIDAY

[K] Fillet of Fish and Tomato Sauce
Or
[VE] Crispy Rainbow Fingers and Tomato Sauce

[V] Tomato Pasta
[VE] Half a Crusty Roll
[VE] Vegetable sticks

[VE] Baked Beans
[VE] Hash Browns

Mashed Potatoes
[V] Fluted Carrots
[v] Broccoli
[V] Gravy

[VE] Garlic Wedges
[VE] Sweetcorn

[VE] Chips
[VE] Garden Peas

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Toffee Apple Crumble and Cream

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Chocolate Cooke and Mandarins

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] St Clément's Shortcake and Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Frozen Yoghurt and Mixed Fruit

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Madeline Sponge and Custard

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan

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 its as easy as scan, swipe and swap!
www.nhs.uk/healthier-families

Holiday Activities and Food

For free fun holiday activities and a meal, please sign up to the newsletter at www.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

Cauliflower 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:

 www.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 telephone (01482) 395320 or email cateringservices@eastriding.gov.uk

