

DAILY LUNCH MENU

WEEK ONE

Primary School
April/October 2025

CATERING SERVICES

MENUS

w/c Sep 1 15 29 Oct 13

MAIN COURSE

MONDAY

SAUSAGE & MASH POTATO
OR
[VE] SAUSAGE & MASH POTATO

TUESDAY

PULLED BUTTER CHICKEN WRAP
OR
[VE] BUTTER QUORN WRAP

WEDNESDAY

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

THURSDAY

CHEESE AND TOMATO PIZZA
OR
[VE] CHEESE AND TOMATO PIZZA

FRIDAY

SALMON/COD FISH FINGERS
OR
[VE] OCEAN FRIENDLY FINGERS

SIDES

[VE] Mashed Potato
[VE] Baby Carrots
[VE] Gravy

[VE] Steamed Rice
[VE] Vegetable Sticks

[VE] Oven Baked Roast Potatoes
[VE] Mixed Vegetables
[VE] Gravy

[VE] Potato Wedges
[VE] Sweetcorn

[VE] Chunky Chips
[VE] Baked Beans

DESSERT

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Ice Cream & Peaches

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate Brownie & Mandarins

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Shortcake & Orange Wedges

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Wellington Fudge & Custard

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Summer Cup Cake

KEY [V] Suitable for Vegetarians [VE] Suitable for Vegans



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CATERING SERVICES

MENUS

w/c Sep 8 22 Oct 6 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	ITALIAN STYLE CHICKEN CHICKEN WRAP OR [V] ITALIAN STYLE QUORN FILLET WRAP	ALL DAY BREAKFAST OR [VE] ALL DAY BREAKFAST	ROAST CHICKEN & YORKSHIRE PUDDING OR [VE] QUORN ROAST	ITALIAN STYLE BOLOGNESE AND PASTA OR [VE] ITALIAN STYLE BOLOGNESE AND PASTA	OVEN BAKED FISH STAR OR [VE] CRISPY RAINBOW DIPPERS
SIDES	[VE] Steamed Rice [VE] Sweetcorn	[VE] Hash Browns [VE] Baked Beans	[VE] Mashed Potato [VE] Baby Carrots [V] Broccoli [VE] Gravy	[VE] Crusty Roll [VE] Vegetable Stick	[VE] Chunky Chips [VE] Baked Beans
DESSERT	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Crunch and Custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Strawberry Mousse and Mixed Fruit	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Crackle	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Melting Moment & Apple Slices	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Vanilla Muffin & Banana

KEY [V] Suitable for Vegetarians [VE] Suitable for Vegans

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

Better Health 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