

# DAILY LUNCH MENU

## WEEK ONE

Primary School  
November 2025 - April 2026

CATERING SERVICES

MENUS



MAIN COURSE

### MONDAY

MEATBALLS IN TOMATO SAUCE  
OR  
[VE] PROTEIN POWER BALLS IN TOMATO SAUCE

### TUESDAY

[V] HOMEMADE MARGHERITA PIZZA

### WEDNESDAY

ROAST CHICKEN, STUFFING AND GRAVY  
OR  
[VE] OVEN BAKED QUORN FILLET AND GRAVY

### THURSDAY

Chilli BEEF STIR FRY  
OR  
[VE] VEGETABLE STIR FRY

### FRIDAY

BATTERED FISH FILLET AND TOMATO SAUCE  
OR  
[VE] OCEAN FRIENDLY FINGERS AND TOMATO SAUCE

SIDES

[VE] Pasta  
[VE] Mixed Vegetables

[VE] Oven Baked Wedges  
[VE] Baked Beans

[VE] Roast Potatoes  
[VE] Broccoli and Baby Carrots

[VE] Steamed Rice  
and [VE] Vegetable Sticks

[VE] Chunky Chips  
[VE] Baked Beans

DESSERT

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[VE] Frozen Yoghurt

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Marble Sponge with Orange Segments

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

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Lemon Drizzle Muffin

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Chocolate Sponge and Custard

KEY [V] Suitable for vegetarians [VE] Vegan



# DAILY LUNCH MENU

## WEEK TWO

Primary School  
November 2025 - April 2026

CATERING SERVICES

MENUS



w/c

23 Feb

9 Mar

23 Mar



MAIN COURSE

### MONDAY

**BEEF BURGER IN A BREAD BUN AND TOMATO SAUCE**  
OR  
**[V] VEGETABLE BURGER IN A BREAD BUN AND TOMATO SAUCE**

### TUESDAY

**HAM, MEDITERRANEAN PASTA BAKE**  
OR  
**[V] MEDITERRANEAN PASTA BAKE**

### WEDNESDAY

**ROAST CHICKEN, YORKSHIRE PUDDING AND GRAVY**  
OR  
**[VE] OVEN BAKED QUORN FILLET AND GRAVY**

### THURSDAY

**CHICKEN CURRY**  
OR  
**[VE] VEGETABLE CURRY**

### FRIDAY

**CRISPY FISH NUGGETS AND TOMATO SAUCE**  
OR  
**[VE] CRISPY RAINBOW DIPPERS AND TOMATO SAUCE**

SIDES

[VE] Jacket Potato Wedges  
[VE] Baked Beans

[VE] Vegetable Sticks  
Half Crusty Roll

[VE] Mash Potatoes  
[V] [VE] Green Cabbage and Baby Carrots

[VE] Rainbow Rice  
[VE] Half a Naan Bread  
[VE] Mixed Vegetables

[V] Chunky Chips  
[V] Baked Beans

DESSERT

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Chocolate Crackle with Orange Segments

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Banana Muffin

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[VE] Oaty Biscuit

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Ice Cream Roll and Fruit Cocktail

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Chocolate Crunch and Custard

KEY [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 it's as easy as scan, swipe and swap!  
[www.nhs.uk/healthier-families](http://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](http://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.

**Better Health** healthier families



# 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](http://www.eastriding.gov.uk/schoolmeals)

 [cateringservices@eastriding.gov.uk](mailto: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](mailto:cateringservices@eastriding.gov.uk)