

DAILY LUNCH MENU

WEEK ONE

CATERING SERVICES

MENUS



Primary School
April / October
Term 2026

w/c

13 APR

27 APR

11 MAY

1 JUN

15 JUN

29 JUN

13 JUL



MAIN COURSE

MONDAY

ITALIAN CHICKEN
OR
[V] ITALIAN
QUORN FILLET

TUESDAY

[VE] MARGHERITA PIZZA

WEDNESDAY

ROAST CHICKEN
AND YORKSHIRE PUDDING
OR
[VE] QUORN ROAST
FILLET

THURSDAY

MEATBALL SUB
OR
[VE] VEGGIE
MEATBALL SUB

FRIDAY

SALMON/FISH FINGERS
(TOMATO KETCHUP)
OR
[VE] OCEAN FRIENDLY
FINGERS
(TOMATO KETCHUP)

SIDES

[VE] Pasta
[VE] Mediterranean
roasted vegetables

[VE] Oven Baked Potato Wedges
[VE] Baked Beans

[VE] Mash Potato
[VE] Baby carrots
[VE] Broccoli [VE] Gravy

[VE] Crispy Sliced Potato
[VE] Sweetcorn

[VE] Chunky Chips
[VE] Baked beans

DESSERT

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate Mousse

[VE] FRESH FRUIT OR
[V] YOGHURT OR [V] Jam (or
Lemon) Love Cake and [V] custard

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

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Date and Cocco Brownie

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate Muffin with Mandarines



KEY

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



DAILY LUNCH MENU

WEEK TWO

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MENUS



w/c

20 APR

4 MAY

18 MAY

8 JUN

22 JUN

6 JUL

7 SEP

Primary School
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MAIN COURSE

SIDES

DESSERT

MONDAY

HAM, CHEESE AND TOMATO PASTA
OR
[V] CHEESE AND TOMATO PASTA

[VE] Sweetcorn Crusty Roll

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Raspberry cream shortcake

TUESDAY

SUMMER BRUNCH BAP
OR
[V] SUMMER BRUNCH BAP

[VE] Baked beans
[VE] Hash Brown

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Crunch [V] custard

WEDNESDAY

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

[V] Roast potatoes
[VE] Baby carrots
[VE] Broccoli [VE] Gravy

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate melting moment

THURSDAY

MILD CHILLI BEEF QUESADILLA
OR
[V] MILD VEGETABLE CHILLI QUESADILLA

[VE] Steamed rice
[VE] Vegetable sticks

[VE] FRESH FRUIT OR [V] YOGHURT OR [VE] Peach Puree and [V] Ice Cream

FRIDAY

FISH FILLET (TOMATO KETCHUP)
OR
[VE] OCEAN FRIENDLY FINGERS (TOMATO KETCHUP)

[VE] Chunky chips
[VE] Baked Beans

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Apple and Banana Sponge

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](https://www.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

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](https://www.eastriding.gov.uk/schoolmeals)
-  cateringservices@eastriding.gov.uk
-  (01482) 395320
-  East Riding of Yorkshire Council Catering Services
County Hall
Beverley
East Riding of Yorkshire
HUI7 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

