

DAILY LUNCH MENU WEEK ONE

CATERING
SERVICES

MENUS

Primary School
April / October
Term 2026

w/c

14 Sep

28 Sep

12 Oct

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)

MAIN COURSE

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



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK TWO

CATERING
SERVICES

MENUS

Primary School
April / October
Term 2026

w/c

7 Sep

21 Sep

5 Oct

19 Oct



MONDAY

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

TUESDAY

SUMMER
BRUNCH BAP
OR
[V] SUMMER

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

MAIN COURSE

SIDES

DESSERT

[VE] Sweetcorn
Crusty Roll

[VE] Baked beans
[VE] Hash Brown

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

[VE] Steamed Rice
[VE] Vegetable stick

[VE] Chunky Chips
[VE] Baked Beans

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Raspberry Cream Shortcake

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate crunch and [V] custard

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

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

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

KEY

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



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

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
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