

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

10 MAR

31 MAR



MONDAY

[K] ITALIAN STYLE MINCED BEEF PASTA BOLOGNESE
OR
[VE] [K] ITALIAN STYLE PASTA BOLOGNESE

TUESDAY

CHICKEN GOUJONS WRAP
OR
[V] QUORN NUGGET DIPPERS WRAP

WEDNESDAY

[K] GAMMON ROAST AND YORKSHIRE PUDDING
OR
[V] QUORN ROAST FILLET AND YORKSHIRE PUDDING

THURSDAY

[K] SAUSAGE WITH YORKSHIRE PUDDING &
[V] [K] MASH

FRIDAY

CRISPY FISHCAKES AND TOMATO SAUCE
OR
[V] CRISPY RAINBOW DIPPERS

MAIN COURSE

Half a Crusty Roll
[V] Sweetcorn

Rice
[V] Mixed Vegetables and dipping sauces

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

[V] Cauliflower & Carrots

[V] Chips
[V] Garden Peas

SIDES

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] [K] Oaty Fruit Crunch and Custard

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] [K] Shortcake, Sultana and Custard

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] [K] Chocolate muffin

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] [K] Chocolate crackle and Mandarins

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] [K] Lemon drizzle Muffin

DESSERT

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

Monday	Jacket potato with cheese
Tuesday	Jacket potato with beans
Wednesday	Jacket potato with cheese
Thursday	Jacket potato with beans
Friday	Jacket potato with cheese



DAILY LUNCH MENU

WEEK TWO

Primary School
November 2024 - April 2025

CATERING SERVICES

MENUS



w/c

- 11 NOV
- 2 DEC
- 13 JAN
- 3 FEB
- 24 FEB
- 17 MAR
-

MAIN COURSE

MONDAY

[K] CHEESE AND TOMATO PASTA BAKE

TUESDAY

[K] BURGER IN A BUN
OR
[VE] [K] QUORN BURGER IN A BUN

WEDNESDAY

[K] CHICKEN ROAST AND STUFFING
or
[V] QUORN ROAST & STUFFING

THURSDAY

[K] BEEF MEATBALLS IN TOMATO SAUCE
OR
[V] [K] VEGETARIAN BALLS IN TOMATO SAUCE

FRIDAY

JUMBO FISH FINGER AND MAYO WRAP
OR
[V] OCEAN FRIENDLY FINGERS AND MAYO WRAP

SIDES

[VE] Garlic Bread
[VE] Sweetcorn

[VE] Fries

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

[VE] Steamed Rice
[VE] Mixed Vegetables

[VE] Chips
[VE] Garden Peas

DESSERT

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

[VE] FRESH FRUIT OR [V] YOGHURT OR
[V] [K] Chocolate Crunch and Cream

[VE] FRESH FRUIT OR [V] YOGHURT OR
[V] [K] Eve's Pudding and Custard

[VE] FRESH FRUIT OR [V] YOGHURT OR
[V] [K] Orange sponge with chocolate sauce

[VE] FRESH FRUIT OR [V] YOGHURT OR
[V] [K] Oaty biscuit & milk

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

Monday	Jacket potato with cheese
Tuesday	Jacket potato with beans
Wednesday	Jacket potato with cheese
Thursday	Jacket potato with beans
Friday	Jacket potato with cheese

DAILY LUNCH MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	[K] CHICKEN CURRY or [V] [K] QUORN CURRY	[K] ALL DAY BREAKFAST OR [V] [K] ALL DAY BREAKFAST	[K] BEEF ROAST AND YORKSHIRE PUDDING OR [VE] QUORN ROAST FILLET AND YORKSHIRE PUDDING	[K] [V] MARGHERITA PIZZA	FILLET OF FISH AND TOMATO SAUCE OR [VE] CRISPY RAINBOW FINGERS AND TOMATO SAUCE
SIDES	[VE] Rice [VE] Mixed Vegetables	[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
DESSERT	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] [K] Toffee Apple Crumble and Cream	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] [K] Chocolate Cookie and Mandarins	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] [K] St Clement's Shortcake and Custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Madeline sponge & custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] [K] Frozen yoghurt & fruit

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

Monday	Jacket potato with cheese
Tuesday	Jacket potato with beans
Wednesday	Jacket potato with cheese
Thursday	Jacket potato with beans
Friday	Jacket potato with cheese

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

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.

Better Health healthier families

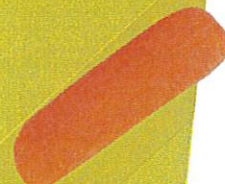


GIVE SCHOOL MEALS A TRY



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

 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

