

DAILY LUNCH MENU

WEEK ONE

Primary School
April/October 2025

CATERING
SERVICES

MENUS

w/c

21 APR

12 MAY

9 JUN

30 JUN

21 JUL

15 SEP

6 OCT

MAIN COURSE

MONDAY

CHEESE & TOMATO
PASTA

TUESDAY

PULLED CHICKEN
WRAP
OR
[VE] QUORN
WRAP

WEDNESDAY

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

THURSDAY

ITALIAN STYLE BEEF
MEATBALLS
OR
[VE] PROTEIN POWER
MEATBALLS

FRIDAY

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

SIDES

[V] Garlic Bread
[VE] Mixed Vegetables

[VE] Potato Wedges
[V] Coleslaw
[VE] Vegetable Sticks

[VE] Oven Baked Roast Potatoes
[VE] Baby Carrots
[VE] Broccoli
[VE] Gravy

[VE] Steamed Rice
[VE] Sweetcorn

[VE] Chunky Chips
[VE] Garden Peas

DESSERT

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

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Coconut Shortcake and Custard

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

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Iced Bakewell Tart and
Cream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Melting Moment and
Apple Slices

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



EAST RIDING
OF YORKSHIRE COUNCIL

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
April/October 2025

CATERING
SERVICES

MENUS

w/c

28 APR

19 MAY

16 JUN

7 JUL

1 SEP

22 SEP

13 OCT

MAIN COURSE

MONDAY

ITALIAN STYLE CHICKEN
OR
[V] ITALIAN STYLE QUORN
FILLET

TUESDAY

ALL DAY BREAKFAST
OR
[VE] ALL DAY BREAKFAST

WEDNESDAY

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

THURSDAY

CHEESE BURGER
PASTA
OR
[VE] VEGETARIAN
CHEESE BURGER
PASTA

FRIDAY

OVEN BAKED FISH STAR
(TOMATO KETCHUP)
OR
[VE] CRISPY RAINBOW
DIPPERS
(TOMATO KETCHUP)

SIDES

[VE] Steamed Rice
[VE] Mixed Vegetables

[VE] Hash Browns
[VE] Baked Beans

[VE] Mashed Potato,
[VE] Baby Carrots
[V] Broccoli [VE] Gravy

[VE] Vegetable Sticks

[VE] Chunky Chips
[VE] Garden Peas

DESSERT

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

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Vanilla Cheesecake and Fruit

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Jelly and Ice Cream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Summer Cupcake

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Strawberry Mousse and Mixed Fruit

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



EAST RIDING
OF YORKSHIRE COUNCIL

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
April/October 2025

CATERING
SERVICES

MENUS

w/c

5 MAY

2 JUN

23 JUN

14 JUL

8 SEP

29 SEP

20 OCT

MONDAY

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

TUESDAY

BEEF LASAGNE
OR
[V] VEGETABLE LASAGNE

WEDNESDAY

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

THURSDAY

HOT DOG IN A BUN
OR
**[VE] QUORN HOT DOG IN A
BUN**

FRIDAY

**BREADED FISH SQUARES
(TOMATO KETCHUP)**
OR
**[VE] CRISPY RAINBOW
FINGERS
(TOMATO KETCHUP)**

MAIN COURSE

SIDES

[VE] potato wedges
[VE] Salad

[V] Garlic Slice
[VE] Summer Salad

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

[VE] Potato Wedges
[VE] Baked Beans

[VE] Chips
[VE] Garden Peas
[VE] Mushy Peas

DESSERT

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Wellington Fudge and Cream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
**[VE] Mango or Strawberry Smoothie and
Mixed Fruit**

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Orange Shortcake and Custard

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

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

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

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



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

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