

DAILY LUNCH MENU WEEK ONE

Primary School
Final Spring/Summer Term 2024

CATERING
SERVICES

MENUS



MAIN COURSE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIDES

DESSERT

Blank box for Monday Main Course

Blank box for Tuesday Main Course

Blank box for Wednesday Main Course

Blank box for Thursday Main Course

Blank box for Friday Main Course

Blank box for Monday Sides

[V] [VE] Potato Wedges
[V] [VE] Beans

[GF] Bread
[V] [VE] Summer Salad &
Sweetcorn

[V] [VE] Oven Roast Potatoes
[V] [VE] Baby Carrots &
Broccoli

[V] [VE] Chunky Chips
[V] [VE] Garden Peas

Blank box for Monday Dessert

[V] [VE] Fresh Fruit or
[K] [DF/GF] Shortbread
Biscuits

[V] [VE] Fresh Fruit or
[K] [DF/GF] Shortcake

[V] [VE] Fresh Fruit or
[K] [DF/GF] Jelly & Fruit

[V] [VE] Fresh Fruit or
[K] [DF/GF] Vanilla Muffin &
Apple

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans Climate Friendly Day



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MENUS



MAIN COURSE

SIDES

DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	[DF/GF] Pepperoni Pizza	[K] Chinese Style Sticky Pork	[DF/GF] [K] Italian Style Minced Beef Pasta Bolognese	Roast Gammon	[DF/GF] Fillet of Fish and Tomato Sauce
SIDES	[K] [V] [VE] Garlic Wedges [V] Beans	[V] [VE] Steamed Rice [V] [VE] Vegetable Sticks & Sweetcorn	[GF] Bread [V] [VE] Mixed Vegetables	[V] [VE] Mash Potato [V] [VE] Baby Carrots & Broccoli	[V] [VE] Chunky Chips [V] [VE] Garden Peas
DESSERT	[V] [VE] Fresh Fruit or [K] [DF/GF] Vanilla Muffin	[V] [VE] Fresh Fruit or [K] [DF/GF] Shortcake Biscuits	[V] [VE] Fresh Fruit or [K] [DF/GF] Vanilla Muffin	[V] [VE] Fresh Fruit or [DF/GF] Smoothie & Peaches	[V] [VE] Fresh Fruit or [K] [DF/GF] Chocolate Crunch

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans Climate Friendly Day



DAILY LUNCH MENU

WEEK THREE

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MENUS



MAIN COURSE

MONDAY

[DF/GF] [K]
Summer Brunch Wrap

TUESDAY

[DF/GF] [K]
Cheeseburger Style
Pasta

WEDNESDAY

[DF/GF]
Chicken Goujons

THURSDAY

Roast Chicken

FRIDAY

[DF/GF] Breaded
Salmon Fingers
& Tomato Sauce

SIDES

[V] [VE] Hash Browns
[V] [VE] Baked Beans

[GF] Bread
[V] [VE] Sweetcorn

Garlic Wedges
Tomato Sauce
[V] [VE] Vegetable Sticks
& Sweetcorn

[V] [VE] Mashed Potato
[V] [VE] Cauliflower &
Baby Carrots

[V] [VE] Chunky Chips
[V] [VE] Garden Peas

DESSERT

[V] [VE] Fresh Fruit or
[K] [DF/GF] Chocolate
Muffin

[V] [VE] Fresh Fruit or
[K] [DF/GF] Shortbread
Biscuit & Smoothie

[V] [VE] Fresh Fruit or
[DF/GF] Smoothie & Fruit

[V] [VE] Fresh Fruit or
[K] [DF/GF] Vanilla Muffin

[V] [VE] Fresh Fruit or
[K] [DF/GF] Shortcake Biscuit

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans Climate Friendly Day

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