

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2024 - April 2025

CATERING SERVICES

MENUS



MAIN COURSE

MONDAY

[K] Italian Style Minced Beef Pasta Bolognese
or
[VE] [K] Italian Style Pasta Bolognese

TUESDAY

Sausage & Gravy
or
[V] Quorn Sausage & Gravy

WEDNESDAY

Chicken Goujons Wrap
or
[V] Quorn Nugget Dippers Wrap

THURSDAY

[K] Gammon & Yorkshire Pudding
or
[V] Quorn Fillet & Yorkshire Pudding

FRIDAY

Crispy Fish Nuggets & Tomato Sauce
or
[V] Crispy Rainbow Dippers & Tomato Sauce

SIDES

[VE] Half a Crusty Roll
[VE] Mixed Vegetables

[VE] Mashed Potatoes
[VE] Cauliflower & Peas

[VE] Rice
[VE] Vegetable Sticks & Sweetcorn
[VE] Dipping Sauces

[VE] Mashed Potatoes
[VE] Baton Carrots & Broccoli
[VE] Gravy

[VE] Chips
[VE] Garden Peas

DESSERT

[V] [VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Banana Muffin

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Chocolate Oat Delight & Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Lemon Drizzle & Cream

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Ice Cream & Fruit

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Shortcake Sultana & Custard

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

 Climate Friendly Day



DAILY LUNCH MENU

WEEK TWO

Primary School
November 2024 - April 2025

CATERING
SERVICES

MENUS



MAIN COURSE

MONDAY

[V] [K] Cheese Napoleon
Pasta Bake

TUESDAY

Cottage Pie
or
[V] [K] Harvest Cottage Pie

WEDNESDAY

[K] Pork Meatballs in
Tomato Sauce
or
[V] [K] Protein Power Balls
in Tomato Sauce

THURSDAY

[K] Chicken & Stuffing
or
[VE] Quorn Roast & Stuffing

FRIDAY

Jumbo Fish Finger
Wrap & Tomato Sauce
or
[V] Ocean Friendly Fingers
Wrap & Tomato Sauce

SIDES

[VE] Garlic Bread
[VE] Fluted Carrots

[VE] Cauliflower & Peas

[VE] Steamed Rice
[VE] Mixed Vegetables

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

[VE] Chips
[VE] Garden Peas

DESSERT

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Ice Cream Roll &
Peaches

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Chocolate Crunch
& Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Eve's Pudding
& Cream

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Oat Biscuit
& Fruit

[VE] Fresh Fruit or
[V] Yoghurt or
[V] [K] Orange Sponge
& Custard

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



DAILY LUNCH MENU

WEEK THREE

Primary School
November 2024 - April 2025

CATERING SERVICES

MENUS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	[K] Mediterranean Style Chicken & Tomato Pasta or [V] [K] Mediterranean Roasted Vegetables & Tomato Pasta	[K] All Day Breakfast or [V] [K] All Day Breakfast	[V] Margarita Pizza	[K] Chicken & Yorkshire Pudding or [VE] Quorn Roast Fillet & Yorkshire Pudding	Fillet of Fish & Tomato Sauce or [VE] Crispy Rainbow Fingers & Tomato Sauce
SIDES	[VE] Crusty Roll [VE] Vegetable Sticks & Sweetcorn	[VE] Baked Beans [VE] Hash Browns	[VE] Garlic Wedges [VE] Sweetcorn	[VE] Mashed Potatoes [VE] Fluted Carrots & Broccoli [VE] Gravy	[VE] Chips [VE] Garden Peas
DESSERT	[VE] Fresh Fruit or [V] Yoghurt or [V] [K] Madeline Sponge & Custard	[VE] Fresh Fruit or [V] Yoghurt or [V] [K] Chocolate Cookie & Fruit	[VE] Fresh Fruit or [V] Yoghurt or [V] Frozen Yoghurt & Fruit	[VE] Fresh Fruit or [V] Yoghurt or [V] Chocolate Muffin	[VE] Fresh Fruit or [V] Yoghurt or [V] [K] St Clements Shortcake & Custard

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

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!
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.activeastriding.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

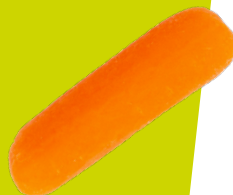
Full allergen information is available and special dietary requirements can be catered for, please contact your school for details. It may be necessary to change the menu without prior notice. **Please note:** Individual schools may offer an alternative choice to the meal options. Please contact your school for details.



GIVE SCHOOL MEALS A TRY

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

