

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2024 - April 2025

CATERING SERVICES

MENUS



MAIN COURSE

MONDAY

[VE] [K] Italian Style Pasta Bolognese

TUESDAY

[VE] Quorn & Gravy

WEDNESDAY

[VE] Quorn Nugget Dipper Wrap

THURSDAY

[VE] Vegan Roast Fillet

FRIDAY

[VE] Crispy Rainbow Dippers & Tomato Sauce

SIDES

[VE] Crusty Bread
[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

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

[VE] Fresh Fruit or
[VE] [V] [K] Chocolate Oat Delight

[VE] Fresh Fruit or
[VE] [V] [K] Lemon Drizzle

[VE] Fresh Fruit or
[VE] [V] Smoothie & Fruit

[VE] Fresh Fruit or
[VE] [V] [K] Shortcake Biscuit

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

[VE] [V] [K] Napoleon Pasta Bake

TUESDAY

[VE] Harvest Cottage Pie

WEDNESDAY

[VE] Protein Power balls in Tomato Sauce

THURSDAY

[VE] Quorn Vegan Roast & Stuffing

FRIDAY

[VE] Ocean Friendly Fingers Wrap & Tomato Sauce

SIDES

[VE] 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
[VE] Smoothie & Peaches

[VE] Fresh Fruit or
[VE] Chocolate Sponge

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

[VE] Fresh Fruit or
[VE] [V] [K] Oaty Biscuit & Fruit

[VE] Fresh Fruit or
[V] Yoghurt or
[GF] [V] [K] Orange Sponge

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



EAST RIDING
OF YORKSHIRE COUNCIL



DAILY LUNCH MENU

WEEK THREE

Primary School
November 2024 - April 2025

CATERING
SERVICES

MENUS



MAIN COURSE

MONDAY

[VE] Margarita Pizza

TUESDAY

[VE] [K] All Day Breakfast

WEDNESDAY

[VE] [K] Mediterranean
Roasted Vegetables
& Tomato Pasta

THURSDAY

[VE] Quorn Roast Fillet

FRIDAY

[VE] Crispy Rainbow Fingers
& Tomato Sauce

SIDES

[VE] Garlic Wedges
[VE] Sweetcorn

[VE] Baked Beans
[VE] Hash Browns

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

[VE] Crusty Roll
[VE] Vegetable Sticks
& Sweetcorn

[VE] Chips
[VE] Garden Peas

DESSERT

[VE] Fresh Fruit or
[VE] Frozen Smoothie
& Fruit

[VE] Fresh Fruit or
[VE] [V] [K] Chocolate Cookie
& Fruit

[VE] Fresh Fruit or
[VE] [V] Chocolate Muffin

[VE] Fresh Fruit or
[VE] [V] [K] Madeline Sponge

[VE] Fresh Fruit or
[VE] [V] [K] Shortcake Biscuit

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.

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

