

# 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

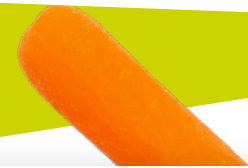
[VE] Fresh Fruit or  
[V] Yoghurt or  
[V] [K] Lemon Drizzle & Cream

[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



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MAIN COURSE

SIDES

DESSERT

### MONDAY

[V] [K] Cheese Napoleon Pasta Bake

[VE] Garlic Bread  
[VE] Fluted Carrots

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

### TUESDAY

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

[VE] Cauliflower & Peas

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

### WEDNESDAY

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

[VE] Steamed Rice  
[VE] Mixed Vegetables

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

### THURSDAY

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

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

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

### FRIDAY

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

[VE] Chips  
[VE] Garden Peas

[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	[V] Margarita Pizza	[K] All Day Breakfast or [V] [K] All Day Breakfast	[K] Mediterranean Style Chicken & Tomato Pasta  or [V] [K] Mediterranean Roasted Vegetables & Tomato Pasta	[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] Garlic Wedges [VE] Sweetcorn	[VE] Baked Beans [VE] Hash Browns	[VE] Crusty Roll [VE] Vegetable Sticks & Sweetcorn	[VE] Mashed Potatoes [VE] Fluted Carrots & Broccoli [VE] Gravy	[VE] Chips [VE] Garden Peas
DESSERT	[VE] Fresh Fruit or [V] Yoghurt or [V] Frozen Yoghurt & Fruit	[VE] Fresh Fruit or [V] Yoghurt or [V] [K] Chocolate Cookie & Fruit	[VE] Fresh Fruit or [V] Yoghurt or [V] [K] Madeline Sponge & Custard	[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](http://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](http://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](http://www.eastriding.gov.uk/schoolmeals)

 [cateringservices@eastriding.gov.uk](mailto: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](mailto:cateringservices@eastriding.gov.uk)

