

DAILY LUNCH MENU

WEEK ONE

Primary School
April/October 2025

CATERING
SERVICES

MENUS



MAIN COURSE

SIDES

DESSERT

MONDAY

Ham, Tomato & Mascarpone Pasta

or

[VE] Tomato & Mascarpone Pasta

TUESDAY

Chicken Goujons & Dipping Sauce

or

[VE] Quorn Nuggets & Dipping Sauce

WEDNESDAY

Italian Style Beef Meatballs

or

[VE] Protein Power Meatballs

THURSDAY

Chicken & Stuffing

or

[VE] Quorn Roast Fillet & Stuffing

FRIDAY

[GF] Fish Fingers (Tomato Ketchup)

or

[VE] Ocean Friendly Fingers (Tomato Ketchup)

[V] Garlic Bread
[VE] Mixed Vegetables

[VE] Potato Wedges
[VE] Peas

[VE] Steamed Rice
[VE] Sweetcorn

[VE] Oven Baked Roast Potatoes
[VE] Fluted Carrots, Broccoli
[VE] Gravy

[VE] Chips
[VE] Garden Peas

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

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Coconut Shortcake & Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Brownie

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

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

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



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MAIN COURSE

SIDES

DESSERT

MONDAY

Homemade
Cheese & Tomato Pizza

[VE] Garlic Wedges
[VE] Sweetcorn

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

TUESDAY

All Day Breakfast

or
[VE] All Day Breakfast

[VE] Hash Browns
[VE] Baked Beans

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

WEDNESDAY

Italian Style Bolognese
& Pasta with Crusty Roll

or
[VE] Italian Style
Bolognese & Pasta with
Crusty Roll

[V] Vegetable Sticks
[VE] Sweetcorn

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Summer Cupcake

THURSDAY

Chicken &
Yorkshire Pudding

or
[VE] Quorn Roast &
Yorkshire Pudding

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

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Vanilla Cheesecake
& Fruit

FRIDAY

Oven Baked Fish Star
(Tomato Ketchup)

or
[VE] Crispy Rainbow Dippers
(Tomato Ketchup)

[VE] Chips
[VE] Garden Peas

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Strawberry Mousse &
Mixed Fruit

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



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CATERING SERVICES

MENUS



MAIN COURSE

SIDES

DESSERT

MONDAY

Italian Style Chicken
or
[VE] Italian Style Quorn Fillet

[VE] Steam Rice
[VE] Mixed Vegetables

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

TUESDAY

[VE] Cheese & Tomato
Pasta with Crusty Roll

[V] Fluted Carrots
[VE] Summer Salad

[V] Fresh Fruit or
[V] Yoghurt or
[V] Orange Shortcake &
Custard

WEDNESDAY

Hot Dog in a Bun
or
[VE] Quorn Dog in a Bun

[VE] Potato Wedges
[VE] Baked Beans

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Crackle

THURSDAY

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

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

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

FRIDAY

Breaded Fish Squares
(Tomato Ketchup)
or
[VE] Crispy Rainbow Fingers
(Tomato Ketchup)

[VE] Chips
[VE] Garden Peas

[V] Fresh Fruit or
[V] Yoghurt or
[V] Wellington Fudge &
Custard

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

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