

DAILY LUNCH MENU

WEEK ONE

Primary School
April/October 2025
Vegan Menu

CATERING
SERVICES

MENUS



MAIN COURSE

SIDES

DESSERT

MONDAY

[DF] Tomato & Cheese Pasta

TUESDAY

[VE] Quorn Nuggets with Dipping Sauce

WEDNESDAY

[VE] Protein Power Meatballs

THURSDAY

[VE] Quorn Roast Fillet & Stuffing

FRIDAY

[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
[VE] Chocolate Muffin

[VE] Fresh Fruit or
[VE] Shortcake Biscuit

[VE] Fresh Fruit or
[VE] Alpro Chocolate Mousse

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

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

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



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK TWO

Primary School
April/October 2025
Vegan Menu

CATERING
SERVICES

MENUS

w/c



MAIN COURSE

MONDAY

[DF] Homemade Vegan
Cheese & Tomato Pizza

TUESDAY

[VE] All Day Breakfast

WEDNESDAY

[VE] Italian Style
Bolognese & Pasta
with Crusty Roll

THURSDAY

[VE] Quorn Roast &
Gravy

FRIDAY

[VE] Crispy Rainbow Dippers
(Tomato Ketchup)

SIDES

[VE] Garlic Wedges
[VE] Sweetcorn

[VE] Hash Browns
[VE] Baked Beans

[V] Vegetable Sticks
[VE] Sweetcorn

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

[VE] Chips
[VE] Garden Peas

DESSERT

[VE] Fresh Fruit or
[V] Chocolate Muffin

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

[VE] Fresh Fruit or
[VE] Vanilla Cupcake

[VE] Fresh Fruit or
[VE] Coconut Shortcake
Biscuit

[VE] Fresh Fruit or
[VE] Chocolate Alpro
Mousse & Fruit

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



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK THREE

Primary School
April/October 2025

Vegan Menu

CATERING
SERVICES

MENUS

w/c



MAIN COURSE

MONDAY

[VE] Italian Style
Quorn Fillet

TUESDAY

[VE] Cheese & Tomato
Pasta with Crusty Roll

WEDNESDAY

[VE] Quorn Dog in a Bun

THURSDAY

[VE] Quorn Roast Fillet &
Stuffing

FRIDAY

[VE] Crispy Rainbow Fingers
(Tomato Ketchup)

SIDES

[VE] Steam Rice
[VE] Mixed Vegetables

[V] Fluted Carrots
[VE] Summer Salad

[VE] Potato Wedges
[VE] Baked Beans

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

[VE] Chips
[VE] Garden Peas

DESSERT

[VE] Fresh Fruit or
[VE] Muffin

[V] Fresh Fruit or
[VE] Vanilla Cupcake

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

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

[V] Fresh Fruit or
[VE] Chocolate Muffin

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



EAST RIDING
OF YORKSHIRE COUNCIL

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