

# DAILY LUNCH MENU

## WEEK ONE

Primary School  
April/October 2025  
Reduced Allergy and Intolerance menu

CATERING  
SERVICES

MENUS

w/c

MAIN COURSE

SIDES

DESSERT

### MONDAY

[DF] Ham, Tomato & Vegan Cheese Pasta

[VE] [DF] Tomato & Vegan Cheese Pasta

### TUESDAY

[DF] Chicken Goujons

or

[VE] Quorn Nuggets

### WEDNESDAY

[DF] Italian Style Beef Meatballs

or

[VE] [DF] Protein Power Meatballs

### THURSDAY

[DF] Chicken & Stuffing

or

[VE] [DF] Quorn Roast Fillet & Stuffing

### FRIDAY

[DF] Fish Cake (Tomato Ketchup)

or

[VE] [DF] 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] [DF] Chocolate Muffin

[VE] Fresh Fruit or  
[V] [GF] [DF] Shortcake

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

[VE] Fresh Fruit or  
[DF] Muffin & Fruit

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

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



EAST RIDING  
OF YORKSHIRE COUNCIL

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DESSERT

### MONDAY

[VE] [DF] Homemade Vegan  
Cheese & Tomato Pizza

[VE] Garlic Wedges  
[VE] Sweetcorn

[VE] Fresh Fruit or  
[VE] [DF] Chocolate  
Crunch

### TUESDAY

[DF] All Day Breakfast  
or  
[VE] [DF] All Day Breakfast

[VE] Hash Browns  
[VE] Baked Beans

[VE] Fresh Fruit or  
[V] [DF] Lemon Muffin

### WEDNESDAY

[DF] 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] [DF] Vanilla Cupcake

### THURSDAY

[DF] Chicken & Gravy  
or  
[VE] Quorn Roast & Gravy

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

[VE] Fresh Fruit or  
[V] [DF] Shortcake Biscuit  
& Fruit

### FRIDAY

[DF] Oven Baked Fish Star  
(Tomato Ketchup)  
or  
[VE] Crispy Rainbow Dippers  
(Tomato Ketchup)

[VE] Chips  
[VE] Garden Peas

[VE] Fresh Fruit or  
[V] [DF] Alpro Chocolate  
Mousse & Mixed Fruit

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



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MAIN COURSE

### MONDAY

[DF] Italian Style Chicken  
or  
[VE] Italian Style Quorn Fillet

### TUESDAY

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

### WEDNESDAY

[VE] [DF] Cheese & Tomato  
Pasta with Crusty Roll

### THURSDAY

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

### FRIDAY

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

SIDES

[VE] Steam Rice  
[VE] Mixed Vegetables

[VE] Potato Wedges  
[VE] Baked Beans

[V] Fluted Carrots  
[VE] Summer Salad

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

[VE] Chips  
[VE] Garden Peas

DESSERT

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

[V] Fresh Fruit or  
[V] [DF] Shortcake

[VE] Fresh Fruit or  
[VE] [DF] Chocolate Crackle

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

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

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



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# 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](https://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](https://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](https://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 ☎ (01482) 395320 or @ [cateringservices@eastriding.gov.uk](mailto:cateringservices@eastriding.gov.uk)