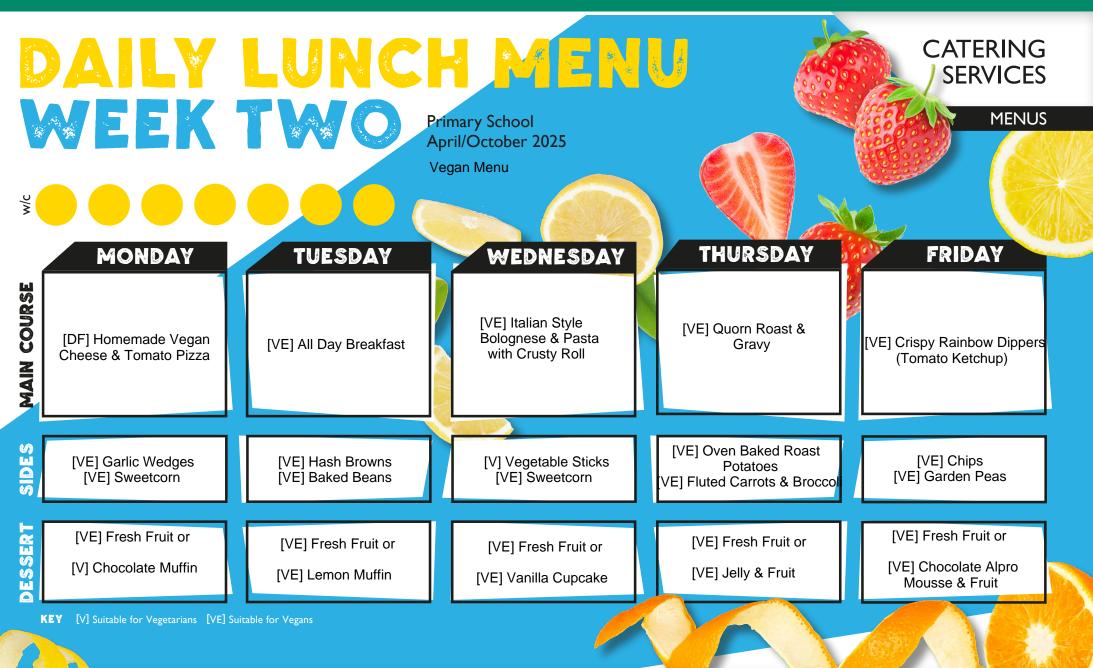
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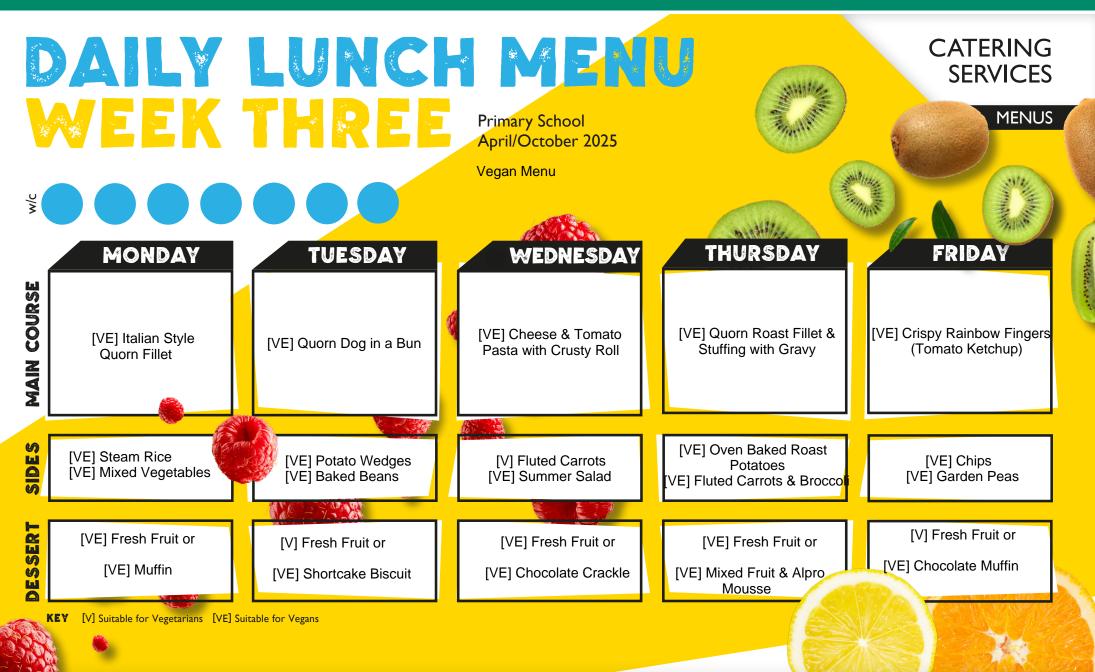
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			H MEN	U	CATERING SERVICES
w/c	NEEK		ary School /October 2025 n Menu		MENUS
MAIN COURSE	MONDAY [DF] Tomato & Cheese Pasta	TUESDAY [VE] Quorn Nuggets with Dipping Sauce	WEDNESDAY	THURSDAY [VE] Quorn Roast Fillet & Stuffing	FRIDAY [VE] Ocean Friendly Fingers (Tomato Ketchup)
SIDES	[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
DESSERT	[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] Muffin	[VE] Fresh Fruit or [VE] Oaty Biscuit & Fruit
X	KEY [V] Suitable for Vegetarians [VE] S	uitable 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 its as easy as scan, swipe and swap!

nhs.uk/healthier-families

HOLIDAY ACTIVITIES AND FOOD

For free fun holiday activities and a meal, please sign up to the newsletter at **R** 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.



scanner



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
- o cateringservices@eastriding.gov.uk
- (01482) 395320

East Riding of Yorkshire Council Catering Services HF54 County Hall Beverley East Riding of Yorkshire HUI7 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