

# DAILY LUNCH MENU

## WEEK ONE

Primary School  
Final Spring/Summer Term 2024

CATERING SERVICES

MENUS

W/C	June 3rd	June 24th	July 15th	Sept 2nd	Sept 23rd	Oct 14th
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MAIN COURSE

### MONDAY

**BEEF MEATBALL WITH TOMATO SAUCE**  
OR  
**[VE] PROTEIN POWER BALLS**

### TUESDAY

**[K] BBQ CHICKEN WRAP**  
OR  
**[K] [V] [VE] BBQ ROASTED VEGETABLE WRAP**

### WEDNESDAY

**GAMMON WITH GRAVY**  
OR  
**[V] [VE] QUORN ROAST FILLET WITH GRAVY**

### THURSDAY ☁

**[K] PIZZA PASTA BAKE**  
OR  
**[VK] [V] PIZZA PASTA BAKE**

### FRIDAY

**CRISPY CRUMB FISH FINGERS**  
OR  
**[VE] OCEAN FRIENDLY FINGERS**

SIDES

**[V] [VE] Rice**  
**[V] [VE] Sweetcorn**

**[V] [VE] Potato Wedges**  
**[V] [VE] Vegetable Sticks**

**[V] [VE] Oven Roast Potatoes**  
**[V] [VE] Carrots**  
**[V] [VE] Broccoli**

**[V] [VE] Crusty Bread**  
**[V] [VE] Summer Salad**

**[V] [VE] Chunky Chips**  
**[V] [VE] Garden Peas**

DESSERT

**[V] [VE] FRESH FRUIT** OR  
**[V] YOGHURT** OR  
**[K] [V] Shortcake and Custard**

**[V] [VE] FRESH FRUIT** OR  
**[V] YOGHURT** OR  
**[K] [V] Frosted Chocolate Cake**

**[V] [VE] FRESH FRUIT**  
OR  
**[V] YOGHURT** OR  
**[K] [V] Melting Moment**

**[V] [VE] FRESH FRUIT** OR  
**[V] YOGHURT** OR  
**[K] [V] [VE] Jelly and Fruit**

**[V] [VE] FRESH FRUIT** OR  
**[V] YOGHURT** OR  
**[K] [V] [VE] Apple crumble and [V] Cream**

**KEY** [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans ☁ Climate Friendly Day

Monday	Jacket potato with cheese
Tuesday	Jacket potato with beans
Wednesday	Jacket potato with cheese
Thursday	Jacket potato with beans
Friday	Jacket potato with cheese

# DAILY LUNCH MENU


## WEEK TWO

Primary School  
Final Spring/Summer Term 2024

CATERING SERVICES

MENUS

W/C	June 10th	July 1st	Sept 9th	Sept 30th	Oct 21st	
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	MONDAY	TUESDAY 	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	[K] MARGARITA PIZZA	SAUSAGE PATTIE BAP OR [VE] VEGGIE PATTIE BAP	ROAST CHICKEN AND YORKSHIRE PUDDING OR [V] [VE] QUORN ROAST FILLET AND [V] YORKSHIRE PUDDING	[K] ITALIAN STYLE MINCED BEEF PASTA BOLOGNESE OR [K] [V] [VE] ITALIAN STYLE PASTA BOLOGNESE	FILLET OF FISH AND TOMATO SAUCE OR [V] [VE] CRISPY RAINBOW FINGERS AND TOMATO SAUCE
<b>SIDES</b>	[V] [VE] Wedges [V] [VE] sweetcorn	[V] [VE] Hash Browns [V] [VE] Baked Beans	[V] [VE] Mash Potato, [V] [VE] Baby Carrots [V] [VE] Broccoli	[V] [VE] Crusty Roll [V] [VE] Mixed Vegetables	[V] [VE] Chunky Chips [V] [VE] Garden Peas
<b>DESSERT</b>	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [K] [V] Iced Lemon Sponge and Custard	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [V] Peaches & Ice Cream	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [K] [V] [VE] Chocolate Cookie and Orange Wedge	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [K] [V] Blueberry Muffin	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [K] [V] Chocolate Crunch and Cream

KEY [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans  Climate Friendly Day

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Wednesday	Jacket potato with cheese
Thursday	Jacket potato with beans
Friday	Jacket potato with cheese

# DAILY LUNCH MENU

## WEEK THREE


Primary School  
Final Spring/Summer Term 2024

CATERING SERVICES

MENUS

W/C	June 17th	July 8th	Sept 16th	Oct 7th		
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	CHICKEN GOUJONS or (V) (VE) CRISPY VEGGIE DIPPERS	[K] CHEESEBURGER STYLE PASTA OR [K] [V] CHEESEBURGER STYLE PASTA	ROAST CHICKEN AND STUFFING & GRAVY OR [V] [VE] QUORN ROAST FILLET AND STUFFING & GRAVY	[K] SAUSAGE & MASH WITH GRAVY OR [K] [V] VEGGIE SAUSAGE & MASH	CRISPY FISH CAKES AND TOMATO SAUCE OR [V] [VE] VEGGIE BAKE
<b>SIDES</b>	(V) Southern gravy dip (V) [VE] Wedges (V) [VE] Sweetcorn	[V] [VE] Crust Roll (V) [VE] Sweetcorn	[V] [VE] Roast Potatoes (V) [VE] Cauliflower (V) [VE] Peas	[V] Yorkshire pudding (V) [VE] Carrots (V) [VE] Broccoli	[V] [VE] Chunky Chips (V) [VE] Garden Peas
<b>DESSERT</b>	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR (K) [V] Chocolate Sponge and Custard	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR [V] Melting moment	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR (K) [V] [VE] Iced Cornflake Special	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR (V) Raspberry Mousse and Fruit	[V] [VE] FRESH FRUIT OR [V] YOGHURT OR (K) [V] Jam Bun

**KEY** [K] Dishes Made in the Kitchen [V] Suitable for Vegetarians [VE] Suitable for Vegans  Climate Friendly Day

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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

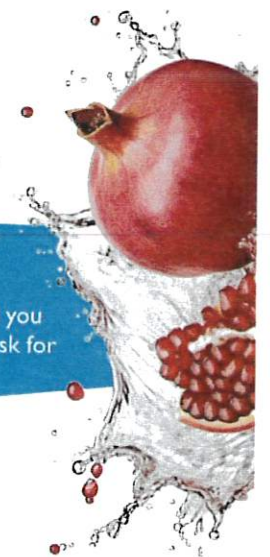
Full allergen information is available and special dietary requirements can be catered for, please contact your school for details. It may be necessary to change the menu without prior notice. Please note: Individual schools may offer an alternative choice to the meal options. Please contact your school 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)

