

# DAILY LUNCH MENU

## WEEK ONE

Primary School  
Final Spring/Summer Term 2024

CATERING  
SERVICES

MENUS

w/c

19  
FEB

11  
MAR

15  
ARP

06  
MAY

03  
JUN

24  
JUN

15  
JUL

### MONDAY

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

### TUESDAY

**BBQ CHICKEN  
WRAP**  
OR  
**VE VE BBQ ROASTED  
VEGETABLE WRAP**

### WEDNESDAY

**ROAST PORK AND  
APPLE SAUCE**  
OR  
**VE VE QUORN ROAST  
FILLET AND APPLE  
SAUCE**

### THURSDAY

**PIZZA  
PASTA BAKE**  
OR  
**VE VE PIZZA  
PASTA BAKE**

### FRIDAY

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

MAIN COURSE

SIDES

DESSERT

**VE VE Rice**  
**VE Sweetcorn**

**VE VE Potato Wedges**  
**VE VE Vegetable Sticks**

**VE VE Oven Roast Potatoes**  
**VE VE Spring Cabbage**  
**VE VE Broccoli**

**VE VE Crusty Bread**  
**VE VE Summer Salad**

**VE VE Chunky Chips**  
**VE VE Garden Peas**

**VE VE FRESH FRUIT OR**  
**VE YOGHURT OR**  
**VE Shortcake and Custard**

**VE VE FRESH FRUIT OR**  
**VE YOGHURT OR**  
**VE Frosted Chocolate Cake**

**VE VE FRESH FRUIT OR**  
**VE YOGHURT OR**  
**VE Melting Moment  
and VE Milkshake**

**VE VE FRESH FRUIT OR**  
**VE YOGHURT OR**  
**VE VE Jelly and Fruit**

**VE VE FRESH FRUIT OR**  
**VE YOGHURT OR**  
**VE VE Oaty Fruit Crunch  
and VE Cream**

**KEY** Dishes Made in the Kitchen Suitable for Vegetarians Suitable for Vegans Climate Friendly Day



EAST RIDING  
OF YORKSHIRE COUNCIL

# DAILY LUNCH MENU

## WEEK TWO

Primary School  
Final Spring/Summer Term 2024



CATERING  
SERVICES

MENUS

w/c

26  
FEB

18  
MAR

22  
APR

13  
MAY

10  
JUN

01  
JUL

22  
JUL

MAIN COURSE

### MONDAY

☞ FULLY LOADED  
PIZZA POCKETS  
OR  
☞ V FULLY LOADED  
PIZZA POCKETS

### TUESDAY

CHICKEN GOUJONS  
OR  
☞ CRISPY  
NUGGET DIPPERS

### WEDNESDAY

ROAST GAMMON  
AND YORKSHIRE  
PUDDING  
OR  
☞ ☞ QUORN ROAST  
FILLET AND ☞  
YORKSHIRE PUDDING

### THURSDAY

☞ ITALIAN STYLE  
MINCED BEEF PASTA  
BOLOGNESE  
OR  
☞ ☞ ITALIAN STYLE  
PASTA BOLOGNESE

### FRIDAY

FILLET OF FISH AND  
TOMATO SAUCE  
OR  
☞ ☞ CRISPY RAINBOW  
FINGERS AND  
TOMATO SAUCE

SIDES

☞ ☞ Italian Tomato Pasta  
Salad ☞ ☞ Sweetcorn

☞ ☞ Garlic Wedges  
Southern Gravy Dip  
☞ ☞ Vegetable Sticks

☞ ☞ Mash Potato  
☞ ☞ Baby Carrots  
☞ ☞ Broccoli

☞ ☞ Crusty Roll  
☞ ☞ Mixed Vegetables

☞ ☞ Chunky Chips  
☞ ☞ Garden Peas

DESSERT

☞ ☞ FRESH FRUIT OR  
☞ YOGHURT OR  
☞ ☞ Iced Lemon  
Sponge and Custard

☞ ☞ FRESH FRUIT OR  
☞ YOGHURT OR  
☞ Peach Melba

☞ ☞ FRESH FRUIT OR  
☞ YOGHURT OR  
☞ ☞ Chocolate Cookie  
and Orange Wedge

☞ ☞ FRESH FRUIT OR  
☞ YOGHURT OR  
☞ ☞ Blueberry Muffin

☞ ☞ FRESH FRUIT OR  
☞ YOGHURT OR  
☞ ☞ Chocolate Crunch  
and Cream

KEY ☞ Dishes Made in the Kitchen ☞ Suitable for Vegetarians ☞ Suitable for Vegans ☞ Climate Friendly Day



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# DAILY LUNCH MENU

## WEEK THREE

Primary School  
Final Spring/Summer Term 2024



CATERING  
SERVICES

MENUS

w/c

04  
MAR

08  
APR

29  
APR

20  
MAY

17  
JUN

08  
JUL

### MONDAY

☞ **SUMMER  
BRUNCH MUFFIN**  
OR  
☞ **SUMMER  
BRUNCH MUFFIN**

☞ **Hash Browns**  
☞ **Baked Beans**

☞ **FRESH FRUIT** OR  
☞ **YOGHURT** OR  
☞ **Chocolate Sponge  
and Custard**

### TUESDAY

☞ **CHEESEBURGER  
STYLE PASTA**  
OR  
☞ **CHEESEBURGER  
STYLE PASTA**

☞ **Crust Roll**  
☞ **Sweetcorn**

☞ **FRESH FRUIT** OR  
☞ **YOGHURT** OR  
☞ **Waffle, Ice Cream  
and Fruit Cocktail**

### WEDNESDAY

**ROAST CHICKEN  
AND STUFFING**  
OR  
☞ **QUORN ROAST  
FILLET AND STUFFING**

☞ **Mashed Potato**  
☞ **Cauliflower**  
☞ **Green Beans**

☞ **FRESH FRUIT** OR  
☞ **YOGHURT** OR  
☞ **Iced Cornflake Special  
and Milkshake**

### THURSDAY

☞ **CHINESE STYLE  
STICKY PORK**  
OR  
☞ **CHINESE STYLE  
STICKY QUORN  
PIECES**

☞ **Rainbow Rice**  
☞ **Steamed Rice**  
☞ **Vegetable Sticks**

☞ **FRESH FRUIT** OR  
☞ **YOGHURT** OR  
☞ **Raspberry Mousse  
and Fruit**

### FRIDAY

**CRISPY FISH  
NUGGETS AND  
TOMATO SAUCE**  
OR  
☞ **CRISPY  
NUGGET DIPPERS**

☞ **Chunky Chips**  
☞ **Garden Peas**

☞ **FRESH FRUIT** OR  
☞ **YOGHURT** OR  
☞ **Jam Bun**

MAIN COURSE

SIDES

DESSERT

**KEY** ☞ Dishes Made in the Kitchen ☞ Suitable for Vegetarians ☞ Suitable for Vegans ☞ Climate Friendly Day



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](https://nhs.uk/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)