

DAILY LUNCH MENU

WEEK ONE

Primary School
Autumn/Winter 2023 - 2024

CATERING SERVICES

MENUS

w/c **04 SEP** **25 SEP** **16 OCT** **13 NOV** **04 DEC** **08 JAN** **29 JAN**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	<p>MEATBALLS IN TOMATO SAUCE OR [V] [VE] PROTEIN POWER BALLS IN TOMATO SAUCE</p>	<p>[K] TASTY CHEESE AND HAM PASTA BAKE OR [K] [V] TASTY CHEESE PASTA BAKE</p>	<p>ROAST CHICKEN, STUFFING AND GRAVY OR [V] [VE] QUORN FILLET, STUFFING AND GRAVY</p>	<p>[K] MINCED BEEF HOT POT OR [K] [V] [VE] HARVEST MINCE HOT POT</p>	<p>BREADED FISH FILLET SQUARE WITH TOMATO SAUCE OR [V] [VE] OCEAN FRIENDLY FINGERS WITH TOMATO SAUCE</p>
SIDES	<p>[V] [VE] Mixed Vegetable and [V] [VE] Rice</p>	<p>[V] [VE] Garlic Bread and [V] [VE] Sweetcorn</p>	<p>[V] [VE] Oven Roast Potatoes, [V] [VE] Broccoli and [V] [VE] Baby Carrots</p>	<p>[V] [VE] Green Beans and [V] [VE] Cauliflower</p>	<p>[V] [VE] Chunky Chips and [V] [VE] Garden Peas</p>
DESSERT	<p>[V] FRESH FRUIT OR YOGHURT OR [K] [V] Chocolate Crunch and Custard</p>	<p>[V] FRESH FRUIT OR YOGHURT OR [K] [V] Melting Moment and Mandarins</p>	<p>[V] FRESH FRUIT OR YOGHURT OR [K] [V] Chocolate Sponge, Pears and Cream</p>	<p>[V] FRESH FRUIT OR YOGHURT OR [V] Waffle, Ice Cream and Jam Sauce</p>	<p>[V] FRESH FRUIT OR YOGHURT OR [K] [V] Lemon Drizzle Muffin</p>

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan

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WEEK TWO

Primary School
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MENUS

w/c 11 SEP 02 OCT 23 OCT 20 NOV 11 DEC 15 JAN 05 FEB

MAIN COURSE

MONDAY

[K] HAM MEDITERRANEAN PASTA BAKE
OR
[K] [V] MEDITERRANEAN PASTA BAKE

TUESDAY

[K] ITALIAN STYLE PEPPERONI PIZZA POCKET
OR
[K][V] ITALIAN STYLE PIZZA POCKET

WEDNESDAY

[K] SLOW BRAISED DICED BEEF AND YORKSHIRE PUDDING
OR
[K][V] HARVEST SAVOURY SAVOURY MINCE AND YORKSHIRE PUDDING

THURSDAY

[K] CHICKEN RAINBOW RICE AND KORMA SAUCE
OR
[K][V] QUORN FILLET RAINBOW RICE AND KORMA SAUCE

FRIDAY

CRISPY FISH NUGGETS WITH TOMATO SAUCE
OR
[V] [VE] CRISPY NUGGET DIPPERS WITH TOMATO SAUCE

SIDES

[V] [VE] Crusty Roll and [V] [VE] Sweetcorn

[V] [VE] Jacket Potato Wedges and [V] [VE] Baked Beans

[V] [VE] Mash Potato, [V] [VE] Baby Carrots and Green Cabbage

[V] Naan Bread and [V] [VE] Mixed Vegetables

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

DESSERT

[V] FRESH FRUIT OR YOGHURT OR
[K] [V] Chocolate Oat Delight and Custard

[V] FRESH FRUIT OR YOGHURT OR
[K] [V] [VE] Viennese Biscuits and Peaches

[V] FRESH FRUIT OR YOGHURT OR
[K] [V] Chocolate Orange Sponge and Cream

[V] FRESH FRUIT OR YOGHURT OR
[V] Ice Cream Roll and Fruit Cocktail

[V] FRESH FRUIT OR YOGHURT OR
[K] [V] Raspberry Bun

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan

DAILY LUNCH MENU

WEEK THREE

Primary School
Autumn/Winter 2023 - 2024

CATERING SERVICES

MENUS

w/c 18 SEP 09 OCT 06 NOV 27 NOV 18 DEC 22 JAN

MAIN COURSE

MONDAY

[K] "YORKSHIRE"
ALL DAY BREAKFAST
OR
[K] [V] [VE] "YORKSHIRE"
VEGGIE ALL DAY
BREAKFAST

TUESDAY

[K] ITALIAN STYLE MINCED
BEEF PASTA BOLOGNESE
OR
[K][V] ITALIAN STYLE
PASTA NEAPOLITAN

WEDNESDAY

[K] ROAST PORK
APPLE SAUCE, STUFFING
AND GRAVY
OR
[V] [VE] OVEN BAKED
QUORN FILLET,
STUFFING AND GRAVY

THURSDAY

[K] MEXICAN STYLE
CHICKEN ENCHILADA
OR
[K] [V] MEXICAN
STYLE ENCHILADA

FRIDAY

JUMBO FISH FINGER WITH
TOMATO SAUCE
OR
[V] [VE] CRISPY RAINBOW
FINGERS WITH
TOMATO SAUCE

SIDES

[V] [VE] Hash Browns
and
[V] [VE] Baked Beans

[V] [VE] Crust Roll,
[V] [VE] Baby Carrots
and Garden Peas

[V] [VE] Mashed Potato, Broccoli
and
[V] [VE] Baby Carrots

[V] [VE] Golden Vegetable Rice
and
[V] [VE] Vegetable Sticks

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

DESSERT

[V] FRESH FRUIT OR
YOGHURT OR
[K] [V] [VE] Chocolate Cookies
and Mandarins

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

[V] FRESH FRUIT OR
YOGHURT OR
[K][V]Chocolate Crackle

[V] FRESH FRUIT OR
YOGHURT OR
[K] [V] Steamed Jam Sponge
and Custard

[V] FRESH FRUIT OR
YOGHURT OR
[K] [V] Oaty Fruit Crunch
and Custard

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan

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!
www.nhs.uk/healthier-families

Holiday Activities and Food

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

Cauliflower 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:

 www.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 telephone (01482) 395320 or email cateringservices@eastriding.gov.uk

