

MENU 1

w/c

06
SEP

MONDAY

[K] SPAGHETTI BOLOGNAISE
OR
[K] [V] SPAGHETTI NEAPOLITAN
Garlic Bread and Mixed Vegetables
FRESH FRUIT OR YOGHURT OR
[K] Orange Shortcake and Custard

18
OCT

TUESDAY

[K] STICKY CHICKEN
Vegetable Rice and Sweetcorn
OR [V] STICKY QUORN
Vegetable Rice and Sweetcorn
FRESH FRUIT OR YOGHURT OR
[K] Chocolate Sponge and Chocolate Custard

15
NOV

WEDNESDAY

ROAST CHICKEN
OR [V] QUORN ROAST
Oven Baked Sauté Potatoes, Cauliflower
and Broccoli Cheese
FRESH FRUIT OR YOGHURT OR
[K] Oaty Biscuit and Fruit

10
JAN

THURSDAY

[V] MARGHERITA PIZZA
Garlic Wedges and Baked Beans
FRESH FRUIT OR YOGHURT OR
Arctic Roll and Peaches

31
JAN

FRIDAY

BREADED FISHCAKES AND
TOMATO SAUCE
OR [K][V] CHEESE AND ONION
POTATO SKINS
Chips and Garden Peas
FRESH FRUIT OR YOGHURT OR
[K] Banana Muffins

MENU 2

w/c

13
SEP

MONDAY

[K] PIZZA PASTA BAKE
OR [K] [V] PIZZA PASTA BAKE
Crusty Roll, Peas and Sweetcorn
FRESH FRUIT OR YOGHURT OR
[K] Melting Moment and Strawberry Milkshake

04
OCT

TUESDAY

MEATBALLS IN TOMATO SAUCE
OR
[V] VEGGIE MEATBALLS IN
TOMATO SAUCE
Steamed Rice and Mixed Vegetables
FRESH FRUIT OR YOGHURT OR
[K] Eve's Pudding and Custard

01
NOV

22
NOV

13
DEC

WEDNESDAY

ROAST CHICKEN
OR [V] QUORN ROAST,
YORKSHIRE PUDDING GRAVY
Mashed Potato, Baby Carrots and Green Beans
FRESH FRUIT OR YOGHURT OR
Raspberry Mousse and Fruit

17
JAN

07
FEB

THURSDAY

BEEF BURGER IN A SOFT BUN
OR [V] VEGGIE BURGER IN SOFT BUN
Cajun Wedges, Coleslaw and Vegetable Sticks
FRESH FRUIT OR YOGHURT OR
[K] Chocolate Crunch and Chocolate Custard

FRIDAY

JUMBO FISH FINGER AND
TOMATO SAUCE
OR [V] VEGETABLE FINGERS
AND TOMATO SAUCE
Chips and Garden Peas
FRESH FRUIT OR YOGHURT OR
[K] Lemon Drizzle and Custard

MENU 3

w/c

20
SEP

MONDAY

SAUSAGE AND ONION GRAVY
OR [V] VEGETARIAN SAUSAGE AND
ONION GRAVY
Mashed Potato, Baby Carrots and Broccoli
FRESH FRUIT OR YOGHURT OR
[K] Madeline Sponge and Custard

11
OCT

TUESDAY

ITALIANO STYLE CHICKEN BREAST &
PASTA IN TOMATO SAUCE OR
[K] [V] ITALIANO STYLE QUORN &
PASTA IN TOMATO SAUCE
Oven Bakes Wedges and Sweetcorn
FRESH FRUIT OR YOGHURT OR
[K] Chocolate Krispie Slice and Mandarins

08
NOV

29
NOV

03
JAN

WEDNESDAY

[K] CHINESE STYLE PORK
OR [K] [V] SWEET AND SOUR
VEGETABLES
Rice, Broccoli and Mixed Vegetables
FRESH FRUIT OR YOGHURT OR
[K] Frosted Chocolate Cake and Custard

24
JAN

14
FEB

THURSDAY

[K] BRAISED STEAK AND
YORKSHIRE PUDDING
OR [V] QUORN ROAST AND
YORKSHIRE PUDDING
Oven Roast Potatoes, Baby Carrots and Cauliflower
FRESH FRUIT OR YOGHURT OR
Cheese and Biscuits and Apple

FRIDAY

FILLET OF FISH AND
TOMATO SAUCE
OR
[K][V] CHEESE PASTA BAKE
Steak Fries and Garden or Mushy Peas
FRESH FRUIT OR YOGHURT OR
[K] Toffee Apple Crumble and Custard

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

Eat Well and Move More

Change4Life helps you make small changes that can make a big difference. The Change4Life app lets families see what's in their food and drinks, simply by scanning the barcode. Download the app today.



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 overleaf. Please contact your school for details.

KEY

- [K] Dishes made in the kitchen
- [V] Vegetarian option (available on request)

GIVE SCHOOL MEALS A TRY

They're easy-PEAsy!

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.

Jacket Potatoes

- Monday – Beans
- Tuesday – Cheese
- Wednesday – Beans
- Thursday – Cheese
- Friday – Cheese and Beans

Sandwiches

- Monday – Cheese
- Tuesday – Ham
- Wednesday – Cheese
- Thursday – Ham
- Friday - Cheese

CATERING SERVICES

MENUS

DAILY LUNCH MENU

Autumn/Winter
2021 - 2022

