

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2025 - April 2026

CATERING SERVICES

MENUS

- w/c
- 3 NOV
 - 24 NOV
 - 15 DEC
 - 19 JAN
 - 9 FEB
 - 9 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	MEATBALLS AND TOMATO SAUCE or (VE) VEGETARIAN MEATBALLS AND TOMATO SAUCE	BOLOGNESE or VEGETARIAN BOLOGNESE	ROAST CHICKEN AND GRAVY OR [VE] OVEN BAKED QUORN FILLET AND GRAVY	[V] HOMEMADE MARGHERITA PIZZA	FISH FINGERS AND TOMATO SAUCE OR [VE] OCEAN FRIENDLY FINGERS AND TOMATO SAUCE
SIDES	[VE] Rice [VE] Sweetcorn	[VE] Pasta	[VE] Mashed Potato [VE] Broccoli and Baby Carrots	[VE] Oven Baked Wedges [VE] Baked Beans	[VE] Chunky Chips [VE] Garden Peas
DESSERT	[V] Lemon Drizzle Muffin	[V] Chocolate Crunch and Custard	[VE] MANGO SMOOTHIE	[V] Melting Moment and Mandarins	[V] Chocolate Sponge and Custard

KEY [V] Suitable for vegetarians [VE] Vegan

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

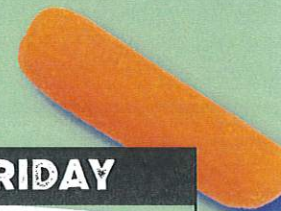
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Primary School
November 2025 - April 2026

CATERING SERVICES

MENUS



w/c 10 NOV 1 DEC 5 JAN 26 JAN 23 FEB 16 MAR

MAIN COURSE

MONDAY

BEEF BURGER IN A BREAD BUN AND TOMATO SAUCE
OR
[V]VEGETABLE BURGER IN A BREAD BUN AND TOMATO SAUCE

TUESDAY

[V] CHEESE & TOMATO PASTA BAKE

WEDNESDAY

ROAST CHICKEN AND GRAVY
OR
[VE] OVEN BAKED QUORN FILLET AND GRAVY

THURSDAY

HOT DOGS
or
VEGETARIAN HOT DOGS

FRIDAY

BATTERED FISH AND TOMATO SAUCE
or
OCEAN FRIENDLY FISH FINGERS AND TOMATO SAUCE

SIDES

[VE] Jacket Potato Wedges
[VE] Baked Beans

[VE] Sweetcorn

[VE] Roast Potatoes
(V)(VE) Broccoli & Baby carrots

[VE] Baked Beans
[VE] Wedges

[V] Chunky Chips
[V] Garden Peas

DESSERT

[V] Vanilla Muffin & sultanas

[V] Chocolate Crackle and Cream

[V] Ice Cream Roll and Fruit Cocktail

[V] Marble Sponge and Custard

[V] Raspberry Bun

KEY [V] Suitable for vegetarians [VE] Vegan

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

DAILY LUNCH MENU

WEEK THREE

Primary School
November 2025 - April 2026

CATERING SERVICES

MENUS

w/c 17 NOV 8 DEC 12 JAN 2 FEB 2 MAR 23 MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BREADED CHICKEN GOUJON WRAP OR [V] QUORN WRAP	YORKSHIRE ALL DAY BREAKFAST OR [VE] YORKSHIRE ALL DAY BREAKFAST	ROAST CHICKEN AND GRAVY OR [VE] OVEN BAKED QUORN FILLET AND GRAVY	SPAGHETTI BOLOGNESE OR [V] VEGGIE SPAGHETTI BOLOGNESE	FISH FINGERS AND TOMATO SAUCE OR [VE] OCEAN FRIENDLY FINGERS AND TOMATO SAUCE
SIDES	(VE) Rainbow Rice (VE) Vegetable Sticks	[VE] Hash Browns [VE] Baked Beans	[VE] Mashed Potato [VE] Broccoli and Baby Carrots	[VE] Sweetcorn	[VE] Chunky Chips [VE] Garden Peas
DESSERT	[V] Chocolate Oat Delight and Custard	[V] Oaty Biscuit	[V] Jelly and Ice-cream	[V] [VE] Chocolate Cookie and Mandarins	[V] JAM SPONGE AND CUSTARD

KEY [V] Suitable for vegetarians [VE] Vegan

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

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.

Better Health healthier families



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