

DAILY LUNCH MENU

WEEK ONE

CATERING SERVICES

MENUS



w/c

13 APR

4 MAY

1 JUN

22 JUN

13 JUL

21 SEP

12 OCT

Primary School
April/October
Term 2026

MAIN COURSE

MONDAY

ITALIAN CHICKEN
OR
[V] ITALIAN
QUORN FILLET

TUESDAY

MEATBALL SUB
OR
[VE] VEGGIE
MEATBALL SUB

WEDNESDAY

ROAST CHICKEN
AND STUFFING
OR
[VE] QUORN ROAST
FILLET
AND [VE] STUFFING

THURSDAY

PIZZA POCKET
OR
[V] PIZZA POCKET

FRIDAY

FISH FINGERS
(TOMATO KETCHUP)
OR
[VE] OCEAN FRIENDLY
FINGERS
(TOMATO KETCHUP)

SIDES

[VE] Rice
[VE] Broccoli

[VE] Sliced potato
[VE] Sweetcorn

[VE] Oven roast potatoes
[VE] Baby carrots
[VE] Broccoli [VE] Gravy

[VE] Tomato Pasta
[VE] Sweetcorn

[VE] Chunky Chips
[VE] Baked beans

DESSERT

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Ice cream and fruit

[VE] FRESH FRUIT OR
[V] YOGHURT OR [V]
Choc brownie and [V] cream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Oaty biscuit

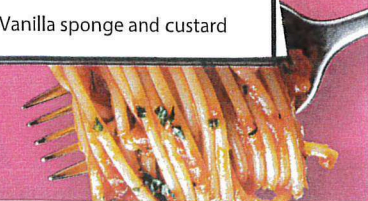
[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Crunchy chocolate mousse

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Vanilla sponge and custard



KEY

[V] Suitable for Vegetarians
[VE] Suitable for Vegans

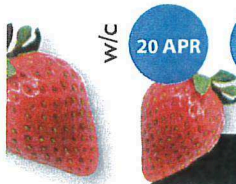


DAILY LUNCH MENU

WEEK TWO

CATERING SERVICES

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w/c 20 APR 11 MAY 8 JUN 29 JUN 7 SEP 28 SEP 19 OCT

Primary School
April/October
Term 2026

MAIN COURSE

MONDAY

CHEESE AND TOMATO PIZZA

TUESDAY

ITALIAN STYLE BOLOGNAISE
OR
[V] ITALIAN STYLE VEGETABLE BOLOGNAISE

WEDNESDAY

SAUSAGE AND YORKSHIRE PUDDING
OR
[VE] QUORN SAUSAGE AND [V] YORKSHIRE PUDDING

THURSDAY

HUNTERS CHICKEN
OR
[V] BBQ QUORN FILLET

FRIDAY

FISH BITES (TOMATO KETCHUP)
OR
[VE] CRISPY RAINBOW DIPPERS (TOMATO KETCHUP)

SIDES

[VE] Oven baked wedges
[VE] Baked beans

[VE] Pasta
[VE] Country mixed vegetables

[V] Mashed potato
[VE] Cauliflower
[VE] Baby carrots

[VE] Sweetcorn
Rice

[VE] Chunky Chips
[VE] Garden peas

DESSERT

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Smoothie and fruit

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate crunch and [V] custard

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Lemon cookie

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate tray bake

[VE] FRESH FRUIT OR [V] YOGHURT OR [VE] Vanilla sponge and [V] custard and peaches



KEY

[V] Suitable for Vegetarians
[VE] Suitable for Vegans

DAILY LUNCH MENU

WEEK THREE

CATERING SERVICES

MENUS



Primary School
April/October
Term 2026

w/c 27 APR 18 MAY 15 JUN 6 JUL 14 SEP 5 OCT

MAIN COURSE

MONDAY

CHICKEN GOUJON WRAP
OR
[V] QUORN NUGGET WRAP

TUESDAY

SUMMER BRUNCH BAP
OR
[V] SUMMER BRUNCH BAP

WEDNESDAY

ROAST CHICKEN AND STUFFING
OR
[VE] QUORN ROAST FILLET AND [VE] STUFFING

THURSDAY

MILD CHILLI BEEF QUESADILLA
OR
[V] MILD VEGETABLE CHILLI QUESADILLA

FRIDAY

FISH FILLET (TOMATO KETCHUP)
OR
[VE] OCEAN FRIENDLY FINGERS (TOMATO KETCHUP)

SIDES

Pasta
[VE] Sweetcorn

[VE] Baked beans
[VE] Crispy sliced potato

[V] Mashed potato
[VE] Baby carrots
[VE] Broccoli [VE] Gravy

[VE] Steamed rice
[VE] Broccoli

[VE] Chunky chips
[VE] Garden peas or
[VE] baked beans

DESSERT

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Shortcake and custard

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Apple and banana sponge and [V] cream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate melting moment

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[VE] Peach puree and [V] icecream

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Iced cornflkæ special and [V] custard

KEY

[V] Suitable for Vegetarians
[VE] Suitable for Vegans



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

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

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

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
-  cateringservices@eastriding.gov.uk
-  (01482) 395320
-  East Riding of Yorkshire Council Catering Services
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