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DAILY LUNCH MENU

WEEK ONE

Primary School
April/October 2025

WEEK: 01 APR, 13 MAY, 09 JUN, 03 JUL, 21 JUL, 15 SEP, 04 OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	HAM, TOMATO AND MASCARPONE PASTA OR [V] TOMATO AND MASCARPONE PASTA	PULLED BUTTER CHICKEN WRAP OR [VE] BUTTER QUORN WRAP	COOK'S CHOICE ROAST AND STUFFING OR [VE] QUORN ROAST FILLET AND STUFFING	BEEF MEATBALLS WITH TOMATO SAUCE OR [VE] PROTEIN POWER MEATBALLS	FISH FINGERS (TOMATO KETCHUP) OR [VE] OCEAN FRIENDLY FINGERS (TOMATO KETCHUP)
SIDE	[V] Garlic Bread [VE] Mixed Vegetables	[VE] Potato Wedges [V] Coleslaw [VE] Vegetable Sticks	[VE] Oven Baked Roast Potatoes [VE] Baby Carrots [VE] Broccoli [VE] Gravy	[VE] Steamed Rice [VE] Sweetcorn	[VE] Chunky Chips [VE] Garden Peas [VE] Mushy Peas
DESSERT	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Brownie	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Coconut Shortcake and Custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Ice Cream Roll and Fruit	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Bakewell Tart and Cream	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Melting Meringue and Apple Slices

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

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1

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DAILY LUNCH MENU

WEEK TWO

Primary School
April/October 2025

WEEK: 02 APR, 14 MAY, 10 JUN, 04 JUL, 22 JUL, 16 SEP, 05 OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	ITALIAN STYLE CHICKEN OR [V] ITALIAN STYLE QUORN FILLET	ALL DAY BREAKFAST OR [VE] ALL DAY BREAKFAST	COOK'S CHOICE ROAST OR [VE] QUORN ROAST	BOLOGNESE SAUCE WITH PASTA OR [VE] ITALIAN STYLE BOLOGNESE AND PASTA	OVEN BAKED FISH STAR (TOMATO KETCHUP) OR [VE] CRISPY RAINBOW DIPPERS (TOMATO KETCHUP)
SIDE	[VE] Steamed Rice [VE] Mixed Vegetables	[VE] Hash Browns [VE] Baked Beans	[VE] Mashed Potatoes [VE] Baby Carrots [V] Broccoli [VE] Gravy	[VE] Vegetable Sticks	[VE] Chunky Chips [VE] Garden Peas
DESSERT	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Crunch and Custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Vanilla Cheesecake and Fruit	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Jelly and Ice Cream	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Summer Cupcake	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Strawberry Mousse and Mixed Fruit

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

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2

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DAILY LUNCH MENU

WEEK THREE

Primary School
April/October 2025

WEEK: 05 MAY, 17 JUN, 13 JUL, 06 SEP, 24 SEP, 14 OCT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	HOMEMADE CHEESE AND TOMATO PIZZA OR [VE] HOMEMADE CHEESE AND TOMATO PIZZA	BEEF LASAGNE OR [V] VEGETABLE LASAGNE	COOK'S CHOICE ROAST AND STUFFING OR [VE] QUORN ROAST FILLET AND STUFFING	SAUSAGE IN A BUN OR [VE] QUORN HOT DOG IN A BUN	BREADED FISH SQUARES (TOMATO KETCHUP) OR [VE] CRISPY RAINBOW FINGERS (TOMATO KETCHUP)
SIDE	[VE] Savoury Rice [VE] Vegetable Sticks	[V] Garlic Slice [VE] Summer Salad	[VE] Mashed Potato [VE] Baby Carrots [VE] Broccoli [VE] Gravy	[VE] Potato Wedges [VE] Baked Beans	[VE] Chips [VE] Garden Peas [VE] Mushy Peas
DESSERT	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Waffling Fudge and Cream	[VE] FRESH FRUIT OR [V] YOGHURT OR [VE] Mango or Strawberry Smoothie and Mixed Fruit	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Orange Shortcake and Custard	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Vanilla Muffin and Banana or Banana Bread Muffin	[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate Crumble

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

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3

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 less 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 [activeseasriding.co.uk/holiday-activities-and-food](#)

Sessions are for children and young people eligible for free-school meals aged 5-16 years old.

ALLERGENS 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](#)
- [catering@eastriding.gov.uk](#)
- [01482 395320](#)

East Riding of Yorkshire Council
Catering Services
HF54
County Hall
Beverly
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 [catering@eastriding.gov.uk](#)

4