

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2025 - April 2026

CATERING
SERVICES

MENUS



w/c



MAIN COURSE

MONDAY

Meatballs in Tomato Sauce
or
[VE] Protein Power Balls
in Tomato Sauce

TUESDAY

Chicken Goujons
or
[VE] Vegan Dippers

WEDNESDAY

Mild Beef Chilli
or
[VE] Veggie Chilli

THURSDAY

Chicken, Yorkshire Pudding
& Gravy
or
[VE] Oven Baked Quorn
Fillet & Gravy

FRIDAY

Italian Theme Day
[VE] Homemade Margarita
Pizza
with Ketchup

SIDES

[VE] Pasta
[VE] Sweetcorn

[VE] Oven Baked Wedges
[VE] Garden Peas

[VE] Steamed Rice
[VE] Vegetable Sticks or
Sweetcorn

[VE] Mashed Potato
[VE] Broccoli & Fluted
Carrots

[VE] Chunky Chips
[VE] Baked Beans

DESSERT

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Sponge &
Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Melting Moment &
Mandarins

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Crunch &
Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[VE] Lemon Drizzle

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Ice Cream & Fruit

KEY [V] Suitable for vegetarians [VE] Vegan



EAST RIDING
OF YORKSHIRE COUNCIL

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MAIN COURSE

MONDAY

Beef Burger in a Bread Bun
& Tomato Sauce

or

[VE] Vegetable Burger in a
Bread Bun & Tomato Sauce

TUESDAY

Katsu Chicken Curry

or

[VE] Vegetable Curry

WEDNESDAY

[VE] Cheese Pasta Bake

THURSDAY

Chicken, Stuffing & Gravy

or

[VE] Oven Baked Quorn
Fillet & Gravy

FRIDAY

Italian Theme Day

[VE] Homemade Margarita
Pizza

with Ketchup

SIDE

[VE] Jacket Potato Wedges
[VE] Garden Peas

[VE] Half a Naan Bread
[VE] Sweetcorn
[VE] Rice

[VE] Crusty Roll
[VE] Sweetcorn

[VE] Mashed Potato
[VE] Cabbage &
Fluted Carrots

[V] Chunky Chips
[V] Baked Beans

DESSERT

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Oaty Biscuit & Fruit

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Marble Sponge &
Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Crackle

[VE] Fresh Fruit or
[V] Yoghurt or
[VE] Banana Muffin

[VE] Fresh Fruit or
[V] Yoghurt or
[VE] Fruit Jelly & Ice Cream

KEY [V] Suitable for vegetarians [VE] Vegan



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MAIN COURSE

SIDES

DESSERT

MONDAY

Pasta Bolognese

or

[V] Veggie Pasta Bolognese

TUESDAY

Italian Style Chicken

or

[V] Italian Style Vegan Fillet

WEDNESDAY

Yorkshire All Day Breakfast

or

[VE] Yorkshire All Day Breakfast

THURSDAY

Slow Braised Diced Beef & Yorkshire Pudding

or

[VE] Savoury Vegan Mince

FRIDAY

Italian Theme Day

[VE] Homemade Margarita Pizza

with Ketchup

[VE] Fluted Carrots

[VE] Rice
[VE] Vegetable Sticks or Sweetcorn

[VE] Hash Browns
[VE] Baked Beans

[VE] Mashed Potato
[VE] Broccoli & Fluted Carrots

[VE] Chunky Chips
[VE] Baked Beans

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Cookie & Mandarins

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Chocolate Oat Delight & Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Vanilla Muffin

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Eve Pudding & Custard

[VE] Fresh Fruit or
[V] Yoghurt or
[V] Ice Cream Roll & Fruit

KEY [V] Suitable for vegetarians [VE] Vegan



EAST RIDING
OF YORKSHIRE COUNCIL

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