

DAILY LUNCH MENU

WEEK ONE

Primary School
November 2025 - April 2026

CATERING
SERVICES

MENUS

w/c

MONDAY

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

TUESDAY

Chicken Goujons
or
[VE] Vegan Dippers

WEDNESDAY

THURSDAY

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

FRIDAY

Italian Theme Day
[VE] Homemade Margarita Pizza
with Ketchup

MAIN COURSE

SIDES

DESSERT

[VE] Rice
[VE] Sweetcorn

[VE] Oven Baked Wedges
[VE] Baked Beans

[VE] Crusty Roll
[VE] Sweetcorn

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

[VE] Chunky Chips
[VE] Baked Beans

[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

DAILY LUNCH MENU

WEEK TWO

Primary School
November 2025  April 2026

w/c

MONDAY

Beef Burger in a Bread Bun & Tomato Sauce

or

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

TUESDAY

Korma Chicken Curry

or

[VE] Vegetable Curry

WEDNESDAY

[VE] Cheese Pasta Bake

THURSDAY

Chicken or Sausage, Yorkshire Pudding & Gravy

or

[VE] Oven Baked Quorn Fillet & Gravy

FRIDAY

Italian Theme Day

[VE] Homemade Margarita Pizza
with Ketchup

MAIN COURSE

SIDES

DESSERT

[VE] Jacket Potato Wedges
[VE] Baked Beans

[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

[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] Jelly & Ice Cream

KEY [V] Suitable for vegetarians [VE] Vegan

CATERING
SERVICES

MENUS



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK THREE

CATERING
SERVICES

Primary School
November 2025 - April 2026

MENUS



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

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

FRIDAY

Italian Theme Day
[VE] Homemade Margarita
Pizza
with Ketchup

MAIN COURSE

SIDES

DESSERT

[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] [VE] 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 its 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.



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
HUI7 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

