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

Eat Well and Move More

Change4Life helps you make small changes that can make a big difference. The Change4Life app lets families see what's in their food and drinks, simply by scanning the barcode. Download the app today.

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 overleaf. Please contact your school for details.

KEY

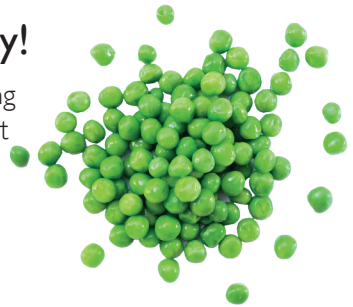
[K] Dishes made in the kitchen

[V] Vegetarian option (available on request)

GIVE SCHOOL MEALS A TRY

They're easy-PEAsy!

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

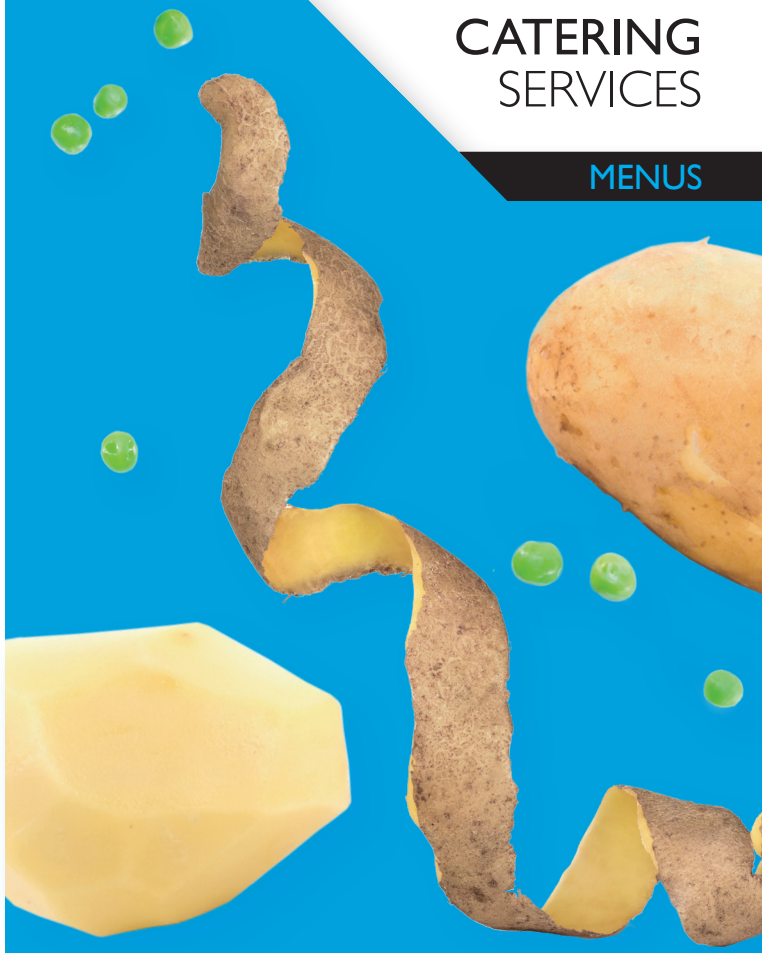
(01482) 395320

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**

CATERING SERVICES

MENUS



DAILY LUNCH MENU

Autumn/Winter
2021 - 2022

EAST RIDING OF YORKSHIRE COUNCIL

MENU 1

w/c

06 SEP 27 SEP	**MONDAY** [K] SPAGHETTI BOLOGNAISE OR [K] [V] SPAGHETTI NEAPOLITAN Garlic Bread and Mixed Vegetables FRESH FRUIT OR YOGHURT OR [K] Orange Shortcake and Custard
18 OCT 15 NOV	**TUESDAY** [K] STICKY CHICKEN Vegetable rice and Sweetcorn OR [V] JACKET POTATO with Cheese FRESH FRUIT OR YOGHURT OR [K] Chocolate Sponge and Chocolate Custard
06 DEC 10 JAN	**WEDNESDAY** GAMMON AND PINEAPPLE OR [V] QUORN ROAST Oven Baked Sauté Potatoes, Cauliflower ?and Broccoli Cheese FRESH FRUIT ORYOGHURT OR [K] Oaty Biscuit and Fruit
31 JAN	**THURSDAY** PEPPERONI PIZZA OR [V] MARGHERITA PIZZA Garlic Wedges and Baked Beans FRESH FRUIT OR YOGHURT OR Arctic Roll and Peaches
	FRIDAY BREADED FISHCAKES AND TOMATO SAUCE PORTION OR VEGGIE FINGERS Chips and Garden Peas FRESH FRUITORYOGHURTOR [K] Banana Muffins

MENU 2

w/c

13 SEP 04 OCT	**MONDAY** [K] PIZZA PASTA BAKE OR [V] PIZZA PASTA BAKE Crusty Roll, Peas and Sweetcorn FRESH FRUIT OR YOGHURT OR [K] Melting Moment and Strawberry Milkshake
01 NOV 22 NOV	**TUESDAY** MEAT BALLS IN TOMATO SAUCE OR [V] VEGGIE MEATBALLS IN TOMATO SAUCE Steamed Rice and Mixed Vegetables FRESH FRUIT OR YOGHURT OR [K] Eve's Pudding and Custard
13 DEC 17 JAN	**WEDNESDAY** ROAST CHICKEN OR [V] QUORN ROAST AND YORKSHIRE PUDDING Mashed Potato, Baby Carrots and Green Beans and Gravy FRESH FRUIT OR YOGHURT OR Raspberry Mousse and Fruit
07 FEB	**THURSDAY** PULLED PORK IN A SOFT BUN OR [V] QUORN FILLET Cajun Wedges, Beans and Vegetable Sticks FRESH FRUIT OR YOGHURT OR [K] Chocolate Crunch and Chocolate Custard
	FRIDAY JUMBO FISH FINGER AND TOMATO SAUCE PORTION Chips and Garden Peas OR [V] JACKET POTATO with Cheese FRESH FRUIT OR YOGHURT OR [K] Lemon Drizzle and Custard

MENU 3

w/c

20 SEP 11 OCT	**MONDAY** SAUSAGE AND GRAVY OR [V] VEGETARIAN SAUSAGE Mashed Potato, Baby Carrots and Broccoli FRESH FRUIT OR YOGHURT OR [K] Chocolate Krispie
08 NOV 29 NOV	**TUESDAY** [K] ITALIANO STYLE CHICKEN OR [V] ITALIANO STYLE QUORN FILLET Oven Bakes Wedges and Sweetcorn FRESH FRUIT OR YOGHURT OR [K] Fresh Fruit Salad and Icecream
03 JAN 24 JAN	**WEDNESDAY** [K] CHINESE STYLE PORK OR [K] [V] SWEET AND SOUR VEGETABLES Rice, Broccoli and Mixed Vegetables FRESH FRUIT OR YOGHURT OR [K] Frosted Chocolate Cake and Custard
14 FEB	**THURSDAY** [K] BRAISED STEAK AND YORKSHIRE PUDDING OR [V] VEGGIE BALLS Oven Roast Potatoes, Baby Carrots and Cauliflower FRESH FRUIT OR YOGHURT OR Cheese and Biscuits and Apple
	FRIDAY FILLET OF FISH AND TOMATO SAUCE PORTION OR [V] VEGGIE BURGER/ VEGGIE FINGERS Steak Fries and Garden or Mushy Peas FRESH FRUIT OR YOGHURT OR [K] Madaline Cake