

# DAILY LUNCH MENU

## WEEK ONE

Primary School  
April / October  
Term 2026

- 13 APR
- 4 MAY
- 1 JUN
- 22 JUN
- 13 JUL
- 21 SEP
- 12 OCT

W/c



### CATERING SERVICES

### MENUS

#### MONDAY

ITALIAN CHICKEN  
OR  
[V] ITALIAN QUORN FILLET

MAIN COURSE

[VE] Rice  
[VE] Mediterranean roasted vegetables

SIDES

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

DESSERT

#### TUESDAY

MEATBALL SUB  
OR  
[VE] VEGGIE MEATBALL SUB

[VE] Diced potato  
[VE] Sweetcorn

[VE] FRESH FRUIT OR  
[V] YOGHURT OR [V] Date and cocco brownie and [V] cream

#### WEDNESDAY

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

[VE] New potatoes  
[VE] Baby carrots  
[VE] Broccoli [VE] Gravy

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

#### THURSDAY

HAM PIZZA  
OR  
[V] MARGHERITA PIZZA

[VE] Summer Salad

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

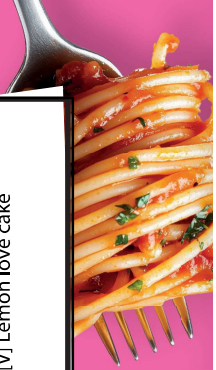
#### FRIDAY

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

[VE] Chunky Chips  
[VE] Baked beans

[VE] FRESH FRUIT OR  
[V] YOGHURT OR  
[V] Lemon love cake

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



# DAILY LUNCH MENU

## WEEK TWO

Primary School  
April / October  
Term 2026

- 20 APR
- 11 MAY
- 8 JUN
- 29 JUN
- 7 SEP
- 28 SEP
- 19 OCT

W/c



CATERING SERVICES

MENUS

### MONDAY

ITALIAN STYLE BOLOGNAISE  
OR  
[V] ITALIAN STYLE VEGETABLE BOLOGNAISE

### TUESDAY

HAM AND CHEESE CATHERINE WHEEL  
OR  
[V] CHEDDAR CATHERINE WHEEL

### 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)

### MAIN COURSE

### SIDES

[VE] Pasta  
[VE] Country mixed vegetables

[VE] Oven baked wedges  
[VE] Baked beans

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

[VE] Golden rice  
[VE] Vegetable stick

[VE] Chunky Chips  
[VE] Garden peas

### DESSERT

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

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Summer fruit yoghurt crunch

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

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Chocolate muffins/buns

[VE] FRESH FRUIT OR [V] YOGHURT OR [VE] Apple flap jack



### KEY

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



# DAILY LUNCH MENU

## WEEK THREE

Primary School  
April / October  
Term 2026

W/c

- 27 APR
- 18 MAY
- 15 JUN
- 6 JUL
- 14 SEP
- 5 OCT



### MENUS

### CATERING SERVICES

#### MONDAY

HAM, CHEESE AND TOMATO PASTA  
OR  
[V] CHEESE AND TOMATO PASTA

#### MAIN COURSE

#### TUESDAY

SUMMER BRUNCH BAP  
OR  
[V] SUMMER BRUNCH BAP

#### SIDES

[VE] Sweetcorn

#### WEDNESDAY

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

#### THURSDAY

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

#### FRIDAY

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

#### DESSERT

[VE] FRESH FRUIT OR [V] YOGHURT OR [V] Raspberry cream shortcake

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

[VE] Steamed rice  
[VE] Vegetable sticks

[VE] Chunky chips  
[VE] Garden peas or [VE] mushy peas

[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] Cornflake syrup tart and [V] cream

#### 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](https://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](https://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](mailto:eastriding.gov.uk/schoolmeals)
- @ [cateringservices@eastriding.gov.uk](mailto: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](mailto:cateringservices@eastriding.gov.uk)

