

DAILY LUNCH MENU

WEEK ONE

Primary School
April / October
Term 2026

W/c

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



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] Tomato Pasta

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

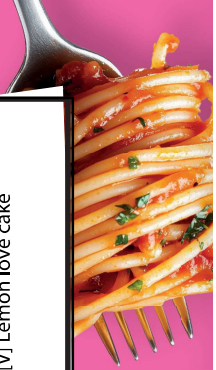
FRIDAY

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

CHEESE AND HAM
POTATO SKINS

OR

[V] CHEESE AND ONION
POTATO SKINS

TUESDAY

ITALIAN STYLE
BOLOGNAISE

OR

[V] ITALIAN STYLE
VEGETABLE
BOLOGNAISE

WEDNESDAY

SAUSAGE AND
YORKSHIRE PUDDING

OR

[VE] QUORN SAUSAGE
AND
[V] YORKSHIRE PUDDING

THURSDAY

B.B.Q. CHICKEN

OR

[V] BBQ QUORN FILLET

FRIDAY

FISH BITES
(TOMATO KETCHUP)

OR

[VE] CRISPY RAINBOW
DIPPERS
(TOMATO KETCHUP)

MAIN COURSE

SIDES

DESSERT

[V] Coleslaw
[VE] Baked beans

[VE] Pasta
[VE] Country mixed vegetables

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

[VE] Golden rice
[VE] Vegetable stick

[VE] Chunky Chips
[VE] Garden peas

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

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

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

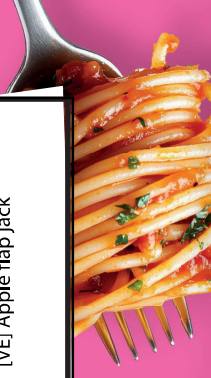
[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Chocolate muffins/buns

[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



CATERING SERVICES

MENUS

MONDAY

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

MAIN COURSE

TUESDAY

SUMMER BRUNCH BAP
OR
[V] SUMMER BRUNCH BAP

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)

SIDES

[VE] Sweetcorn
[V] Garlic Bread

[VE] Hash Browns
[VE] Baked Beans

[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

DESSERT

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

[VE] FRESH FRUIT OR
[V] YOGHURT OR
[V] Banana buns

[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

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

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
- @ 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

