

DAILY LUNCH MENU WEEKONE

Primary School Autumn/Winter 2023 - 2024





















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE





KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan



[K] [V] Chocolate Sponge, Pears and Cream





DAILY LUNCH MENU WEEKTWO

Primary School Autumn/Winter 2023 - 2024 **CATERING SERVICES**

MENUS



MAIN COURSE

DESSERT





















THURSDAY

FRIDAY

AND RICE

and [V] [VE] Mixed Vegetables

[K] [V]Chocolate Orange Sponge and Cream

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan









DAILY LUNCH MENU WEEKTHREE

Primary School Autumn/Winter 2023 - 2024 **CATERING SERVICES**

MENUS











I8 DEC





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

SIDES

DESSERT

[K][V] Shortcake and Custard

[K] [V] Steamed Jam Sponge and Custard

[v] [VE] Golden Vegetable Rice

and

KEY [K] Dishes made in the kitchen [V] Suitable for vegetarians [VE] Vegan



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.

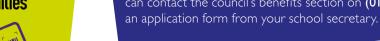
Allergies and Special Diets

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.



healthier families





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





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?





