

DAILY LUNCH MENU

WEEK ONE

Primary School
Autumn/Winter 2023 - 2024

CATERING
SERVICES

MENUS

w/c **04** SEP **25** SEP **16** OCT **13** NOV **04** DEC **08** JAN **29** JAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
SIDES					
DESSERT					

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



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WEEK TWO

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w/c

11
SEP

02
OCT

23
OCT

20
NOV

11
DEC

15
JAN

05
FEB

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN COURSE

SIDES

DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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DAILY LUNCH MENU

WEEK THREE

Primary School
Autumn/Winter 2023 - 2024

CATERING
SERVICES

MENUS

w/c **18** SEP **09** OCT **06** NOV **27** NOV **18** DEC **22** JAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE					
SIDES					
DESSERT					

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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!
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.activeastriding.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.

Better Health healthier families



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
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

