

Daily Lunch Menu

NB: Please note the majority of schools offer the set menu daily

Week Commencing

Week One:

05/09/11
26/09/11
17/10/11
14/11/11
05/12/11
09/01/12
30/01/12

Week Two:

12/09/11
03/10/11
31/10/11
21/11/11
12/12/11
16/01/12
06/02/12

Week Three:

19/09/11
10/10/11
07/11/11
28/11/11
19/12/11
02/01/12
23/01/12
13/02/12






Monday

 Meatballs 
or
 'Veggie' Meatballs 
Served with
Pasta
Garlic Bread
Broccoli
&/or
Sweetcorn
 Flapjack & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

 Crumbed Fish & Tomato Ketchup
or
 Vegetable Nuggets 
Served with
Potato Wedges
Garden Peas
&/or
Sweetcorn
 Iced Cupcake
or
Fresh Fruit
or
Low Fat Yoghurt

 Chicken Korma 
or
 Vegetable Korma 
Served with
Steamed Rice
Sweetcorn
&/or
Broccoli
 Chocolate Crackle & Custard
or
Fresh Fruit
or
Low Fat Yoghurt






Tuesday






 Roast Ham & Yorkshire Pudding 
or
 Cheese Scotch Egg 
Served with
Roast Potatoes
Carrots
&/or
Garden Peas
 Melting Moment
or
Fresh Fruit
or
Low Fat Yoghurt

 Bolognese Sauce 
Served with
Pasta
Carrots
&/or
Green Beans
or
 Jacket Potato With Cheese & Baked Beans 
 Marble Sponge & Pink Sauce
or
Fresh Fruit
or
Low Fat Yoghurt

 Roast Beef & Yorkshire Pudding 
or
 'Veggie Mince' & Yorkshire Pudding 
Served with
Mashed Potatoes
Cabbage
&/or
Carrots
 Shortbread Biscuit
or
Fresh Fruit
or
Low Fat Yoghurt




Wednesday

 Fishcake Served with Chunky Chips & Baked Beans 
or
 Cheesy Pasta Bake Crusty Bread Seasonal Salad 
 Jam Sponge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt





 Roast Pork & Apple Sauce Served with Roast Potatoes Swede & Carrots &/or Broccoli Florets 
or
 Tomato Tagliatelle Crusty Bread Seasonal Salad 
 Jelly Whip
or
Fresh Fruit
or
Low Fat Yoghurt

 Fishfingers & Tomato Ketchup Served with Chunky Chips Sweetcorn &/or Garden Peas 
or
 Tomato & Pesto Pasta Crusty Bread Seasonal Salad 
 Iced Orange Sponge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Thursday

 Roast Turkey 
or
 Quorn Roast 
Served with
Sage & Onion Stuffing
Mashed Potatoes
Broccoli & Cauliflower Florets
&/or
Carrots
Fruit & Ice Cream
or
Fresh Fruit
or
Low Fat Yoghurt


 Chicken Casserole or Country Vegetable Casserole  
Served with
Yorkshire Pudding
Mashed Potatoes
Garden Peas
&/or
Carrots
 Chocolate Crunch & Custard
or
Fresh Fruit
or
Low Fat Yoghurt


 Roast Chicken or Quorn Fillet  
Served with
Sage & Onion Stuffing
Roast Potatoes
Carrots
&/or
Broccoli & Cauliflower Florets
 Rice Pudding & Jam Sauce
or
Fresh Fruit
or
Low Fat Yoghurt


Friday


 Spaghetti Napolitan 
or
 'Veggie' Bolognese 
Served with
Garlic Bread
Garden Peas
&/or
Sweetcorn
 Chocolate Oat Delight & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

 'Italian Style' Pepperoni Pizza or Margherita Pizza  
Served with
Chunky Chips & Baked Beans
 Sticky Toffee Pudding & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

Sausages or Quorn Sausage  
Served with
Jacket Potato & Baked Beans
 Wellington Fudge & Custard
or
Fresh Fruit
or
Low Fat Yoghurt

 Denotes made in the kitchen

 Denotes set menu

 Denotes vegetarian option upon request

Please be aware that these dishes may contain traces of nut or nut derivatives • Special dietary requirements can be catered for, please contact your school for details • It may be necessary to change the menu without prior notice

The New Daily Lunch Menu

“These complete home cooked meals provide substantial portions and good value for money. The school meals team have worked hard to provide appetising and nutritious meals”

**Dr Mabel Blades -
Consultant Dietitian to East
Riding of Yorkshire Council**

We very much hope you will enjoy our new lunch menus for the coming Autumn/Winter season.

We have improved the layout of the three week menu cycle to highlight the main set meal of the day.

Also included in the daily menu is the vegetarian option which is available at some schools.

Please check with your child's school regarding sandwich option, salad bars and healthy drink options as a part of meal choices available daily.

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.

Information or comments...

Should you require any further information, or would like to make comments on your child's school meal service, contact us as follows:

Online

www.eastriding.gov.uk/schoolmeals

Telephone

Alan Woods (Catering Unit Manager)
(01482) 395121
Sue Galvin (Senior Catering Manager)
(01482) 395123

Write direct to

East Riding of Yorkshire Council
Catering Unit, County Hall, Beverley,
East Riding of Yorkshire, HU17 9BA



DAILY LUNCH MENU



THEME DAY MENUS



Contact your school for details



EAST RIDING
OF YORKSHIRE COUNCIL