

DAILY LUNCH MENU

WEEK ONE

CATERING
SERVICES

MENUS

Eastrington Primary School –
Period – November 2025 – April 2026

W/C 3 NOV, 24 NOV, 15 DEC, 19 JAN, 9 FEB, 9 MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	MEATBALLS IN TOMATO SAUCE OR (VE) PROTEIN POWER BALLS IN TOMATO SAUCE	MILD BEEF CHILLI OR (VE) VEGGIE CHILLI	ROAST CHICKEN AND GRAVY OR (VE) OVEN BAKED QUORN FILLET AND GRAVY	(V) MARGARITA PIZZA	FISH STARS AND TOMATO SAUCE OR (VE) OCEAN FRIENDLY FINGERS AND TOMATO SAUCE
SIDES	(VE) PASTA (VE) MIXED VEGETABLES	(VE) STEAMED RICE OR (VE) VEGETABLE STICKS	ROAST POTATOES BROCOLI BABY CARROTS	(VE) OVEN BAKED WEDGES, BAKED BEANS	(VE) CHIPS (VE) GARDEN PEAS
DESSERT	MELTING MOMENTS AND MANDARINS	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) CHOCOLATE CRUNCH AND CUSTARD	(VE) FROZEN YOGHURT OR (VE) STRAWBERRY SMOOTHIE AND FRUIT	LEMON DRIZZLE MUFFIN	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) CHOCOLATE SPONGE AND CUSTARD

KEY [V] Suitable for vegetarians [VE] Vegan



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK TWO

CATERING
SERVICES

MENUS

Primary School – Barmby on the Marsh
Period – November 2025 – April 2026

W/C 10 NOV, 1 DEC, 5 JAN, 26 JAN, 23 FEB, 16 MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BEEF BURGER IN A BREAD BUN AND TOMATO SAUCE OR VEGETABLE BURGER IN A BREAD BUN AND TOMATO SAUCE	HAM, MEDITERRANEAN PASTA BAKE OR (V) MEDITERRANEAN PASTA BAKE	SAUSAGES AND GRAVY OR (VE) OVEN BAKED QUORNSAUSAGES AND GRAVY	CHICKEN CURRY	CRISPY FISH NUGGETS AND TOMATO SAUCE OR (VE) CRISPY RAINBOW DIPPERS AND TOMATO SAUCE
SIDES	(VE) JACKET POTATO WEDGES , BAKED BEANS	(VE) SWEETCORN	(VE) MASH POTATO CABBAGE BABY CARROTS	RICE NAAN BREAD	(V) CHUNKY CHIPS
DESSERT	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) BLUEBERRY MUFFIN	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) CHOCOLATE CRACKLE AND CREAM	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) ICE CREAM ROLL AND FRUIT	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) MARBLE SPONGE AND CUSTARD	RASPBERRY BUN OR (V) (VE) OATY BISCUIT AND FRUIT

KEY [V] Suitable for vegetarians [VE] Vegan



EAST RIDING
OF YORKSHIRE COUNCIL

DAILY LUNCH MENU

WEEK THREE

CATERING
SERVICES

MENUS

Primary School – Barmby on the Marsh
Period – November 2025 – April 2026

W/C 17 NOV, 8 DEC, 12 JAN, 2 FEB, 2 MARCH, 23 MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	ITALIAN STYLE PASTA BOLOGNESE OR ITALIAN STYLE VEGGIE BOLOGNESE	YORKSHIRE ALL DAY BREAKFAST OR (VE) YORKSHIRE ALL DAY BREAKFAST	ROAST PORK AND GRAVY OR (VE) OVEN BAKED QUORN FILLET AND GRAVY	MARINATED CHICKEN WRAP OR MARINATED QUORN WRAP	BATTERED FISHWICH AND TOMATO SAUCE OR (VE) OCEAN FRIENDLY FINGERS AND TOMATO SAUCE
SIDES	(VE) GARLIC BREAD (VE) PEAS AND CARROTS	(VE) HASH BROWNS (VE) BAKED BEANS	(VE) MASHED POTATO BROCCOLI AND CARROTS	(VE) GOLDEN VEGETABLE RICE	(VE) CHIPS (VE) GARDEN PEAS
DESSERT	((V) CHOCOLATE OAT DELIGHT AND CUSTARD	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) RICE PUDDING AND JAM	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) FRUIT, JELLY AND ICE CREAM	CHOCOLATE COOKIE AND MANDARINS	(VE) FRESH FRUIT OR (V) YOGHURT OR (V) APPLE CRISP AND CUSTARD/CREAM

KEY [V] Suitable for vegetarians [VE] Vegan



EAST RIDING
OF YORKSHIRE COUNCIL

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.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.

**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