

DAILY LUNCH MENU

CATERING
SERVICES

MENUS

WEEK ONE

EASTINGTON PRIMARY
SCHOOL

W/C 13.04.2026 , 04.05.2026, 01.06.2026, 22.06.2026, 13.07.2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Italian chicken or Italian Quorn Fillet	Meatballs sub or Veggie meatballs sub	Roast chicken and stuffing or Quorn roast fillet and stuffing	Margarita pizza	Salmon fish fingers or ocean friendly fingers and tomato sauce
SIDES	Pasta Peas 'n' carrots	Steamed rice Sweetcorn	Roast potatoes Carrots Broccoli and gravy	Crispy sliced potatoes Summer salad	Fries Baked beans
DESSERT	Fresh fruit or yoghurt Ice cream and fruit	Fresh fruit or Yoghurt or date and cocoa brownie and cream	Fresh fruit or Yoghurt or oaty biscuit	Fresh fruit or Yoghurt or crunchy chocolate mousse	Fresh fruit or Yoghurt or Jam/lemon love cake and custard

KEY [V] Suitable for vegetarians [VE] Vega



EAST RIDING
OF YORKSHIRE COUNCIL

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WEEK TWO

EASTINGTON PRIMARY
SCHOOL

W/C 20.04.2026, 11.05.2026, 08.06.2026, 29.06.2026, 07.09.2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheddar catherine wheel	Italian style bolognese or Vegetarian Italian style bolognese	Sausage and Yorkshire pudding or Quorn sausage and Yorkshire pudding	Hunters chicken or BBQ quorn fillet	Fish bites or Crispy rainbow dippers
SIDES	Oven baked wedges Baked beans	Pasta Mixed vegetables Garlic bread	Mashed potato Cauliflower Baby carrots	Golden rice Vegetable sticks	Fries Garden peas
DESSERT	Fresh fruit or Yoghurt or Summer fruit yoghurt crunch	Fresh fruit or Yoghurt or Chocolate crunch and custard	Fresh fruit or Yoghurt or Lemon cookie	Fresh fruit or Yoghurt or Chocolate muffin	Fresh fruit or Yoghurt or Apple flapjack and custard

Vegan



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WEEK THREE

EASTINGTON PRIMARY
SCHOOL

W/C 27.04.2026, 18.05.2026, 15.06.2026, 06.07.2026,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Ham, cheese and tomato pasta or Cheese and tomato pasta	Breakfast roll or Vegetarian all day breakfast	Roast pork and stuffing Or Roast quorn fillet and stuffing	Mild chilli beef quesadilla or Mild vegetable chilli quesadilla	Fish fillet or Ocean friendly fingers and tomato ketchup
SIDES	Sweetcorn	Hash browns Beans	Mashed potato Baby carrots Broccoli and gravy	Steamed rice Vegetable sticks	Fries Garden peas
DESSERT	Fresh fruit or Yoghurt or Raspberry cream shortcake	Fresh fruit or Yoghurt or apple cake and custard	Fresh fruit or Yoghurt or Chocolate melting moment	Fresh fruit or Yoghurt or Peaches and ice cream	Fresh fruit or Yoghurt or Cornflake syrup tart and custard

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