

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

Eat Well and Move More

Change4Life helps you make small changes that can make a big difference. The Change4Life app lets families see what's in their food and drinks, simply by scanning the barcode. Download the app today.



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 overleaf. Please contact your school for details.

KEY

[K] Dishes made in the kitchen

[V] Vegetarian option (available on request)

GIVE SCHOOL MEALS A TRY

They're easy-PEAsy!

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

CATERING SERVICES

MENUS



DAILY LUNCH MENU

Autumn/Winter
2021 - 2022



MENU 1

w/c

06
SEP

MONDAY

27
SEP

18
OCT

TUESDAY

15
NOV

06
DEC

WEDNESDAY

10
JAN

31
JAN

THURSDAY

FRIDAY

MENU 2

w/c

13
SEP

MONDAY

04
OCT

01
NOV

TUESDAY

22
NOV

13
DEC

WEDNESDAY

17
JAN

07
FEB

THURSDAY

FRIDAY

MENU 3

w/c

20
SEP

MONDAY

11
OCT

08
NOV

TUESDAY

29
NOV

03
JAN

WEDNESDAY

24
JAN

14
FEB

THURSDAY

FRIDAY