

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 www.nhs.uk/change4life



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] Suitable for vegetarians

Special diet menus are available on request.

GIVE SCHOOL MEALS A TRY

They're berry nice!

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

Spring/Summer
2022



MENU 1

w/c

28
FEB

MONDAY

21
MAR

TUESDAY

25
APR

16
MAY

WEDNESDAY

13
JUN

04
JUL

25
JUL

THURSDAY

FRIDAY

MENU 2

w/c

07
MAR

MONDAY

28
MAR

TUESDAY

02
MAY

23
MAY

WEDNESDAY

20
JUN

11
JUL

THURSDAY

FRIDAY

MENU 3

w/c

14
MAR

MONDAY

04
APR

TUESDAY

09
MAY

06
JUN

WEDNESDAY

27
JUN

18
JUL

THURSDAY

FRIDAY