

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 overleaf. Please contact your school for details.

GIVE SCHOOL MEALS A TRY

They're PEELY good!

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



CATERING SERVICES

MENUS



DAILY LUNCH MENU

Spring/Summer
2023



MENU 1

w/c

20
FEB

MONDAY

13
MAR

17
APR

TUESDAY

08
MAY

05
JUN

WEDNESDAY

26
JUN

17
JUL

THURSDAY

FRIDAY

MENU 2

w/c

27
FEB

MONDAY

20
MAR

24
APR

TUESDAY

15
MAY

12
JUN

WEDNESDAY

03
JUL

24
JUL

THURSDAY

FRIDAY

MENU 3

w/c

06
MAR

MONDAY

27
MAR

01
MAY

TUESDAY

22
MAY

19
JUN

WEDNESDAY

10
JUL

THURSDAY

FRIDAY