



Is your child missing out?

If you are unsure whether your child is eligible for free school meals, please contact the Council's Benefits section on 01482 395799 or ask for an application pack from your school secretary.



Information or comments...

Should you require any further information, or would like to make comments on your child's school meal service, contact us as follows:

Online

www.eastriding.gov.uk/schoolmeals

Telephone

Alan Woods (Catering Unit Manager)
01482 395121

Sue Galvin (Senior Catering Manager)
01482 395123

Write direct to

East Riding of Yorkshire Council
Catering Unit, County Hall, Beverley,
East Yorkshire, HU17 9BA

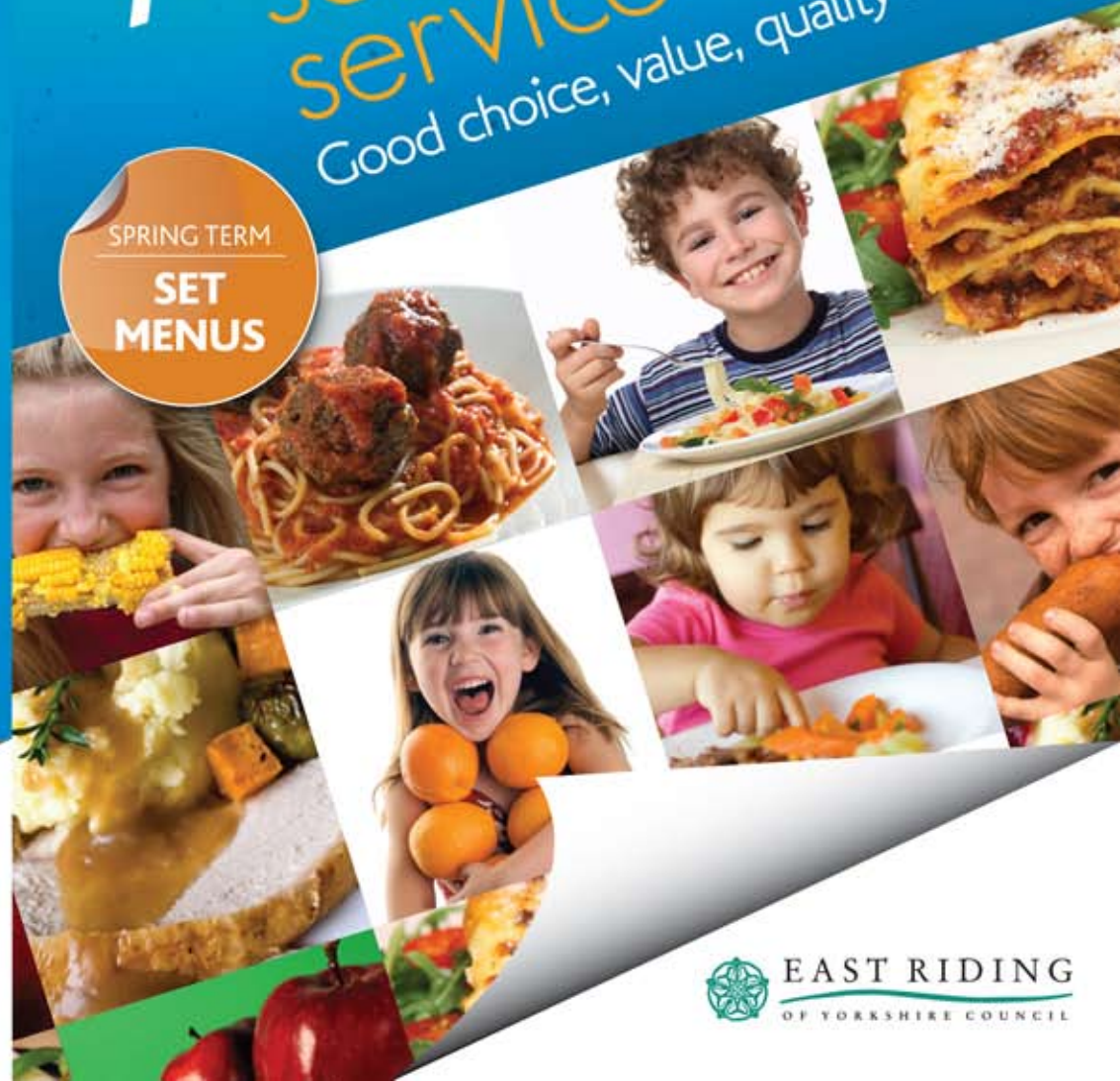


YOUR school meals service

Good choice, value, quality and fun!

SPRING TERM

SET
MENUS



WEEKS COMMENCING: 12/04/10 | 03/05/10 | 24/05/10 | 21/06/10 | 12/07/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Fish Nuggets & Tomato Ketchup	Roast Pork & Apple Sauce	Chicken Korma	Spaghetti Bolognese	Roast Turkey & Stuffing
CARBO-HYDRATES	Chips Jacket Potato Choice of Bread	Mashed Potato Choice of Bread	Rice Choice of Bread	Spaghetti Choice of Bread	Boiled Potatoes Choice of Bread
VEGETABLES & SALAD	Baked Beans Mixed Vegetables Selection of Salad	Cabbage Swede/Carrot Selection of Salad	Garden Peas Sweetcorn Selection of Salad	Broccoli Carrots Selection of Salad	Cauliflower Green Beans Selection of Salad
DESSERTS	Chocolate Crackle Fresh Fruit Low Fat Yoghurt	Baked Orange Sponge & Custard Fresh Fruit Low Fat Yoghurt	Sticky Flapjack & Custard Fresh Fruit Low Fat Yoghurt	Hungarian Chocolate Biscuit Fresh Fruit Low Fat Yoghurt	Fresh Fruit Salad & Natural Yoghurt Fresh Fruit Low Fat Yoghurt

WEEKS COMMENCING: 19/04/10 | 10/05/10 | 07/06/10 | 28/06/10 | 19/07/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Cheese & Bacon Pasta	Minced Beef Pie	Roast Chicken & Stuffing	Crumbed Fish & Tomato Ketchup	Sausage & Yorkshire Pudding
CARBO-HYDRATES	Jacket Potato Choice of Bread	Potato Wedges Choice of Bread	Boiled Potatoes Choice of Bread	Chips Duchesse Potatoes Choice of Bread	Roast Potatoes New Potatoes Choice of Bread
VEGETABLES & SALAD	Garden Peas Carrots Selection of Salad	Mixed Vegetables Broccoli Selection of Salad	Carrots Green Beans Selection of Salad	Mushy Peas Sweetcorn Selection of Salad	Cauliflower Mixed Vegetables Selection of Salad
DESSERTS	Fruit Muffin Fresh Fruit Low Fat Yoghurt	Flapjack & Custard Fresh Fruit Low Fat Yoghurt	Fresh Fruit Low Fat Yoghurt Frozen Yoghurt or Frozen Smoothie	Wellington Fudge & Pink Sauce Fresh Fruit Low Fat Yoghurt	Banana & Ice Cream Fresh Fruit Low Fat Yoghurt

WEEKS COMMENCING: 26/04/10 | 17/05/10 | 14/06/10 | 05/07/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Fishcake & Tomato Ketchup	Roast Beef & Yorkshire Pudding	Meat Feast Pizza	Roast Turkey & Stuffing	Lasagne
CARBO-HYDRATES	Potato Wedges Choice of Bread	Herby Potatoes Choice of Bread	Cajun Potato Slices Choice of Bread	Roast Potatoes Boiled Potato Choice of Bread	Jacket Potato Choice of Bread
VEGETABLES & SALAD	Peas Sweetcorn Selection of Salad	Carrots Broccoli Selection of Salad	Baked Beans Garden Peas Selection of Salad	Mixed Vegetables Baby Carrots Selection of Salad	Baby Sweetcorn Green Beans Selection of Salad
DESSERTS	Shortcake & Custard Fresh Fruit Low Fat Yoghurt	Frozen Yoghurt or Frozen Smoothie Fresh Fruit Low Fat Yoghurt	Melting Moment Fresh Fruit Low Fat Yoghurt	Fruit Jelly Fresh Fruit Low Fat Yoghurt	Iced Cornflake, Special & Custard Fresh Fruit Low Fat Yoghurt

 Denotes dishes that are freshly made in the kitchen

• Please note: Individual schools may also offer a salad bar or sandwich option as an alternative to a hot meal. These additional services are not included in the overall nutrient analysis chart displayed on the school meals website • Special dietary requirements can be catered for, please contact your school for details • Please be aware that these dishes may contain traces of nut or nut derivatives • It may be necessary to change the menu without prior notice