

# 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 exSEEDingly 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](http://www.eastriding.gov.uk/schoolmeals)
- @ [cateringservices@eastriding.gov.uk](mailto: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](mailto:cateringservices@eastriding.gov.uk)

## CATERING SERVICES

### MENUS



# DAILY LUNCH MENU

Autumn/Winter  
2020 - 2021



EAST RIDING  
OF YORKSHIRE COUNCIL

# MENU 1

w/c

07  
SEP

MONDAY

28  
SEP

19  
OCT

TUESDAY

16  
NOV

07  
DEC

WEDNESDAY

11  
JAN

01  
FEB

THURSDAY

FRIDAY

# MENU 2

w/c

14  
SEP

MONDAY

05  
OCT

02  
NOV

TUESDAY

23  
NOV

14  
DEC

WEDNESDAY

18  
JAN

08  
FEB

THURSDAY

FRIDAY

# MENU 3

w/c

21  
SEP

MONDAY

12  
OCT

09  
NOV

TUESDAY

30  
NOV

04  
JAN

WEDNESDAY

25  
JAN

THURSDAY

FRIDAY