

# 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. Individual schools may offer an alternative choice to the meal options shown. Please contact your school for details.

It may be necessary to change the menu without prior notice.

### KEY



Dishes made in the kitchen



Vegetarian option (available on request)

# Give school meals a try

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)
- @ [schoolmeals@eastriding.gov.uk](mailto:schoolmeals@eastriding.gov.uk)
- ☎ (01482) 395320
- ✉ East Riding of Yorkshire Council  
Catering Unit  
County Hall  
Beverley  
East Riding of Yorkshire  
HU17 9BA

## CATERING SERVICES TEAM

# DAILY LUNCH MENU

Autumn/Winter 2019





# MENU 1

w/c

02  
SEP

MONDAY

23  
SEP

14  
OCT

TUESDAY

11  
NOV

02  
DEC

WEDNESDAY

06  
JAN

27  
JAN

THURSDAY

FRIDAY

Dishes made in the kitchen



# MENU 2

w/c

09  
SEP

MONDAY

30  
SEP

21  
OCT

TUESDAY

18  
NOV

09  
DEC

WEDNESDAY

13  
JAN

03  
FEB

THURSDAY

FRIDAY

Vegetarian option (available on request)



# MENU 3

w/c

16  
SEP

MONDAY

07  
OCT

04  
NOV

TUESDAY

25  
NOV

16  
DEC

WEDNESDAY

20  
JAN

10  
FEB

THURSDAY

FRIDAY