

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

 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

Spring/Summer 2020



MENU 1

w/c

24
FEB

MONDAY

16
MAR

TUESDAY

20
APR

11
MAY

WEDNESDAY

08
JUN

29
JUN

THURSDAY

FRIDAY

MENU 2

w/c

02
MAR

MONDAY

23
MAR

TUESDAY

27
APR

18
MAY

WEDNESDAY

15
JUN

06
JUL

THURSDAY

FRIDAY

MENU 3

w/c

09
MAR

MONDAY

30
MAR

TUESDAY

04
MAY

01
JUN

WEDNESDAY

22
JUN

13
JUL

THURSDAY

FRIDAY