



SPRING | SET  
TERM | MENUS

# YOUR SCHOOL MEALS SERVICE

a fresh approach

*Good choice, value, quality and fun!*



**EAST RIDING**  
OF YORKSHIRE COUNCIL

# The Eatwell Plate



The Eatwell Plate makes healthy eating easier to understand by showing the types and proportion of foods needed to make a well-balanced and healthy diet.

## The Eatwell Plate is based on 5 food groups.

1. **Bread, rice, potatoes pasta and other starchy foods**
2. **Fruit and vegetables**
3. **Milk and dairy foods**
4. **Meat, fish, eggs, beans and other non-dairy sources of protein**
5. **Foods and drinks high in fat and / or sugar**

Encouraging people to choose a variety of foods from the first four groups every day will help ensure that they obtain the wide range of nutrients their bodies need to remain healthy and function properly.

Choosing different foods from within each group adds to the range of nutrients consumed. Foods in the fifth group – containing fats and sugars - are not essential to a healthy diet, but add choice and palatability.

The Eatwell Plate applies to most people; however, it does not apply to children under two years of age because they need full fat milk and dairy products. People under medical supervision or with special dietary requirements may need to check with their doctor before applying The Eatwell Plate.

The Eatwell Plate aims to encourage people to eat more portions of fruit and vegetables, and increase the amounts of bread, other cereals and potatoes.

The school lunch menus within the East Riding have incorporated the new Government regulations and The Eatwell Plate to help children and parents choose a balanced diet. If you would like to find out more about healthy eating, nutrition and diet, please contact your local community dietitian via your health centre/ doctor's surgery, who will be pleased to advise.

The information regarding the Eatwell Plate has been taken from the Food Standards Agency leaflet.

If you would like to obtain a copy of this leaflet, please contact the Food Standards Agency on:-  
Tel: 0845 6060667 to order your copy or write to:

Food Standards Agency  
P O Box 369  
HAYES  
Middlesex  
UB3 1UT

or [www.foodstandards.gov.uk](http://www.foodstandards.gov.uk)

# Welcome

## HEALTHY EATING

### Dear Parent/Guardian, Welcome.

The East Riding of Yorkshire Councils school meals team would like to wish you and your families a very Happy Christmas and Prosperous New Year.

In readiness for your Childs return to school in the New Year we have included in this leaflet the 3 week menu cycle for the spring term, informing you of the nutritionally balanced school lunches, which are compliant to the governments nutrient- based standards.

We have also included two of the children's favourite recipes. These recipes along with many others have been redesigned as part of our recipe development programme to provide nutritious and wholesome meals. We hope that you find the recipes of interest and please feel free to try them at home.

The East Riding of Yorkshire Councils school meals team will ensure that each terms menus are well balanced and provide you child with a healthy lunch. Where possible our dishes are freshly prepared by the cook using quality ingredients.

We all need to work together to continue encouraging children to make healthy food and drink choices. Please help us to help you. Research has shown that children who eat a balanced meal at lunchtime are more likely to maintain concentration, leading to improved attainment.

If you should require further assistance please contact your Childs school or a member of the school meals team, our contact details are available on the outside cover of this leaflet.

Alan Woods  
Catering Unit Manager



***“These complete home cooked meals provide substantial portions and good value for money! The school meals team have worked hard to provide appetising and nutritious meals.”***

Dr. Mabel Blades. Consultant Dietitian  
to the East Riding of Yorkshire Council



# Recipe: **Steak Pie**



## **Method**

1. Heat the oil in a pan; add the diced beef and seal.
2. Add onions, carrots, celery, red lentils and water to the meat.
3. Cover the pan and gently simmer the beef and vegetables until tender, approximately 1½ hours.
4. Make pastry. Mix together the flours. Cut the fat into small pieces and add to the flour and rub in until the mixture resembles breadcrumbs.
5. Add the water and mix with a knife until you have a dough.
6. Wrap in clingfilm and chill for about half an hour.
7. Once the meat is cooked, thicken with gravy granules, cover the top with pastry, and brush with egg wash.
8. Bake in a medium to hot oven, Gas 6-8, electric 180-200°C for approximately 30 minutes until the pastry is cooked and golden brown.

## **Ingredients**

<b>Ingredients</b>	<b>Primary 10</b>
<b>Pastry</b>	
Flour – White	128g / 4½oz
Flour – Wholemeal	42g / 1½oz
Margarine	42g / 1½oz
Vegetable Shortening	42g / 1½oz
Water	30ml / 1fl oz
<b>Filling</b>	
Diced Beef	454g / 1lb
Sunflower Oil	1 tbsp.
Red Lentils	142g / 5oz
Onions – diced	85g / 3oz
Carrots – diced	85g / 3oz
Celery – diced	85g / 3oz
Water	855ml / 1½pts
Gravy granules to thicken	
Egg	50g / 1



# Recipe: Flapjack



## Ingredients

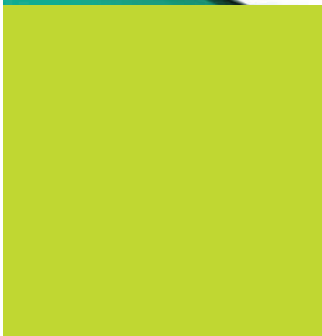
Ingredients	Primary 10
Margarine	170g / 7oz
Golden Syrup	100g / 3½oz
Sugar	50g / 1¾oz
Rolled Oats	250g / 9oz

## Method

This quantity will fill one small shallow tin, about 25 x 20 cm (10 x 8in) cut into 10

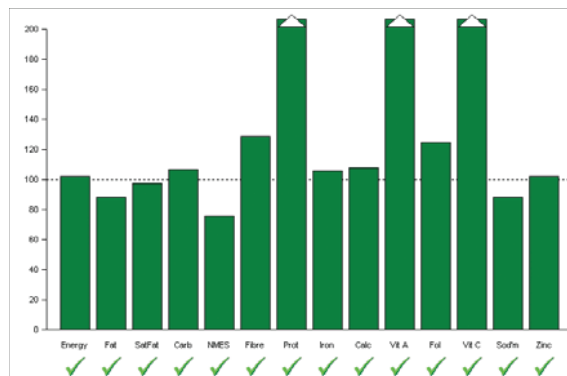
1. Preheat the oven to 160°C / 325°F / Gas 3, and a tin with baking paper.
2. Lightly grease the tin.
3. Melt the margarine, sugar and syrup together. Once melted, remove from heat.
4. Stir in the oats. Mix thoroughly.
5. Spread the mixture into the prepared tin and bake for 15 minutes.
6. Cut into portions and lift from the tin while still warm.





# Is your child missing out?

## Nutritional Analysis



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.

Should you require any further information, or would like to make comments on your child's school meal service please visit our website:-

**[www.eastriding.gov.uk/schoolmeals](http://www.eastriding.gov.uk/schoolmeals)**

or contact: Alan Woods  
(Catering Unit Manager) on

**01482 395121**

or Sue Galvin  
(Senior Catering Manager) on

**01482 395123**

or write direct to:-

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

*All the photographs of the children used within this leaflet have been taken at local East Riding schools.*