

What's for lunch today?



Hull Primary School Menu from November 2019

Top tips for kids

Top tip 1: Sugar swaps

Too much sugar is bad for children's health. Make some simple swaps to reduce sugar intake. Avoid high sugar cereals and go for wheat biscuit cereals or shredded wholegrain cereals. Avoid sugary drinks such as cola and go for water, milk and sugar-free drinks instead.

Top tip 2: Get going everyday

Children need to do at least 60 minutes of activity every day to stay happy and healthy. This can include running around, going to playgrounds and joining in outdoor games. Limiting time in front of the TV and computer games is a good way to encourage children to jump up and play. Search for 'Change4Life 10 minute shake ups' for some great ideas.

Top tip 3: Eat more veg

Children should aim to eat at least 5 portions of fruit and vegetables each day; one portion is roughly a handful. Why not add two more portions of vegetables to each main meal, you could boil some frozen peas and sweetcorn or add some cucumber and carrot sticks on the side.

Top tip 4: Snack check

Many snacks are high in sugar, salt and saturated fat. Try to opt for healthier snacks such as fruit, plain natural yoghurt, crackers and rice cakes, malt loaf and chopped vegetables. Download the Change4Life food scanner app to see what is really inside your food and drinks.



Special Diets

(Medical, Cultural and Ethical)

Hull Catering can provide support and guidance to ensure safe and controlled meals for any specific dietary need



For more information

Visit school website : Contact your school cook/Area Manager

Contact Catering Office on 01482 612 825 or email: hull.catering@hullcc.gov.uk

We care about ingredients we use in our menus and can proudly endorse them with the "food for life" "Red tractor" and assured meat and "MSC" certified fish logos.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Quorn Southern Coated Goujons (V) (2,4,7) Seasoned Vegetables (2) Seasonal Vegetables	Sausages (14) Creamed Potatoes (7) Gravy Seasonal Vegetables	Choice of: Barbecue Chicken (2) Italian Chicken, Chicken Korma (7,9), served with Rice Seasonal Vegetables	Roast Turkey Yorkshire Pudding (2,4,7) Creamed Potatoes (7) Seasonal Vegetables, Gravy	Battered Fish (2,5) Fish Cake (2,5,13) Chips Peas/Mushy Peas/Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 2	Stir Fry Noodles with Crispy Vegetables (V) (1,2,4)	Vegetarian Sausage (V) (2,13,14) Creamed Potatoes (7) Cauliflower/Broccoli	Tomato Pasta (V) (2,7) Seasonal Vegetables Garlic Bread (2,4,7)	Quorn Chicken (V) (4) Yorkshire Pudding (2,4,7) Roast Potatoes, Creamed Potatoes (7) Seasonal Vegetables, Gravy	Fishless Fingers (V) (2,4,7) Chips Peas/Mushy Peas/Beans
For Allergens see numbers in brackets next to each dish and refer to the table below					
OPTION 3	Assorted Sandwiches in Wholemeal Bread (2,4,5,7,9,13) Baguettes (2,4,5,7,9) Wraps (2,4,5,9)	Assorted Sandwiches in Wholemeal Bread (2,4,5,7,9,13) Baguettes (2,4,5,7,9) Wraps (2,4,5,9)	Assorted Sandwiches in Wholemeal Bread (2,4,5,7,9,13) Baguettes (2,4,5,7,9) Wraps (2,4,5,9)	Assorted Sandwiches in Wholemeal Bread (2,4,5,7,9,13) Baguettes (2,4,5,7,9) Wraps (2,4,5,9)	Assorted Sandwiches in Wholemeal Bread (2,4,5,7,9,13) Baguettes (2,4,5,7,9) Wraps (2,4,5,9)
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DESSERT CHOICE	Fruity Flapjack (2), Custard (7) Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Biscuits (2,7)	Strawberry Whip (7) Chocolate Crackle (2,7) Fresh Fruit Salad, Jelly, Whip (7) Yoghurt (7), Cheese & Biscuits (2,7)	Rice Pudding (7) Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7), Cheese & Biscuits (2,7)	Sticky Toffee Pudding (2,4,7) Custard (7), Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Biscuits (2,7)	Friday Bake: Lemon Sponge (2,4,7) Selection of Cupcakes (2,4,7) Fresh Fruit Salad, Jelly, Whip (7) Yoghurt (7), Cheese & Biscuits (2,7)
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We also offer filled Jacket Potatoes (4,5,7,9), unlimited Vegetables and Salad to accompany meals as well as Fresh Baked Bread (2,4,7) Fresh Water or Milk to drink (7)

VEGETARIAN (V)

FRUIT & VEGETABLES ARE SUBJECT TO SEASONAL VARIATIONS

Brexit-Due to the uncertainty of Brexit we may have to make some changes to the menu in the coming months, we will make every effort to minimise these changes and any changes will be notified to you through the school in advance.

ALLERGENS



Celery



Crustaceans



Fish



Milk



Mustard



Peanuts



Soya



Cereals containing gluten



Eggs



Lupin



Molluscs



Nuts



Sesame seeds



Sulphur dioxide (sometimes known as sulphites)

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pizza Bagels (2,4,7) Seasonal Wedges (2) Seasonal Vegetables	All Day Breakfast Bacon, Sausage (14) Omelette (4,7), Beans, Tomato Homemade Bread (2,4,7)	Choice of: Chilli Con Carne (7) served with Rice, Bolognese (7) Pasta (2), Garlic Bread (2,4,7), Seasonal Vegetables	Roast Turkey Yorkshire Pudding (2,4,7) Roast Potatoes, Creamed Potatoes (7) Seasonal Vegetables, Gravy	Battered Fish (2,5) or Fish Finger Wrap (2,4,5,7,9) Peas/Sweetcorn
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OPTION 2	Spaghetti Napolitaine (2,7) Seasonal Wedges (2) Seasonal Vegetables	Vegetarian All Day Breakfast (V) Vegetarian Sausage (2,13,14) Omelette (4,7), Beans, Tomato, Homemade Bread (2,4,7)	Vegetarian Pasta Bolognese (V) (2,7) or Vegetable Chilli Con Carne (1,2,7) served with Rice, Garlic Bread (2,4,7) Seasonal Vegetables	Quorn Roast (V) (4,7) Yorkshire Pudding (2,4,7) Roast Potatoes, Creamed Potatoes (7) Seasonal Vegetables	Fishless Finger Wrap (1,2,4,7,9,14) Chips Peas/Beans
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DESSERT CHOICE	Carrot Cake (2,4,7) Fresh Fruit Salad, Jelly Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Raspberry Ripple Sponge (2,4,7) Custard (7), Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Fresh Fruit Platter Yoghurt Granola Fruit (2,7,14) Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Chocolate Pudding (2,4,7) Vanilla Ice Cream (7), Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Friday Bake: Sweetheart Biscuits (2,7) Devonshire Splits, (2,4,7) Carrot Cake (2,4,7), Jelly, Whip (7) Yoghurt (7), Cheese & Crackers (2,7)
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Sesame seeds



Sulphur dioxide
(sometimes known
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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Omelette (2,4,7) Seasonal Wedges (2) Seasonal Vegetables	Meatballs in Gravy (2,13) Creamed Potato (7), Meatballs with Pasta in Tomato Sauce (2,13) Seasonal Vegetables	Chicken Breast Burger (2) Seasonal Wedges (2) Homemade Coleslaw (4,9) Chicken Tikka Masala (7,9) Rice, Seasonal Vegetables	Roast Chicken, Stuffing (2) Roast Potatoes, Creamed Potatoes (7) Seasonal Vegetables, Gravy	Fish Fingers (5) Fish Cake (2,5,13) Battered Fish (2,5), Chips Peas/Mushy Peas/Beans
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OPTION 2	Cheesy Pasta Bake (1,2,7) Garlic Bread (2,4,7) Seasonal Vegetables	Spicy Vegetable Wrap (2,7) Seasonal Wedges (2) Seasonal Vegetables	Vegetable Burgers (V) (1,2,4) Seasonal Wedges (2) Homemade Coleslaw (4,7,9) Seasonal Vegetables	Quorn Roast, Stuffing (2,4) Roast Potatoes Creamed Potatoes (7) Seasonal Vegetables, Gravy	Fishless Finger (1,2) Chips Peas/Mushy Peas/Beans
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DESSERT CHOICE	Chocolate Crunch (2,4,7) Custard (7), Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Orange & Lemon Shortcake (2,4,7) Custard (7), Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Ice Cream (7) Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Strawberry Slice (2,4,7) Fresh Fruit Salad Jelly, Whip (7), Yoghurt (7) Cheese & Crackers (2,7)	Friday Bake: Chocolate Eclairs (2,4,7) Melting Moments Biscuits (2,4,7) Whip (7), Yoghurt (7) Cheese & Crackers (2,7)
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