About your children's School Meals

We are Eat Culture Education Catering, the caterer at your school and the largest provider in Nottingham.

Healthy Eating

We are proud to serve healthy, balanced and freshly prepared school meals. Our meals give children all the energy they need to power through the day, helping them concentrate at school and supporting their wellbeing.

Free School Meals

Universal Infant Free School Meals can save parents up to £487 per year. School meals are free for children in reception, year 1 and year 2. Ask for school meals at your school office.

If you are in receipt of benefits you may be entitled to continue having Free School Meals. Check your eligibility and apply at https://www.gov.uk/apply-free-school-meals

Our Food



Our food has Food for Life accreditation showing that:

- Our food is sourced locally
- Our meat is Red Tractor assured, meaning it's safe and produced locally
- Our fish is certified by the Marine Stewardship Council
- Our meals are healthy, nutritious balanced and also low in fat, sugar and fat

Dietary Requirements and Allergens

Special diets are extremely important to us. We work with each school to ensure the special diet process is effective, reassuring you that children with allergies or intolerances can eat safely with us.



Week: 1 Date: 19th February, 11th March, 15th April, 6th May 3rd June, 24th June, 15th July



Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ \ = Vegetarian

> For Allergen information please ask a member of the catering team.









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Sausage, Mashed Potatoes, Baked Beans

Veggie Sausage.

Mashed Potatoes.

Baked Beans

Cheese & Tomato Pizza, Carrot Sticks or Sweetcorn

> Tomato & Basil Pasta with Baquette Slice & Salad

Tuesday

Cheese Sandwich with Ham Sandwich with Salad Salad

Shortbread Cookie

Fresh Fruit Salad

Wednesday

Roast Chicken & Stuffing with gravy **Roast Potatoes** Vegetable Medley

Quorn Roast & Stuffing

with gravy **Roast Potatoes** Vegetable Medley

Cheese & Tomato Panini with Salad

Ice Cream with Fruit

Fresh Fruit Salad

Thursday

Beef Lasagne with Baquette Slice & Seasonal Vegetables

Jacket Potato with

Flapjack with Raisins

Fresh Fruit Salad

Tuna & Salad

Milk

Fish Fingers with Oven Chips and Seasonal Vegetables

Friday



Veggie Lasagne with Veggie Fajita Wrap Baguette Slice & with Oven Chips and Seasonal Vegetables Seasonal Vegetables

> Cheese Sandwich with Salad

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Dessert



Chocolate Sponge &

Chocolate Custard

Fresh Fruit Salad







Main

Dessert

Week: 2 Date: 26th February, 18th March, 22nd April, 13th May, 10th June, 1st July, 22nd July



For Allergen information please ask a member of the catering team.





Monday

Beef Cottage Pie served with Gravy and Seasonal Vegetables BBQ Chicken with

½ Jacket Potato &

Seasonal Vegetables

Tuesday

Roast Beef & Yorkshire
Pudding, Gravy
Mashed Potatoes,
Vegetable Medley

Wednesday

Homemade Sausage Roll served with New Potatoes & Baked Beans

Thursday

Fish Portion
Oven Chips with
Seasonal Vegetables

Friday

Cheese & Onion Roll served with Roast Potatoes & Seasonal Vegetables

Pizza.

½ Jacket Potato

Sweetcorn Cob or

Seasonal Vegetables

Cheese & Tomato

Quorn Roast & Gravy. Yorkshire Pudding with Mashed Potatoes Vegetable Medley Veggie Sausage with New Potatoes & Baked Beans Veggie Balls served with Oven Chips. Gravy & Seasonal Vegetables

Tuna Sandwich with Salad

Tomato & Basil Pasta served with Baguette Slice & Seasonal Vegetables Cheese & Tomato Panini served with Salad Jacket Potato served with Baked Beans & Cheese

Macaroni Cheese served with Baguette Slice & Seasonal Vegetables

Oaty Cookie

Jelly & Fruit

Marble Cake

Apple Crumble Muffin Milk/Custard

Chocolate Brownie

Fresh Fruit Salad





MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org'



Week: 3 Date:4th March, 25th March, 29th April, 20th May, 17th June, 8th July



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Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ / = Vegetarian

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Monday

Tuesday

Wednesday

Thursday

Friday



Pork Sausage & Bean Casserole with New Potatoes & Seasonal Vegetables

Cheese & Tomato Pizza, Oven Chips & **Baked Beans**

Roast Pork Stuffing & Gravv **Roast Potatoes** Vegetable Medley Chicken Kebab with Couscous. Flatbread. Yoghurt Dip & Seasonal Vegetables

Salmon Fish Cake with Mashed Potatoes Seasonal Vegetables

Cheese Flan served with New Potatoes & Seasonal Vegetables

Mexican Veggie Sausage Pasta served with Baquette Slice & Salad

Quorn Roast Stuffing & Gravy **Roast Potatoes** Vegetable Medley Savoury Veggie Mince served with Mashed Potatoes & Seasonal Vegetables

Spiced Vegetable Pasty served with Mashed Potatoes. Yoghurt Dip & Seasonal Vegetables

Ham Sandwich with Salad

Jacket Potato with Baked Beans & Cheese

Cheese & Tomato Panini served with Salad

Cheese Sandwich with Salad

Tomato & Basil Pasta served with Baquette Slice & Salad

Jam Crumble Bar

Sticky Toffee Pudding & Custard

Fresh Fruit Salad

Lemon Drizzle Cup

Cake Milk

essert

Main

Fresh Fruit Salad

Fresh Fruit Salad

Angel Delight with Fruit

Fresh Fruit Salad

Fresh Fruit Salad

Cookie

Chocolate Orange



