# 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

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 <a href="https://www.gov.uk/apply-free-school-meals">https://www.gov.uk/apply-free-school-meals</a>

### Theme Days

Winter Warmer- 16<sup>th</sup> January Chinese New Year - 29<sup>th</sup> January World Book Day- 6<sup>th</sup> March St Patrick's Day 17<sup>th</sup> March VE Day-British Day - 8<sup>th</sup> May Sausage Roll Day - 5<sup>th</sup> June Leavers Day - July

# **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 salt.

# 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. To register a special diet please complete our form

https://forms.office.com/e/nEYJUzbEZt?o rigin=lprLink





Week: 1 Date: 24th Feb. 17th March, 22nd April, 12th May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July



Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ 7 = Vegetarian

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











Dessert

# **Monday**

Chicken & Tomato Pasta served with Seasonal Vegetables

Cheese & Potato Pie

served with Baked

Tuna Mayonnaise

Roll with Salad

Oaty cookie

Fresh Fruit Salad

Beans

Ham & Sweetcorn Pizza served with Salad

**Tuesday** 

Cheese & Tomato Pizza served with Salad

Jacket Potato served with Tuna or Cheese and Salad

Homemade Custard Cream Biscuit

Fresh Fruit Salad

### Wednesday

Roast Pork, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables

Quorn Roast. Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables

Cheese & Tomato Panini served with Salad

Chocolate Brownie

Fresh Fruit Salad

### Thursday

Beef Chilli served with Rice and Seasonal Vegetables

Quorn Fajita Wrap served with Rice & Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Apple Crumble Sponge & Custard

Fresh Fruit Salad

## **Friday**

Fish MSC Bubble Crumb served with Chips and Peas

Fishless Fingers served with Chips &

Peas

Ham Roll served with Salad

Ice Cream & Fruit

Fresh Fruit Salad









Week: 2 Date: 3rd March, 24th March, 28th April, 19th May. 16th June, 7th 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.











# **Monday**

Veggie Cumberland

Potatoes Gravy, &

with Cheese.

Milk

Sausage with Mashed

Seasonal Vegetables

Tomato & Basil Pasta

Seasonal Vegetables

Baguette Slice and

**Shortbread Biscuit** 

Fresh Fruit Salad

Chicken Masala Sausage with Mashed Potatoes, Gravy & Curry with Rice, Seasonal Vegetables

Flatbread and Seasonal Vegetables

**Tuesday** 

Cheese & Tomato Pizza served with Seasonal Vegetables

Tuna Mayo Roll served with Salad

Lemon Drizzle Muffin

Fresh Fruit Salad

### Wednesday

Roast Chicken. Stuffing & Gravy, Roast Potatoes and Seasonal Vegetables

Quorn Roast & Gravy, Roast Potatoes and Seasonal Vegetables

Cheese & Tomato Panini served with

Salad

Ice Cream & Fruit

Fresh Fruit Salad

## Thursday

Beef & Baked Bean Bolognaise served with Pasta & Salad

Cheese Snack served with Mashed Potatoes & served with Chips

**Baked Beans** 

Jacket potato served with Cheese & Beans

Chocolate Sponge & **Chocolate Custard** 

Fresh Fruit Salad

# **Friday**

Fish Fingers served with Chips and Peas

Fishless Finger

and Peas

Cheese Roll served with Salad

Apple Cornflake Tart

Fresh Fruit Salad





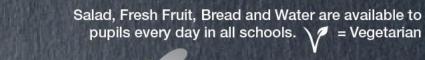


Week: 3

Date: 10<sup>th</sup> March, 31<sup>st</sup> March, 6<sup>th</sup> May, 2<sup>nd</sup>

June, 23rd June, 14th July

Main



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





### **Monday**

### Tuesday

### Wednesday

**Forest Town** 

# Thursday

### **Friday**



Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables BBQ Chicken served with Potato Wedges and Seasonal Vegetables Pork Sausage, Yorkshire Pudding & Gravy, Mashed Potatoes and Seasonal Vegetables Teriyaki Chicken served with Rice & Seasonal Vegetables Salmon Fish Fingers served with Chips & Seasonal Vegetables

Veggie Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables Cheese & Tomato Pizza served with Seasonal Vegetables Veggie Cumberland Sausage, Yorkshire Pudding & Gravy, Mashed Potatoes and Seasonal Vegetables Macaroni Cheese served with Baguette Slice & seasonal Vegetables Fish Finger served with Chips & Seasonal Vegetables

Cheese Roll served with Salad

Jacket Potato with Cheese & Baked Beans Cheese & Tomato Panini served with Salad Ham Roll served with Salad

Tomato & Basil Pasta with Cheese,
Baguette Slice with
Seasonal Vegetables

Chocolate Shortbread Slice with Milk

Jelly & fruit

Flapjack

Apple or Jam Sponge & Custard Oaty Cookie Milk

Fresh Fruit Salad



