About your children's school meals

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

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.

Dietary Requirements and Allergens

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

Free School Meals

Free School Meals can save parents up to £437 per year*. School meals are free for primary school children in reception, year 1 and year 2. Ask for Free School Meals at your school office.

*the saving is based on a cost of £2.30 per day for school meals over 38 weeks of the school year.



Our Food

We've been awarded Bronze Food for Life Awards 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

British Food Fortnight!

We love British food! It's tasty, fresh and locally grown. Most of the food on our menu comes from British farms. More details about British Food Fortnight are coming soon!

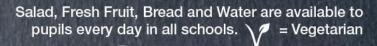


Week: 1

Date: Sept 4th & 25th, Oct 16th, Nov 20th

Dec 11th, Jan 15th Feb 5th

Main



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



Monday

Sweet Potato Curry with Rice, Flatbread & Yoghurt dip Carrots & Broccoli

Italian Veggie Meatballs with Pasta Carrots & Broccoli

Jacket Potato & Beans & Cheese

Tuesday

Beef Spaghetti Bolognaise Peas & Sweetcorn

Veggie Spaghetti Bolognaise Peas & Sweetcorn

Jacket Potato Tuna Mayo or Cheese Wednesday

Welbeck

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

Quorn Roast Stuffing & Gravy Potatoes Vegetable Medley

Halal Roast Chicken & Stuffing with gravy Roast Potatoes Vegetable Medley

Thursday

Mince Beef Pie Mashed Potato & gravy Carrots. Green Beans

Veggie Mince Pie Mashed potato & gravy Carrots & **Green Beans**

Tuna Pasta Bake Carrots

Salmon fish cakes Chips

Friday

Peas & Sweetcorn

Cheese & Tomato Pizza Peas & Sweetcorn

Fishless Finger wrap with Chips

Peas & Sweetcorn

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fruit Muffin

Milk

Fresh Fruit Salad

Dessert







Week: 2 Date: Sept 11th, Oct 2nd, Nov 6th & 27th Dec 18th -Jan 5th, Jan 22nd

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

Quorn Puniabi Curry Rice & Flatbread **Green Beans** Carrots

Cheese Snack **Baked Beans Boiled or Mashed** Potatoes

Jacket Potato **Baked Beans** Cheese

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Tuesday

Chicken & Vegetable Rice Jollof Carrots & Peas

Quorn Burrito Carrots & Peas

Pasta with Tomato & Basil sauce topped with grated Cheese **Baquette Slice**

Carrots & Peas

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Wednesday

Welbeck

Roast Beef & Yorkshire Pudding & Gravy **Roast Potatoes** Vegetable Medley

Quorn Roast & Yorkshire Pudding **Roast Potatoes** Vegetable Medley

Halal Roast Chicken & Yorkshire Pudding Gravv

Roast Potatoes Vegetable Medley

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Thursday

Sausage & Gravv Mashed Potatoes Sweetcorn & Green Beans

Veggie Sausage Gravv **Mashed Potatoes** Sweetcorn & Green **Beans**

Jacket Potato with Tuna Mayo or Cheese Salad

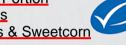
Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Friday

Fish Portion Chips Peas & Sweetcorn



Cheese & Tomato Pizza

Peas & Sweetcorn

Jacket Potato with Cheese Salad

Cornflake Tart

Fresh Fruit Salad



Main







Week: 3 Date: Sept 18th, October 9th, Nov 13th, Dec 4th, Jan 8th & 29th

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

Tuesday

Wednesday

Thursday

Friday



Veggie Enchiladas Jacket Potato Hedgehog Carrots & Green Beans

Beef Chilli with Rice Yoghurt Carrot Sticks and salad Roast Pork Stuffing & gravy **Roast Potatoes** Vegetable Medley

Welbeck

Chicken Fried Rice Carrots & Peas

Fish Fingers Chips

Baked Beans

Salad

Smokey BBQ Quorn Jacket Potato Hedgehog Carrots & Green Beans

Veggie Chilli with Rice Yoghurt Carrot Sticks and salad **Quorn Roast** Stuffing & Gravy **Roast Potatoes** Vegetable Medley Quorn Fried Rice Carrots & Peas

Cheese & Tomato

Pizza Chips

Baked Beans

Salad

Jacket potato with Cheese & Salad

Pasta with Tomato & Mascarpone Sauce. **Baquette Slice** Carrot Sticks and salad

Halal Roast Chicken & Stuffing with gravy Roast Potatoes Vegetable Medley

Jacket potato & Tuna Mayonnaise or Cheese Salad

Quorn Wrap Chips

Baked Beans

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Salad

Flapjack Raisins

Fresh Fruit Salad

essert

Main



