

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

Welbeck

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

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

Italian Veggie Meatballs with Pasta
Carrots & Broccoli

Jacket Potato & Beans & Cheese

Fresh Fruit Salad
Cheese & Crackers
Yoghurt

Beef Spaghetti Bolognaise
Peas & Sweetcorn

Veggie Spaghetti Bolognaise
Peas & Sweetcorn

Jacket Potato Tuna Mayo or Cheese

Fresh Fruit Salad
Cheese & Crackers
Yoghurt

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

Fresh Fruit Salad
Cheese & Crackers
Yoghurt

Mince Beef Pie
Mashed Potato & gravy
Carrots. Green Beans

Veggie Mince Pie
Mashed potato & gravy
Carrots & Green Beans

Tuna Pasta Bake
Carrots

Fresh Fruit Salad
Cheese & Crackers
Yoghurt

Salmon fish cakes
Chips
Peas & Sweetcorn

Cheese & Tomato Pizza
Peas & Sweetcorn

Fishless Finger wrap with Chips
Peas & Sweetcorn

Fruit Muffin
Milk
Fresh Fruit Salad




Main

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.



Welbeck

Monday

Tuesday

Wednesday

Thursday

Friday

Quorn Punjabi 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

Chicken & Vegetable
Rice Jollof
Carrots & Peas

Quorn Burrito
Carrots & Peas

Pasta with Tomato & Basil sauce topped with grated Cheese
Baguette Slice
Carrots & Peas

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Roast Beef & Yorkshire Pudding & Gravy
Roast Potatoes
Vegetable Medley

Quorn Roast & Yorkshire Pudding
Roast Potatoes
Vegetable Medley

Halal Roast Chicken & Yorkshire Pudding
Gravy
Roast Potatoes
Vegetable Medley

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Sausage & Gravy
Mashed Potatoes
Sweetcorn & Green Beans

Veggie Sausage
Gravy
Mashed Potatoes
Sweetcorn & Green Beans

Jacket Potato with Tuna Mayo or Cheese Salad

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fish Portion
Chips
Peas & Sweetcorn

Cheese & Tomato Pizza
Peas & Sweetcorn

Jacket Potato with Cheese Salad

Cornflake Tart

Fresh Fruit Salad



Main

Dessert



Week: 3

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

Welbeck

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

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



Main

Dessert

Monday

Veggie Enchiladas
Jacket Potato Hedgehog
Carrots & Green Beans

Smokey BBQ Quorn
Jacket Potato Hedgehog
Carrots & Green Beans

Jacket potato with
Cheese & Salad

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Tuesday

Beef Chilli with Rice
Yoghurt
Carrot Sticks and salad

Veggie Chilli with Rice
Yoghurt
Carrot Sticks and salad

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

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Wednesday

Roast Pork
Stuffing & gravy
Roast Potatoes
Vegetable Medley

Quorn Roast
Stuffing & Gravy
Roast Potatoes
Vegetable Medley

Halal Roast Chicken &
Stuffing with gravy
Roast Potatoes
Vegetable Medley

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Thursday

Chicken Fried Rice
Carrots & Peas

Quorn Fried Rice
Carrots & Peas

Jacket potato &
Tuna Mayonnaise or
Cheese
Salad

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Friday

Fish Fingers
Chips
Baked Beans
Salad

Cheese & Tomato
Pizza
Chips
Baked Beans
Salad

Quorn Wrap
Chips
Baked Beans
Salad

Flapjack
Raisins

Fresh Fruit Salad

