

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.



Welbeck

Monday

Tuesday

Wednesday

Thursday

Friday

Sausage & Gravy
Mashed Potatoes.
Broccoli. Cauliflower.
Carrots

Chicken Curry served with Rice
Sweetcorn or Salad

Roast Chicken & Stuffing with gravy
Roast Potatoes
Broccoli. Cauliflower.
Carrots. Cabbage

Beef Lasagne with Seasoned Potato Wedges. Peas & Sweetcorn

Fish Fingers with Oven Chips and Peas
Baked Beans

Veggie Sausage.
Mashed Potatoes.
Broccoli. Cauliflower.
Carrots

Chickpea Curry served with Rice
Sweetcorn or Salad

Quorn Roast & Stuffing with gravy
Roast Potatoes
Broccoli. Cauliflower.
Carrots. Cabbage

Veggie Lasagne with Seasoned Potato Wedges. Peas Sweetcorn

Cheese & Tomato Pizza with Oven Chips
Peas. Baked Beans

Jacket Potato with Tuna Mayonnaise or Cheese & Salad

Tomato & Basil Pasta with Baguette Slice & Sweetcorn or Salad

Halal Chicken Stuffing with gravy
Roast Potatoes
Broccoli. Cauliflower.
Carrots. Cabbage

Jacket Potato with Tuna mayonnaise or Cheese & Salad

Mexican Veggie ball Pasta served with Baguette Slice & Peas
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

Chocolate Shortbread Slice with Milk
 Fresh Fruit Salad

Main


Dessert



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



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



Welbeck

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Cottage Pie served with Gravy and Broccoli, Cauliflower, Peas

Quorn Cottage Pie served with Gravy & Broccoli, cauliflower, Peas

Jacket Potato with Tuna Mayonnaise or Cheese & Salad

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Beef Chilli Served with Rice Sweetcorn, Carrots

Quorn Chilli Served with Rice Sweetcorn, Carrots

Tomato & Basil Pasta served with Baguette Slice & Sweetcorn, Carrots

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Roast Beef & Yorkshire Pudding Mashed Potatoes, Gravy Broccoli, Cauliflower, Carrots, Cabbage

Quorn Roast & Yorkshire Pudding with gravy Mashed Potatoes Broccoli, Cauliflower, Carrots, Cabbage

Halal Chicken Stuffing with gravy Mashed Potatoes Broccoli, Cauliflower, Carrots, Cabbage

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Homemade Sausage Roll Seasoned Potato Wedges & Peas, Sweetcorn

Veggie Sausage with Seasoned Potato Wedges & Peas, Sweetcorn

Tuna Pasta Bake served with Baguette Slice & Seasonal Vegetables

Fresh Fruit Salad

Cheese & Crackers

Yoghurt

Fish Portion Oven Chips with Peas, Baked Beans

Cheese & Tomato Pizza with Oven Chips Peas, Baked Beans

Jacket Potato with Baked Beans & Cheese

Apple Crumble & Custard

Fresh Fruit Salad



Main


Dessert



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

Welbeck



Monday

Tuesday

Wednesday

Thursday

Friday



Main

Pork Sausage & Bean Casserole with New /Mash Potatoes & Carrots, Broccoli

Beef Bolognese with Pasta, Garlic Bread Peas & Sweetcorn

Roast Pork Stuffing & Gravy Roast Potatoes Broccoli, Cauliflower, Carrots, Cabbage

Chicken Fried Rice Sweetcorn, Salad

Fish Pie with Peas, Carrots

Veggie Sausage & Bean Casserole with New /Mash Potatoes & Carrots, Broccoli

Veggie Bolognese with Pasta, Garlic Bread Peas & Sweetcorn

Quorn Roast Stuffing & Gravy Roast Potatoes Broccoli, Cauliflower, Carrots, Cabbage

Quorn Fried Rice Sweetcorn, Salad

Cheese & Tomato Pizza with Oven Chips and Peas, Baked Beans

Tomato & Basil Pasta served with Baquette Slice & Carrots, Peas

Jacket Potato with Tuna Mayo or Cheese with Salad

Halal Chicken Stuffing with gravy Roast Potatoes Broccoli, Cauliflower, Carrots, Cabbage

Tomato & Basil Pasta served with Baquette Slice & Sweetcorn, Salad

Jacket Potato with Baked Beans & Cheese, Salad

Dessert

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Cornflake Tart

Cheese & Crackers

Cheese & Crackers

Cheese & Crackers

Cheese & Crackers

Fresh Fruit Salad

Yoghurt

Yoghurt

Yoghurt

Yoghurt



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