

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 <https://www.gov.uk/apply-free-school-meals>

Theme Days

Winter Warmer- 16th January
Chinese New Year - 29th January
World Book Day- 6th March
VE Day-British Day - 8th May
Sausage Roll Day - 5th 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?origin=lprLink>



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

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

Chicken & Tomato Pasta served with Baguette Slice Peas & Sweetcorn

Tomato & Basil Pasta served Baguette Slice with Peas & Sweetcorn

Jacket Potato with Cheese or Tuna Mayo served with Salad

Chicken Jollof Rice served with Carrots & Broccoli

Vegetable & Chickpea Jollof Rice served with Carrots & Broccoli

Tomato & Basil Pasta served with Carrots & Broccoli

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

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

Halal Roast Chicken Yorkshire Pudding & Gravy, Mashed Potatoes and Seasonal Vegetables

Beef Chilli served with Rice and Sweetcorn & Salad

Veggie Chilli with Rice served with Sweetcorn & Salad

Quorn Fajita Wrap served with Sweetcorn & Salad

Fish MSC Bubble Crumb served with Chips and Peas & Baked Beans

Cheese & Tomato Pizza served with Chips Peas & Baked Beans

Jacket Potato served with Cheese and Baked Beans

Yoghurts

Cheese & Crackers

Fresh Fruit Salad

Yoghurts

Cheese & Crackers

Fresh Fruit Salad

Yoghurts

Cheese & Crackers

Fresh Fruit Salad

Yoghurts

Cheese & Crackers

Fresh Fruit Salad

Chocolate Cake Custard

Fresh Fruit Salad



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Main

Dessert



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

Welbeck

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

Sausage with Mashed Potatoes, Gravy, Broccoli & Carrots

Chicken Masala Curry with Rice, Flatbread and Sweetcorn & Salad

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

Beef Pasta Bolognese served with Baguette Slice, Carrots & Peas

Fish Fingers served with Chips and Beans or Peas

Veggie Cumberland Sausage with Mashed Potatoes Gravy, Broccoli & Carrots

Quorn Curry with Rice, Flatbread and Sweetcorn & Salad

Quorn Roast & Gravy, Roast Potatoes and Seasonal Vegetables

Veggie Mince Pasta Bolognese served with Baguette Slice, Carrots & Peas

Cheese & Tomato Pizza served with Chips and Beans or Peas

Tomato & Basil Pasta with Cheese, Garlic Bread, Broccoli & Carrots

Jacket Potato with Tuna Mayo or Cheese served with Salad

Halal Chicken Stuffing & Gravy, Roast Potatoes and Seasonal Vegetables

Jacket Potato served with Cheese or Tuna Mayo & Salad

Cheese Snack served with Chips and Beans or Peas

Yoghurts

Yoghurts

Yoghurts

Yoghurts

Flapjack with Raisins

Cheese & Crackers

Cheese & Crackers

Cheese & Crackers

Cheese & Crackers

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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Main

Dessert



Week: 3
Date: 10th March, 31st March, 6th May, 2nd June, 23rd June, 14th July

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.



Main

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Meatballs in a Tomato Pasta served with Baguette Slice, Carrots & Peas</u>	<u>Mince Beef Pie served with Mashed Potato and Seasonal Vegetables</u>	<u>Pork Roast, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables</u>	<u>Chicken Punjabi Curry served with Rice & Flatbread, Sweetcorn & Peas</u>	<u>Salmon Fish Cake served with Chips & Baked Beans & Peas</u>
<u>Veggie Meatballs in a Tomato Pasta served with Baguette Slice Carrots & Peas</u>	<u>Veggie mince Pie served with Mashed Potato and Seasonal Vegetables</u>	<u>Quorn Roast, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables</u>	<u>Sweet Potato Curry served with Rice & Flatbread, Sweetcorn & Peas</u>	<u>Cheese & Tomato Pizza served with Chips and Baked Beans & Peas</u>
<u>Jacket Potato with Cheese or Tuna Mayo served with Salad</u>	<u>Tomato & Basil Pasta with Cheese, Baguette Slice with Seasonal Vegetables</u>	<u>Halal Chicken Yorkshire Pudding & Gravy, Mashed Potatoes and Seasonal Vegetables</u>	<u>Macaroni Cheese with Baguette Slice, Sweetcorn & Peas</u>	<u>Jacket Potato with Cheese & Baked Beans</u>
Yoghurts	Yoghurts	Yoghurts	Yoghurts	Cornflake Tart & Custard
Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Cheese & Crackers	Fresh Fruit Salad
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	



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