

About your child's school meals

Your child's school meals are provided by Eat Culture - Nottingham Catering, the largest school meals provider in Nottingham City.

Healthy eating

When your child has a school meal, you can rest assured they are eating a healthy nutritious meal, cooked from scratch, which will fill them up for the rest of the school day. Meat and Vegetarian options are available daily.

Dietary requirements and allergens

Bespoke menus are available for children with dietary requirements (with up to date medical letter).

Did you know?

- We can provide your child with a packed lunch rather than a school meal
- Meals are free for children in reception and Key Stage 1

Information about our Catering service

Please get in touch with Eat Culture – Nottingham Catering at eatculture@nottinghamcity.gov.uk or via our website www.eatculture.co.uk/parents

Our food

We are proud of the food we serve to Nottingham children. Our Food for Life Silver accreditation means that:


- Food is sourced locally
- Meat is Red Tractor assured, meaning it's traceable, safe and produced locally
- Fish is certified by the Marine Stewardship Council
- We use quality ingredients from reliable sources
- We offer healthy, nutritious, balanced meals which are low in fat, sugar and salt.
- We use Organic potatoes, pasta and eggs on our menus

Our menus

Our menus operate on a three-week cycle and provide up to three choices per day. They change twice per year to reflect seasonal fruit and vegetables.



Week: 1
Date: 16th Nov, 7th Dec, 11th Jan, 1st Feb

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.

Rise Park Family Service




Main



Dessert



Monday	Tuesday	Wednesday	Thursday	Friday Meat Free
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Spaghetti Bolognese served with Wholemeal Baguette Chunk, carrots or Green Beans	 Cheese & Tomato Pizza served with Sweetcorn or Mixed Salad	Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Vegetable Medley	Chicken Pie served with Mashed Potatoes and Broccoli or Sweetcorn	MSC Salmon Fish Finger served with Oven Chips and Peas
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 Veggie cottage Pie served with Carrots or Green Beans	Jacket Potato with Tuna Mayo or Cheese and Mixed Salad	 Quorn Roast & Gravy served with Organic Roast Potato & Vegetable Medley	 Quorn with Tomato & Basil Pasta with Freshly Baked Baguette Chunk and Broccoli or Salad	 Carrot & Cheese Burger served with Oven Chips with Baked Beans or Peas
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Iced Shortcake with Custard	Chocolate Brownie	Mandarin Cheesecake	Cookie Milk	Flapjack with Fruit Wedge
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Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
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Week: 2
 Date: 2nd Nov, 23rd Nov, 14th Dec,
 18th Jan, 8th Feb


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.

Rise Park Family Service

Monday


Local Pork Sausages served with Mashed Potatoes, Baked Beans or Carrots

 Veggie Sausage served with Mashed Potatoes, Baked Beans or Carrots

Jelly & Fruit Milk

Fresh Fruit Salad

Tuesday

 Cheese & Tomato Pizza served with Homemade Coleslaw or Salad

Veggie Chilli served with Rice and Peas or Salad

Chocolate & Orange Muffin

Fresh Fruit Salad

Wednesday

Roast Turkey, Stuffing With Gravy served with Organic Roast Potatoes and Vegetable Medley


 Quorn Roast served with Organic Roast Potatoes and Vegetable Medley

Lemon Drizzle Cake Custard

Fresh Fruit Salad

Thursday

Beef Burger in a Bun served with Sweetcorn or Peas


 Tomato & Basil Pasta served with Baguette Chunk and Salad

Yoghurt

Fresh Fruit Salad

Friday Meat Free

MSC Fish served with Oven Chips Mushy Peas or Carrots

 Veggie Mince Roll served with Oven Chips Peas or Carrots

Strawberry Cream Sponge

Fresh Fruit Salad



Main

Dessert



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Rise Park Family Service

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Main

Dessert

Monday

All Day Breakfast Bap served with Baked Beans

✓ All Day Veggie Breakfast Bap served with Baked Beans

Chocolate Orange Marble Cake Custard

Fresh Fruit Salad

Tuesday

✓ Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

✓ Tomato & Basil Pasta served with Freshly Baked Baguette Chunk & Sweetcorn or Salad Bar

Butterscotch Tart

Fresh Fruit Salad

Wednesday

Roast Beef served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

✓ Quorn Roast served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Vegetable Medley

Ice Cream & Fruit

Fresh Fruit Salad

Thursday

Cottage Pie with Gravy served with Carrots or Broccoli

✓ Vegetable Pasty served with Mashed Potatoes Carrots or Broccoli

Vanilla Cup Cake Milk

Fresh Fruit Salad

Friday Meat Free

MSC Fish Fingers served with Oven Chips, Peas/Mushy Peas

✓ Cheese Turnover (Snack) served with Chips and Peas or Salad

Oaty Cookie Fruit Wedges

Fresh Fruit Salad



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