

# 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: 19<sup>th</sup> February, 11<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> May  
3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July

## Rise Park

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

Sausage. Mashed Potatoes. Baked Beans

Tomato & Basil Pasta with Baguette Slice & Salad

Roast Chicken & Stuffing with gravy  
New Potatoes  
Vegetable Medley

Beef Bolognese with Baguette Slice & Seasonal Vegetables

Fish Fingers with Oven Chips and Seasonal Vegetables

Veggie Sausage. Mashed Potatoes. Baked Beans

Cheese & Tomato Pizza. Diced Potatoes  
Carrot Sticks or Sweetcorn

Quorn Roast & Stuffing with gravy  
New Potatoes  
Vegetable Medley

Veggie Mince Bolognese with Baguette Slice & Seasonal Vegetables

Quorn Fajita Wrap with Oven Chips and Seasonal Vegetables

Cheese Sub Roll with Salad

Ham Sandwich with Salad

Cheese & Tomato Panini with Salad

Jacket Potato with Tuna & Salad

Cheese Sandwich with Salad

Chocolate Sponge & Chocolate Custard

Orange Muffin

Ice Cream with Fruit

Flapjack with Raisins Milk

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)'





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

## Rise Park

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

Beef Cottage Pie served with Gravy and Seasonal Vegetables

BBQ Chicken with Oven Chips & Salad

Roast Beef & Yorkshire Pudding. Gravy Mashed Potatoes. Vegetable Medley

Homemade Sausage Roll served with New Potatoes & Baked Beans

Fish Portion Diced Potatoes with Seasonal Vegetables

Cheese Snack served with Boiled Potatoes & Seasonal Vegetables

Cheese & Tomato Pizza. Oven Chips & Sweetcorn Cob

Quorn Roast & Gravy. Yorkshire Pudding with Mashed Potatoes Vegetable Medley

Veggie Sausage Roll with New Potatoes & Baked Beans

Veggie Balls served with Diced Potatoes Gravy & Seasonal Vegetables

Tuna Sandwich with Salad

Tomato & Basil Pasta served with Baguette Slice & Salad

Cheese & Tomato Panini served with Salad

Jacket Potato served with Baked Beans & Cheese

Macaroni Cheese served with Baguette Slice & Seasonal Vegetables

Oaty Cookie

Jelly & Fruit

Marble Cake & Custard

Apple Crumble Muffin Milk

Chocolate Brownie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Main

Dessert




MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)





Week: 3  
Date: 4<sup>th</sup> March, 25<sup>th</sup> March, 29<sup>th</sup> April, 20<sup>th</sup> May,  
17<sup>th</sup> June, 8<sup>th</sup> July

## Rise Park

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>Chicken Curry Served with Flatbread. Rice Seasonal Vegetables</u>	<u>Cheese &amp; Tomato Pizza. Oven Chips &amp; Baked Beans</u>	<u>Roast Pork Stuffing &amp; Gravy Mashed Potatoes Vegetable Medley</u>	<u>Chicken Kebab with Couscous. Flatbread. Yoghurt Dip &amp; Seasonal Vegetables</u>	<u>Fish Fingers with Diced Potatoes Seasonal Vegetables</u>
<u>Cheese Flan served with New Potatoes &amp; Seasonal Vegetables</u>	<u>Mexican Veggie Sausage Pasta served with Baguette Slice &amp; Salad</u>	<u>Quorn Roast Stuffing &amp; Gravy Mashed Potatoes Vegetable Medley</u>	<u>Savoury Veggie Mince served with Mashed Potatoes &amp; Seasonal Vegetables</u>	<u>Spiced Vegetable Pasty served with Mashed Potatoes. Yoghurt Dip &amp; Seasonal Vegetables</u>
<u>Tuna Sandwich with Salad</u>	<u>Jacket Potato with Baked Beans &amp; Cheese</u>	<u>Cheese &amp; Tomato Panini served with Salad</u>	<u>Tomato &amp; Basil Pasta served with Baguette Slice &amp; Salad</u>	<u>Cheese Sub Roll with Salad</u>
Sticky Toffee Pudding & Custard	Jam Crumble Bar	Angel Delight with Fruit	Lemon Drizzle Cup Cake Milk	Chocolate Orange Cookie
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)'

