# **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 <a href="https://www.gov.uk/apply-free-school-meals">https://www.gov.uk/apply-free-school-meals</a>

# **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 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.









Potatoes, Baked Beans

Veggie Sausage.

Mashed Potatoes,

**Baked Beans** 

Salad

Tomato & Basil Pasta

with Baguette Slice & Salad

**Tuesday** 

Cheese & Tomato Pizza. Diced Potatoes Carrot Sticks or Sweetcorn

Ham Sandwich with Salad

Fresh Fruit Salad

Wednesday

Roast Chicken & Stuffing with gravy **New Potatoes** Vegetable Medley

Quorn Roast & Stuffing

with gravy **New Potatoes** Vegetable Medley

Cheese & Tomato

Panini with Salad

Tuna & Salad

Jacket Potato with

Thursday

Beef Bolognaise with

Seasonal Vegetables

Baguette Slice &

Veggie Mince

Bolognaise with

Baguette Slice &

Seasonal Vegetables

Flapjack with Raisins

Milk

Fresh Fruit Salad

**Friday** 

Fish Fingers with Oven Chips and Seasonal Vegetables



Quorn Faiita Wrap with Oven Chips and Seasonal Vegetables

Cheese Sandwich with Salad

Dessert



Chocolate Sponge & Chocolate Custard

Cheese Sub Roll with

Fresh Fruit Salad

Orange Muffin

Fresh Fruit Salad

Ice Cream with Fruit

Chocolate Shortbread

Slice with Milk

Fresh Fruit Salad







Week: 2 Date: 26th February, 18th March, 22nd April, 13th 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.





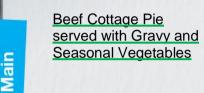
# **Monday**

# **Tuesday**

## Wednesday

# Thursday

# **Friday**



**BBQ** Chicken with Oven Chips & Salad

Roast Beef & Yorkshire Pudding, Gravv 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 Baquette Slice & Salad

Cheese & Tomato Panini served with Salad

Jacket Potato served with Baked Beans & Cheese

Macaroni Cheese served with Baquette Slice & Seasonal Vegetables

Oaty Cookie

Dessert

Jelly & Fruit

Marble Cake & Custard

Apple Crumble Muffin Milk

Chocolate Brownie

Fresh Fruit Salad











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.





## **Monday**

#### Chicken Curry Served with Flatbread, Rice Seasonal Vegetables

# Tuesday

# Cheese & Tomato Pizza, Oven Chips & Baked Beans

## Wednesday

# Roast Pork Stuffing & Gravy Mashed Potatoes Vegetable Medley

# Thursday

Chicken Kebab with
Couscous, Flatbread,
Yoghurt Dip &
Seasonal Vegetables

# Friday

# Fish Fingers with Diced Potatoes Seasonal Vegetables

#### Cheese Flan served with New Potatoes & Seasonal Vegetables

Mexican Veggie
Sausage Pasta served
with Baguette Slice &
Salad

#### Quorn Roast Stuffing & Gravy Mashed Potatoes Vegetable Medley

#### Savoury Veggie Mince served with Mashed Potatoes & Seasonal Vegetables

# Spiced Vegetable Pasty served with Mashed Potatoes. Yoghurt Dip & Seasonal Vegetables

# Tuna Sandwich with Salad

# Jacket Potato with Baked Beans & Cheese

#### Cheese & Tomato Panini served with Salad

Fresh Fruit Salad

#### Tomato & Basil Pasta served with Baguette Slice & Salad

# Cheese Sub Roll with Salad

# Sticky Toffee Pudding & Custard

Fresh Fruit Salad

#### Jam Crumble Bar

Fresh Fruit Salad

#### Angel Delight with Fruit

#### Lemon Drizzle Cup Cake

#### Cake Milk

#### Fresh Fruit Salad

#### Chocolate Orange Cookie

#### Fresh Fruit Salad

Dessert

Main



