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 St Patrick's Day 17th 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





Main

Dessert

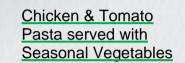
Week: 1 Date: 24th Feb, 17th March, 22nd April, 12th May, 9th June, 30th June, 21st July

Rise Park Family Service

For Allergen information please ask a member of the catering team.





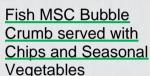


Monday

Ham & Sweetcorn
Pizza served with
½ Jacket Potato &
Salad

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

Beef Chilli served Fiswith Rice and Cruse Seasonal Chycegetables Vegetables



Cheese & Potato Pie served with Baked

Cheese & Tomato Pizza served with ½ Jacket Potato & Salad Quorn Roast, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables Quorn Fajita Wrap served with Rice & Seasonal Vegetables Fishless Fingers served with Chips & Seasonal Vegetables



Beans

Homemade Custard Cream Biscuit Chocolate Brownie

Apple Crumble Sponge & Custard

Ice Cream & Fruit

Fresh Fruit Salad







Main

Dessert

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

Rise Park Family Service

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

Sausage with Mashed Potatoes, Gravy & Seasonal Vegetables

Cumberland Sausage with Mashed Potatoes Gravv. & Seasonal Vegetables

Tuesday

Chicken Masala Curry with Rice, Flatbread and Seasonal Vegetables

Cheese & Tomato Pizza served with Diced Potatoes & Seasonal Vegetables

Wednesday

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

Quorn Roast & Gravv. Mashed Potatoes and Seasonal Vegetables

Thursday

Beef & Baked Bean Bolognaise served with Pasta & Salad

Cheese Snack served with Mashed Potatoes & served with Chips **Baked Beans**

Friday

Fish Fingers served with Chips and Seasonal Vegetables

Fishless Finger and Seasonal Vegetables

Shortbread Biscuit Milk

Fresh Fruit Salad

Lemon Drizzle Muffin

Ice Cream & Fruit

Chocolate Sponge & Chocolate Custard

Cornflake Tart

Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad









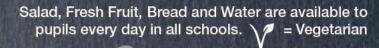
Week: 3

Date: 10th March, 31st March, 6th May, 2nd

June, 23rd June, 14th July

Main

esser



For Allergen information please ask a member of the catering team.





Monday

Tuesday

Wednesday

Rise Park Family Service

Thursday

Friday



Meatballs in a Tomato
Pasta served with
Baguette & Seasonal
Vegetables

BBQ Chicken served with Potato Wedges and Seasonal Vegetables

Pork Sausage.
Yorkshire Pudding &
Gravy, Mashed
Potatoes and
Seasonal Vegetables

Teriyaki Chicken served with Rice & Seasonal Vegetables Salmon Fish Cake served with Chips & Seasonal Vegetables

Quorn Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables Cheese & Tomato
Pizza served with
Potato Wedges and
Seasonal
Vegetables

Cumberland Sausage, Yorkshire Pudding & Gravy, Mashed Potatoes and Seasonal Vegetables Macaroni Cheese served with Baguette Slice & seasonal Vegetables Sweet Potato Curry served with Rice & Flatbread Seasonal Vegetables

Chocolate Shortbread Slice with Milk

Jelly & fruit

Flapjack

Apple or Jam Sponge & Custard Oaty Cookie Milk

Fresh Fruit Salad



