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

#### Theme Days

Winter Warmer- 16<sup>th</sup> January Chinese New Year - 29<sup>th</sup> January World Book Day- 6<sup>th</sup> March St Patrick's Day 17<sup>th</sup> March VE Day-British Day - 8<sup>th</sup> May Sausage Roll Day - 5<sup>th</sup> 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: 24<sup>th</sup> Feb, 17<sup>th</sup> March, 22<sup>nd</sup> April, 12<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July

Rise Park

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

00



# Monday

Chicken & Tomato
Pasta served with
Seasonal Vegetables

Cheese & Potato Pie served with Baked Beans

Tuna Mayonnaise Roll with Salad

Oaty cookie

Fresh Fruit Salad

#### Tuesday

Ham & Sweetcorn
Pizza served with
½ Jacket Potato &
Salad

Cheese & Tomato Pizza served with ½ Jacket Potato & Salad

Jacket Potato served with Tuna or Cheese and Salad

Homemade Custard Cream Biscuit

Fresh Fruit Salad

#### Wednesday

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

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

Cheese & Tomato Panini served with Salad

Chocolate Brownie

Fresh Fruit Salad

## Thursday

Beef Chilli served with Rice and Seasonal Vegetables

Quorn Fajita Wrap served with Rice & Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Apple Crumble Sponge & Custard

Fresh Fruit Salad

#### **Friday**

Fish MSC Bubble
Crumb served with
Chips and Seasonal
Vegetables

Fishless Fingers
served with Chips &
Seasonal Vegetables

Ham Roll served with Salad

Ice Cream & Fruit

Fresh Fruit Salad







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

Vegetables

with Cheese.

Milk



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

Tomato & Basil Pasta

Seasonal Vegetables

Baguette Slice and

**Shortbread Biscuit** 

Fresh Fruit Salad

Flatbread and Seasonal Vegetables Cheese & Tomato Cumberland Sausage

Pizza served with with Mashed Potatoes Gravv. & Seasonal Diced Potatoes & Seasonal Vegetables

> Tuna Mavo Roll served with Salad

Tuesday

Chicken Masala

Curry with Rice,

Lemon Drizzle Muffin

Fresh Fruit Salad

#### Wednesday

Roast Chicken. Stuffing & Gravv. Mashed Potatoes and Seasonal Vegetables

Quorn Roast & Gravv. Mashed Potatoes and Seasonal Vegetables

Cheese & Tomato Panini served with

Salad

Ice Cream & Fruit

Fresh Fruit Salad

#### Thursday

Beef & Baked Bean Bolognaise served with Pasta & Salad

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

Jacket potato served with Cheese & Beans

Chocolate Sponge & **Chocolate Custard** 

Fresh Fruit Salad

# **Friday**

Fish Fingers served with Chips and Seasonal Vegetables

Fishless Finger and Seasonal Vegetables

Cheese Roll served with Salad

Cornflake Tart Milk

Fresh Fruit Salad





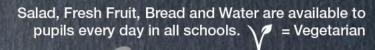


Week: 3

Date: 10<sup>th</sup> March, 31<sup>st</sup> March, 6<sup>th</sup> May, 2<sup>nd</sup>

June, 23rd June, 14th July

Main



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

00



#### **Monday**

#### Tuesday

#### Wednesday

Rise Park

#### 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 Baquette & 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

Cheese Roll served with Salad

Jacket Potato with Cheese & Baked Beans

Cheese & Tomato Panini served with Salad Ham Roll served with Salad

Tomato & Basil Pasta with Cheese.

Baguette Slice with Seasonal Vegetables

Chocolate Shortbread Slice with Milk

Jelly & fruit

Flapjack

Apple or Jam Sponge & Custard Oaty Cookie Milk

Fresh Fruit Salad



