

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=IprLink>



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

Chicken & Tomato Pasta served with Seasonal Vegetables

Ham & Sweetcorn Pizza served with ½ Jacket Potato & Salad

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

Beef Chilli served with Rice and Seasonal Vegetables

Fish MSC Bubble Crumb served with Chips and Seasonal Vegetables

Cheese & Potato Pie served with Baked Beans

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

Tuna Mayonnaise Roll with Salad

Jacket Potato served with Tuna or Cheese and Salad

Cheese & Tomato Panini served with Salad

Jacket Potato served with Tuna or Cheese and Salad

Ham Roll served with Salad

Oaty cookie

Homemade Custard Cream Biscuit

Chocolate Brownie

Apple Crumble Sponge & Custard

Ice Cream & Fruit

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




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Week: 2
Date: 3rd March, 24th March, 28th April, 19th May,
16th June, 7th 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 with Mashed Potatoes, Gravy & Seasonal Vegetables

Chicken Masala Curry with Rice, Flatbread and Seasonal Vegetables

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

Beef & Baked Bean Bolognese served with Pasta & Salad

Fish Fingers served with Chips and Seasonal Vegetables

Cumberland Sausage with Mashed Potatoes Gravy, & Seasonal Vegetables

Cheese & Tomato Pizza served with Diced Potatoes & Seasonal Vegetables

Quorn Roast & Gravy, Mashed Potatoes and Seasonal Vegetables

Cheese Snack served with Mashed Potatoes & Baked Beans

Fishless Finger served with Chips and Seasonal Vegetables

Tomato & Basil Pasta with Cheese, Baguette Slice and Seasonal Vegetables

Tuna Mayo Roll served with Salad

Cheese & Tomato Panini served with Salad

Jacket potato served with Cheese & Beans

Cheese Roll served with Salad

Shortbread Biscuit Milk

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

Fresh Fruit Salad



Main


Dessert



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Week: 3
Date: 10th March, 31st March, 6th May, 2nd June, 23rd June, 14th July

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

Monday

Tuesday

Wednesday

Thursday

Friday

Main

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

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

Dessert

Chocolate Shortbread Slice with Milk

Jelly & fruit

Flapjack

Apple or Jam Sponge & Custard

Oaty Cookie Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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