About your children's School Meals

We are Nottingham Catering Eat Culture - Education, 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 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 and sugar

Dietary Requirements and Allergens

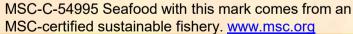
Special diets are extremely important to us. We work with each school to ensure the special diet process is effective, reassuring you that children with allergies or intolerances can eat safely with us. To register a special diet form please complete at the below.

https://forms.office.com/e/nEYJUzbEZt?origin=lprLink







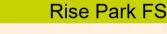




Week: 1 Date: 2nd Sept. 22nd Sept. 13th Oct. 17th Nov. 8th Dec.12th Jan. 2nd Feb.



Salad, fresh fruit, bread and water are available to pupils every day in all schools. For allergen information please ask a member of the catering team.



Tuck in Monday



Roastv **Toasty Feast** Wednesday

Gravy or Quorn Roast

Served with Cloudy

Mash Mountains &

Yorkshire Pudding

Roast Turkey with

with Gravy

Around the World **Thursday**

Beef Spaghetti Bolognaise or Magic Macaroni Cheese

Served with **Baguette Slice**

Fish Fingers or Fishless Fingers

Served with Crispy Oven Chips & Tomato Sauce

Sunshine







Main

Hot Dog or Veggie Hot Dog Meat Feast Pizza or Cheese & Tomato Pizza

Served with Potato Wedges

> Crunchy Carrots/ Broccoli Trees

Crunchy Carrots or Crispy Fresh Salad Sweetcorn or Crispy Fresh Salad



Baked Beans or Crispy Fresh Salad

Served with Garlic

Bread & Coleslaw

Crunchy Carrot & Cucumber Baton or Crispy Fresh salad

Jam Drop Biscuit

or Fresh Fruit Salad

with Milk

Apple Muffin or Fresh Fruit Salad Chocolate Crispy Cakes or Fresh Fruit Salad Marble Cake & Custard or Fresh Fruit Salad



Jelly & Fruit or Fresh Fruit Salad







Week: 2 Date: 8th Sept, 29th Sept. 3rd Nov. 24th Nov.16th Dec.19th Jan. 9th Feb.

Rise Park FS



Tuck in Monday

Pizza Tuesday

BBQ Chicken Pizza or Cheese

& Tomato Pizza

Served with Garlic **Potatoes Bread & Coleslaw**

Roastv **Toasty Feast** Wednesday

Roast Pork with Gravv or Quorn Roast with Gravy

Served with Cloudy **Mash Mountains** Yorkshire Pudding

or Crispy Fresh Salad

Fresh Salad



catering team.

Salad, fresh fruit, bread and water are available

to pupils every day in all schools. For allergen information please ask a member of the

Beef Burger or Veggie Burger

Baked Beans or

Crispy Fresh Salad

Served with Diced

Carrot & Cucumber

Batons or Crispy

Fresh Salad

Crunchy Carrots / Broccoli Trees

Sunshine Sweetcorn

Around the

World

Thursday

Veggie Mexican Fiesta

Chicken Curry

flatbread & Rice

Wraps Served with

Served with

Rice

Sunshine Sweetcorn or Crispy

Crispy Oven Chips

& Tomato Sauce

Fish

Friday

Fish Fingers

Served with

or Fishless Finge



Dessert

Oaty Cookies or Fresh Fruit Salad Cornflake Tart & **Custard or Fresh** Fruit Salad

Chocolate Shortbread or Fresh Fruit Salad

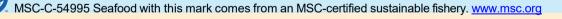
Iced Mandarin Sponge & Milk or Fresh Fruit Salad Iced Carrot & Pineapple Muffin & Milk Or Fresh Fruit Salad













Week: 3 Date: 15th Sept 6th Oct 10th Nov 1st Dec. 5th Jan. 26th Jan.



Salad, fresh fruit, bread and water are available to pupils every day in all schools. For allergen information please ask a member of the catering team.

Rise Park FS

Roastv

Toasty Feast

Wednesday

Roast Chicken with

Sausage with Gravy

Served with Cloudy

Mash Mountains

Yorkshire Pudding

Gravv or Veggie



Tuck in Monday

Homemade Pork Sausage Roll or Cheese Snack

Served with Garlic **Bread & Coleslaw**

Baked Beans or Crispy Fresh Salad Carrot & Cucumber **Batons or Crispy**

Ham Pizza or

Pizza

Wedges

Cheese & Tomato

Served with Potato

Pizza

Tuesday

Crunchy Carrots / Broccoli Trees Fresh Salad

Chocolate & Orange

Salad

Bakewell Muffin & Milk or Fresh Fruit

Around the

World

Thursday

BBQ Chicken or

BBQ Quorn

Served with

flatbread & Rice

or Crispy Fresh

Salad

Sunshine Sweetcorn

Pudding & Custard or Fresh Fruit Salad



Served with Crispy Oven Chips & Tomato Sauce

Crunchy Carrots or Fresh Salad

Fish Finger or Fishless Fingers



Dessert

Flapjack & Raisins or Fresh Fruit Salad

Ice Cream & Fruit or Fresh Fruit Salad Cookie or Fresh Fruit Salad

Chocolate Fudge







