

## 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](https://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>



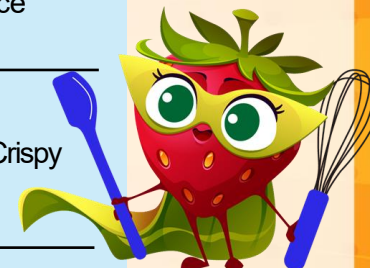
MSC-C-54995 Seafood with this mark comes from an MSC-certified sustainable fishery. [www.msc.org](https://www.msc.org)

 Nottingham Catering  
Eat Culture - Education

# LUNCHTIME

Rise Park

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



## Pizza Tuesday

## Roasty Toasty Feast Wednesday

## Around the World Thursday

## Fish Friday

### Main

Hot Dog or Veggie Hot Dog

Served with Potato Wedges

Meat Feast Pizza or Cheese and Tom Pizza

Served with Garlic Bread & Coleslaw

Roast Turkey with Gravy or Quorn Roast with Gravy

Served with Cloudy Mountains & Yorkshire Pudding

Beef Spaghetti Bolognaise or Magic Macaroni Cheese

Served with Baguette Slice

Fish Fingers or Fishless Fingers

Served with Crispy Oven Chips & Tomato Sauce

### Seasonal Veg/Salad

Baked Beans or Crispy Fresh Salad

Crunchy Carrot & Cucumber batons or Crispy Fresh salad

Crunchy Carrots/ Broccoli Trees

Crunchy Carrots or Crispy Fresh Salad

Sunshine Sweetcorn or Crispy Fresh Salad

### Something Different

Jacket Potato with choice of filling (Cheese / Tuna)

Veggie Meatball Pasta served with Baguette Slice & Crispy Fresh Salad

Cheese & Tomato Panini served with Crispy Fresh Salad

Jacket Potato with choice of filling (Cheese / Tuna)

Ham or Cheese Sandwich served with Crispy Fresh Salad

### Dessert

Jelly and Fruit Or Fresh Fruit Salad

Jam Drop Biscuit with Milk Or Fresh Fruit Salad

Apple Muffin Or Fresh Fruit Salad

Chocolate Crispy Cakes Or Fresh Fruit Salad

Marble Cake & Custard Or Fresh Fruit Salad



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Main

## Tuck in Monday

Beef Burger  
or Veggie Burger

Served with Diced Potatoes

Baked Beans or Crispy Fresh Salad

Jacket Potato with choice of filling  
(Cheese /Tuna)

Oaty Cookies  
Or Fresh Fruit Salad



## Pizza Tuesday

BBQ Chicken Pizza  
or Cheese and Tom Pizza

Served with Garlic Bread & Coleslaw

Carrot & Cucumber Batons  
or Crispy Fresh Salad

Mascarpone Pasta  
Served with Baguette  
Sliced & Crispy Fresh Salad

Corn Flake  
Tart & Custard  
Or Fresh Fruit Salad



## Roasty Toasty Feast Wednesday

Roast Pork with Gravy  
or Quorn Roast with Gravy

Served with Cloudy Mash Mountains  
Yorkshire Pudding

Crunchy Carrots  
/ Broccoli Trees

Cheese and Tomato Panini  
Served with Crispy Fresh Salad

Chocolate Shortbread  
or Fresh Fruit Salad

## Around the World Thursday

Chicken Curry served with flatbread & Rice

Veggie Mexican Fiesta Wraps  
Served with Rice

Sunshine Sweetcorn  
or Crispy Fresh Salad

Jacket Potato with choice of filling  
(Cheese /Tuna)

Iced Mandarin  
Sponge & Milk  
Or Fresh Fruit Salad



## Fish Friday

Fish Fingers  
or Fishless Fingers

Served with Crispy Oven Chips  
& Tomato Sauce

Sunshine Sweetcorn or Crispy Fresh Salad

Ham or Cheese Sandwich served with Crispy Fresh Salad

Iced Carrot and Pineapple Muffin and Milk  
Or Fresh Fruit Salad





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Rise Park

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Main

## Tuck in Monday

Homemade Pork Sausage Roll or Cheese Snack

Served with Potato Wedges

Baked Beans or Crispy Fresh Salad

Tomato and Basil Pasta Served Baguette Slice

Flapjack and Raisins Or Fresh Fruit Salad

## Pizza Tuesday

Ham Pizza or Cheese and Tomato Pizza

Served with Garlic Bread & Coleslaw

Carrot and Cucumber Batons or Crispy Fresh Salad

Jacket Potato with choice of filling (Cheese/Tuna/ Beans)

Ice Cream & Fruit Or Fresh Fruit Salad

## Roasty Toasty Feast Wednesday

Roast Chicken with Gravy or Veggie Sausage with Gravy

Served with Cloudy Mash Mountains Yorkshire Pudding

Crunchy Carrots / Broccoli Trees

Cheese and Tomato Panini Served With Crispy Fresh Salad

Chocolate & Orange Cookie Or Fresh Fruit Salad

## Around the World Thursday

BBQ Chicken or BBQ Quorn

Served with flatbread & Rice

Sunshine Sweetcorn or Crispy Fresh Salad

Pizza Pasta Served With Baguette & Crispy Fresh Salad

Bakewell Muffin & Milk Or Fresh Fruit Salad

## Fish Friday

Fish Finger or Fishless Fingers

Served with Crispy Oven Chips & Tomato Sauce

Crunchy Carrots or Fresh Salad

Ham or Cheese Sandwich served with Crispy Fresh Salad

Chocolate Fudge Pudding & Custard Or Fresh Fruit Salad

