About your children's school meals

We are Eat Culture Education Catering, the caterer at your school and the largest school meals provider in Nottingham City.

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.

Dietary Requirements and Allergens

Special diets are important to us. We work with each school to ensure the special diet process is effective, reassuring you that pupils with allergies or intolerances can eat safely with us.

Free School Meals

Free School Meals can save parents up to £437 per year*. School meals are free for primary school children in reception, year 1 and year 2. Ask for Free School Meals at your school office.

*the saving is based on a cost of £2.30 per day for school meals over 38 weeks of the school year.



Our Food

We've been awarded Bronze Food for Life Awards 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

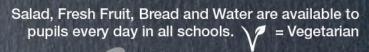


We love British food! It's tasty, fresh and locally grown. Most of the food on our menu comes from British farms. More details about British Food Fortnight are coming soon!



Week: 1

Date: September 2023-February 2023



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



Friday

Monday Tuesday Wednesday

Thursday

Halal Chicken Fish Fingers

Carrots

Tandoori & Rice Chips & peas



with Rice, Flatbread & Yoghurt dip

Italian Veggie Meatballs

with Tagliatelle

Broccoli

Sweet Potato Curry

Cheese & Tomato

Halal Chicken Masala

Pizza

Curry & Rice

Carrot Sticks or Sweetcorn

Quorn Roast Roast Potatoes Vegetable Medley

Roast Chicken &

Roast Potatoes

Stuffing with gravy

Vegetable Medley

Robert Shaw

Veggie Sausage Mashed potato & gravy, Carrots

Fishless finger wrap with chips & Peas

Jacket Potato & Beans & Cheese

Pasta with Arrabiata sauce topped with grated Cheese Baguette slice Carrot Sticks or Sweetcorn

Shortbread Cookie

Cheese & Tomato Panini with Vegetable Medley

Tuna Pasta Bake Carrots

Jacket Potato with Cheese & Coleslaw

Chocolate Muffin Milk

Fresh Fruit Salad Fresh Fruit Salad Angel Mousse & fruit

Fresh Fruit Salad

Oaty Lemon Slice Custard

Fruit Muffin Milk

Fresh Fruit Salad

Fresh Fruit Salad

Dessert

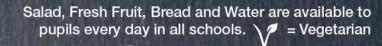
Main







Week: 2



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





Monday

Tuesday

Wednesday

Robert Shaw

Thursday

Friday



Jacket Potato & fillings

Veggie Chilli or **Baked Beans** Cheese Served with salad

Cheese Snack **Baked Beans** Boiled or Mashed Potatoes Salad

Halal Punjabi Curry & Rice

Carrots

Cheese & Tomato Pizza

Carrot Sticks or Sweetcorn Cob

Pasta with Tomato & Basil sauce topped with grated Cheese **Baguette Slice** Carrots

Roast Beef & Yorkshire Mashed Potatoes.

Gravy Vegetable Medley

Quorn Roast Mashed Potatoes Vegetable Medley

Cheese & Tomato

Panini Coleslaw Sausage & Gravy Potato Wedges Sweetcorn

Veggie Sausage Gravv

Potato Wedges Sweetcorn

Jacket Potato with Tuna Mavo Salad

Fish portion Chips Peas



Peas

Quorn Burrito

Chips

Macaroni cheese **Baguette Slice** Peas

Flapjack Raisins

Fresh Fruit Salad

Oaty Apricot cookie

Fresh Fruit Salad

Banana loaf

Fresh Fruit Salad

Ice Cream & Fruit

Fresh Fruit Salad

Chocolate Brownie

Milk

Fresh Fruit Salad



Main







Week: 3 Date



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





Monday

Tuesday

Wednesday

Thursday

Friday



Veggie Enchiladas Jacket Potato Hedgehog Carrots Beef Chilli with Rice Yoghurt Carrot Sticks and salad Roast Pork Stuffing & Gravy Roast Potatoes Vegetable Medley Halal Chicken Fried Rice Carrots & Peas Fish fingers Chips Baked Beans

Smokey BBQ Quorn Jacket Potato Hedgehog Carrots Cheese & Tomato Pizza Carrot Sticks and salad Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley Veggie Lasagne Baguette Slice Carrots & Peas Veggie Sausage Chips

Baked Beans

Jacket potato with Cheese & Salad

Pasta with Tomato & Mascarpone Sauce, Baguette Slice Carrot Sticks and salad

Cheese & Tomato Panini Vegetables Jacket potato & Tuna Mayonnaise Salad Sausage Chips Baked Beans

Apple Muffin

Cornflake Tart

Fruit yoghurt

Fruits of the Forest Crumble with Custard

Chocolate Crunchies Milk

Fresh Fruit Salad



Main



