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

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 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, sugar and fat

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.



Week: 1 Date: 19th February, 11th March, 15th April, 6th May 3rd June, 24th June, 15th 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.



Monday

Sausage, Mashed Potatoes, Baked Beans Fish Fingers with Oven Chips and Seasonal Vegetables

Tuesday

Wednesday Roast Chicken &

Stuffing with gravy **New Potatoes** Vegetable Medley

Beef Spaghetti Bolognaise with Baquette Slice & Seasonal Vegetables

Thursday

Cheese & Tomato Pizza. Diced Potatoes Carrot Sticks or Sweetcorn

Friday

Veggie Sausage. Mashed Potatoes. **Baked Beans**

Veggie Fajita Wrap with Oven Chips and Seasonal Vegetables Quorn Roast & Stuffing with gravy **New Potatoes** Vegetable Medley

Veggie Spaghetti Bolognaise with Baguette Slice & Seasonal Vegetables Ham Sandwich with Salad

Cheese Sub Roll with Salad

Cheese & Tomato Panini with Salad

Jacket Potato with Tuna & Salad

Dessert

Main

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Ice Cream with Fruit

Fresh Fruit Salad

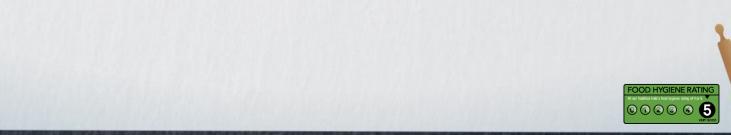
Flapjack with Raisins

Milk

Fresh Fruit Salad

Shortbread Cookie

Fresh Fruit Salad





Week: 2

Date: 26th February, 18th March, 22nd April, 13th May, 10th June, 1st July, 22nd July



Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \ \ = Vegetarian

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Monday

Beef Cottage Pie served with Gravy and Seasonal Vegetables

Cheese & Onion Roll

Potatoes & Seasonal

served with Diced

Vegetables

Fish Portion Oven Chips with Seasonal Vegetables

Tuesday

Veggie Balls served with Oven Chips, Gravy & Seasonal Vegetables

Tuna Sandwich with Salad

Oaty Cookie

Fresh Fruit Salad

Wednesday

Roast Beef & Yorkshire Puddina Mashed Potatoes, Gravv Vegetable Medley

Quorn Roast & Yorkshire Pudding with gravy **Mashed Potatoes** Vegetable Medley

Cheese & Tomato Panini served with Salad

Marble Cake

Fresh Fruit Salad

Thursday

Homemade Sausage Roll served with New Potatoes & Baked **Beans**

Veggie Sausage with New Potatoes & **Baked Beans**

Jacket Potato served with Baked Beans & Cheese

Apple Crumble Muffin Milk/Custard

Fresh Fruit Salad

Cheese & Tomato

Friday

Pizza. 1/2 Jacket Potato Sweetcorn Cob or Seasonal Vegetables

Tomato & Basil Pasta served with Baquette Slice & Seasonal Vegetables

Jelly & Fruit

Fresh Fruit Salad

Dessert

Main

Chocolate Brownie Milk

Fresh Fruit Salad







Week: 3 Date: 4th March, 25th March, 29th April, 20th May, 17th June, 8th July



Stanstead

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

Pork Sausage & Mashed Potatoes & Seasonal Vegetables Fish Portion Mashed Potatoes Seasonal Vegetables

Tuesday

Roast Pork Stuffing & Gravv **Roast Potatoes** Vegetable Medley

Wednesday

Chicken Kebab with Couscous. Flatbread. Yoghurt Dip & Seasonal Vegetables

Thursday

Cheese & Tomato Pizza, Oven Chips & **Baked Beans**

Friday

Macaroni Cheese **Baguette Slice** Seasonal Vegetables Cheese Sub Roll with Salad

Quorn Roast Stuffing & Gravy **Roast Potatoes** Vegetable Medley Savoury Veggie Mince served with Mashed Potatoes & Seasonal Vegetables

Jacket Potato with Baked Beans & Salad

Ham Sandwich with Salad

Jam Crumble Bar

Fresh Fruit Salad

Chocolate Orange Cookie

Fresh Fruit Salad

Panini served with Salad

Fresh Fruit Salad

Angel Delight with Fruit

Cheese & Tomato

Tomato & Basil Pasta served with Baguette Slice & Salad

Lemon Drizzle Cup Cake

Milk

Fresh Fruit Salad

Sticky Toffee Pudding & Custard

Fresh Fruit Salad

essert

Main



