

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.



Stanstead

Monday

Sausage. Mashed Potatoes. Baked Beans

Veggie Sausage. Mashed Potatoes. Baked Beans

Cheese Sub Roll with Salad

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Tuesday

Fish Fingers with Oven Chips and Seasonal Vegetables

Veggie Fajita Wrap with Oven Chips and Seasonal Vegetables

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Wednesday

Roast Chicken & Stuffing with gravy New Potatoes Vegetable Medley

Quorn Roast & Stuffing with gravy New Potatoes Vegetable Medley

Cheese & Tomato Panini with Salad

Ice Cream with Fruit

Fresh Fruit Salad

Thursday

Beef Spaghetti Bolognese with Baguette Slice & Seasonal Vegetables

Veggie Spaghetti Bolognese with Baguette Slice & Seasonal Vegetables

Jacket Potato with Tuna & Salad

Flapjack with Raisins Milk

Fresh Fruit Salad

Friday

Cheese & Tomato Pizza. Diced Potatoes Carrot Sticks or Sweetcorn

Ham Sandwich with Salad

Shortbread Cookie

Fresh Fruit Salad




Main

Dessert



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

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



Stanstead

Monday

Tuesday

Wednesday

Thursday

Friday

Beef Cottage Pie served with Gravy and Seasonal Vegetables

Fish Portion Oven Chips with Seasonal Vegetables

Roast Beef & Yorkshire Pudding
Mashed Potatoes.
Gravy
Vegetable Medley

Homemade Sausage Roll served with New Potatoes & Baked Beans

Cheese & Tomato Pizza.
½ Jacket Potato
Sweetcorn Cob or
Seasonal Vegetables

Cheese & Onion Roll served with Diced Potatoes & Seasonal Vegetables

Veggie Balls served with Oven Chips.
Gravy & Seasonal Vegetables

Quorn Roast & Yorkshire Pudding with gravy
Mashed Potatoes
Vegetable Medley

Veggie Sausage with New Potatoes & Baked Beans

Tomato & Basil Pasta served with Baguette Slice & Seasonal Vegetables

Tuna Sandwich with Salad

Cheese & Tomato Panini served with Salad

Jacket Potato served with Baked Beans & Cheese

Oaty Cookie

Chocolate Brownie Milk

Marble Cake

Apple Crumble Muffin Milk/Custard

Jelly & Fruit

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




Main

Dessert



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.



Main

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Pork Sausage & Mashed Potatoes & Seasonal Vegetables</u>	<u>Fish Portion Mashed Potatoes Seasonal Vegetables</u>	<u>Roast Pork Stuffing & Gravy Roast Potatoes Vegetable Medley</u>	<u>Chicken Kebab with Couscous. Flatbread. Yoghurt Dip & Seasonal Vegetables</u>	<u>Cheese & Tomato Pizza, Oven Chips & Baked Beans</u>
<u>Macaroni Cheese Baguette Slice Seasonal Vegetables</u>	<u>Cheese Sub Roll with Salad</u>	<u>Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley</u>	<u>Savoury Veggie Mince served with Mashed Potatoes & Seasonal Vegetables</u>	<u>Jacket Potato with Baked Beans & Salad</u>
<u>Ham Sandwich with Salad</u>		<u>Cheese & Tomato Panini served with Salad</u>	<u>Tomato & Basil Pasta served with Baguette Slice & Salad</u>	
Jam Crumble Bar	Chocolate Orange Cookie	Angel Delight with Fruit	Lemon Drizzle Cup Cake Milk	Sticky Toffee Pudding & Custard
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad

