# 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 Gold & Silver 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 use free range eggs, organic potatoes and pasta

# British Food Fortnight!

We love British food! It's tasty, fresh and locally grown. Most of the food on our menu comes from British farms. The Love British Food logos on the menu are next to just a few of the meals with British ingredients.



Week: 1

Date: 5<sup>th</sup> September, 26<sup>th</sup> September, 31st October, 21st November, 12th December, 16th January, 6th February

**School Name** 

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

√ Veggie Stew & Dumplings served with Gravy, Mashed Potato and Minted Peas or Carrots

V Veggie Balls served with Mashed Potato. **Gravy and Minted Peas** or Carrots

Tomato & Basil Pasta served with Baguette Slice and Peas or Carrots

**Angel Mousse Biscuit** Dessert

Fresh Fruit Salad

#### Tuesday

Chicken & Tomato Pasta Bake served with Baquette Slice and Sweetcorn

Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

Orange Muffin

Fresh Fruit Salad

#### Wednesday

Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Fresh Vegetable Medley

V Quorn Roast, stuffing & Gravy served with Organic Roast Potato & Fresh Vegetable Medley

Cheese Panini served with Mixed Salad

Milk

Fresh Fruit Salad

### Thursday

Beef Spaghetti Bolognaise served with Baquette Slice & Peas

V Quorn Cottage Pie with Gravy and Peas

Tuna Salad Wrap served with Carrot sticks & Cherry **Tomatoes** 

Lemon & Apricot Cookie Fruit Crumble & Custard

Fresh Fruit Salad

#### **Friday**

MSC Salmon Cakes served with Oven Chips, Tomato Sauce and Broccoli

V Macaroni & Cheese served with Baquette Slice and Broccoli

Jacket Potato & Cheese, served with **Baked Beans** 

Swiss Roll

Fresh Fruit Salad





Dessert

Main

MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery, www.msc.org'





Week: 2

Date: 12th September, 3rd October, 7th

November, 28th November, 19th December & 5th

January, 23<sup>rd</sup> January

Main

Dessert



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**

**Tomato Mascarpone** Pasta served with Baquette Slice & Carrots

Tuesday

Chicken Korma Curry served with Flatbread. Rice and Sweetcorn

Wednesday

Roast Turkey served Thomemade Sausage with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Fresh Vegetable Medley

Thursday

Roll served with Mashed Potatoes & **Baked Beans** 

**Friday** 

MSC Fish served with Oven Chips, Peas

Y Savoury Homemade Pie with Gravy, Mashed Potatoes and Carrots

Jacket Potato served

with Tuna Mayonnaise

& Mixed Salad

Lemon Shortbread

Slice & Custard

Fresh Fruit Salad

V Cheese & Tomato Pizza served with Homemade Coleslaw and Sweetcorn

Tomato & Basil Pasta served with Flatbread and Mixed Salad

Jelly & Fruit

Fresh Fruit Salad

Veggie Loaf, Yorkshire Pudding With Gravy served with **Organic Roast Potatoes** and Fresh Vegetable Medley

VCheese & Tomato Panini served with Mixed Salad

Cornflake Flapjack Milk

Fresh Fruit Salad

Cheese & Tomato Snack served with Mashed Potatoes & **Baked Beans** 

VJacket Potato & Cheese, served with **Baked Beans** 

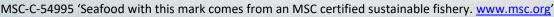
Pineapple Upside Down & Custard

Fresh Fruit Salad

Fresh Fruit Salad









V Mexican Veggie Sausage Pasta served with Baquette Slice & Peas

√ Fajita Quorn Wrap with Oven Chips and Peas

> **Bakewell Muffin** Custard/Milk



Week: 3

Date: 19th September, 10th October, 14th November, 5th December, 9th January, 30<sup>th</sup> January

Main



Salad, Fresh Fruit, Bread and Water are available to

pupils every day in all schools. \ \ \ \ \ = Vegetarian

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#### **School Name**

#### Monday

Potato & Chickpea Curry served with Flatbread Bread, Rice & Carrots



Tandoori Chicken served with Rice and Sweetcorn

#### Wednesday

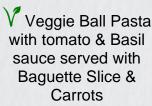
Roast Chicken served with Gravy, Stuffing and **Organic Roast Potatoes** & Fresh Vegetable Medley

Sausage and Yorkshire Pudding and Onion Gravy, Mashed Potato & Peas

Thursday

## **Friday**

**MSC Fish Fingers** served with Oven Chips and Baked Beans



V Cheese & Tomato Pizza served with Sweetcorn & Mixed Salad

Quorn Roast served with Gravy, Stuffing and **Organic Roast Potatoes** & Fresh Vegetable Medley

Veggie Sausage and Yorkshire Pudding with Onion gravy, Mashed Potato & Peas

V Veggie Bean Wrap served with Oven Chips and Sweetcorn

√ Jacket Potato served with Cheese & Coleslaw

√Tomato & Basil Pasta served with Baguette Slice and Sweetcorn

Tuna & Cheese Panini served with Mixed Salad

√Tomato & Basil Pasta served with Baquette Slice and Mixed Salad

√Jacket Potato & Cheese, served with **Baked Beans** 

Peach Yoghurt Flapjack Desert

Canadian Date Cake & Custard

Oaty Cookie Milk

Chocolate Sponge & Chocolate Custard

Chocolate Krispie Cake

Fresh Fruit Salad





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