

# 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,  
31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December,  
16<sup>th</sup> January, 6<sup>th</sup> February

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.



**School Name**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Main

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

 Chicken & Tomato Pasta Bake served with Baguette Slice and Sweetcorn

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

 Beef Spaghetti Bolognese served with Baguette Slice & Peas

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

 Veggie Balls served with Mashed Potato, Gravy and Minted Peas or Carrots

 Cheese & Tomato Pizza served with Mixed Salad and Sweetcorn

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

  Quorn Cottage Pie with Gravy and Peas

 Macaroni & Cheese served with Baguette Slice and Broccoli

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

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

 Cheese Panini served with Mixed Salad

Tuna Salad Wrap served with Carrot sticks & Cherry Tomatoes

 Jacket Potato & Cheese, served with Baked Beans

Angel Mousse Biscuit Dessert

Orange Muffin

Lemon & Apricot Cookie Milk

Fruit Crumble & Custard

Swiss Roll

Fresh Fruit Salad

Dessert

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



Week: 2  
 Date: 12<sup>th</sup> September, 3<sup>rd</sup> October, 7<sup>th</sup>  
 November, 28<sup>th</sup> November, 19<sup>th</sup> December & 5<sup>th</sup>  
 January, 23<sup>rd</sup> January

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**School Name**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Tomato Mascarpone Pasta served with Baguette Slice & Carrots

 Chicken Korma Curry served with Flatbread, Rice and Sweetcorn

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

 Homemade Sausage Roll served with Mashed Potatoes & Baked Beans

MSC Fish served with Oven Chips, Peas

 Savoury Homemade Pie with Gravy, Mashed Potatoes and Carrots

 Cheese & Tomato Pizza served with Homemade Coleslaw and Sweetcorn

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

 Cheese & Tomato Snack served with Mashed Potatoes & Baked Beans

 Mexican Veggie Sausage Pasta served with Baguette Slice & Peas

Jacket Potato served with Tuna Mayonnaise & Mixed Salad

 Tomato & Basil Pasta served with Flatbread and Mixed Salad

 Cheese & Tomato Panini served with Mixed Salad

 Jacket Potato & Cheese, served with Baked Beans

 Fajita Quorn Wrap with Oven Chips and Peas

**Dessert**

Lemon Shortbread Slice & Custard

Jelly & Fruit

Cornflake Flapjack Milk

Pineapple Upside Down & Custard

Bakewell Muffin Custard/Milk

Fresh Fruit Salad



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Week: 3  
 Date: 19<sup>th</sup> September, 10<sup>th</sup> October,  
 14<sup>th</sup> November, 5<sup>th</sup> December, 9<sup>th</sup>  
 January, 30<sup>th</sup> January

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School Name

Monday

Tuesday

Wednesday

Thursday

Friday



Main

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



Tandoori Chicken served with Rice and Sweetcorn



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



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

MSC Fish Fingers served with Oven Chips and Baked Beans

 Veggie Ball Pasta with tomato & Basil sauce served with Baguette Slice & Carrots

 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

 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 Baguette Slice and Mixed Salad

 Jacket Potato & Cheese, served with Baked Beans

Dessert

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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Love British Food 2022

