### **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

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 <a href="https://www.gov.uk/apply-free-school-meals">https://www.gov.uk/apply-free-school-meals</a>

#### Theme Days

Winter Warmer- 16<sup>th</sup> January Chinese New Year - 29<sup>th</sup> January World Book Day- 6<sup>th</sup> March St Patrick's Day 17<sup>th</sup> March VE Day-British Day - 8<sup>th</sup> May Sausage Roll Day - 5<sup>th</sup> June Leavers Day - July

#### **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 salt.

# 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. To register a special diet please complete our form

https://forms.office.com/e/nEYJUzbEZt?origin=lprLink





Week: 1 Date: 24<sup>th</sup> Feb, 17<sup>th</sup> March, 22<sup>nd</sup> April, 12<sup>th</sup> May, 9th June, 30th June, 21st 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** Chi Pas

| Chicken & Tomato    | Ham & Sweetcorn     |
|---------------------|---------------------|
| Pasta served with   | Pizza served with   |
| Seasonal Vegetables | 1/2 Jacket Potato & |
|                     | Salad               |

Tuesday

Fresh Fruit Salad

| Cheese & Potato Pie | Cheese & Tomato     |
|---------------------|---------------------|
| served with Baked   | Pizza served with   |
| Beans               | 1/2 Jacket Potato & |
|                     | Salad               |

| Jacket Potato served   | Jacket Potato served |
|------------------------|----------------------|
| with Tuna or Cheese or | with Tuna or Cheese  |
| Beans and Salad        | and Salad            |

| Halal Chicken Dal with |
|------------------------|
| Rice, Flatbread &      |
| Seasonal Vegetables    |

| Daty cookie | Homemade Biscuit |
|-------------|------------------|
| Daty cookie | Homemade Bisco   |

| Fresh   | Fruit | Salad |
|---------|-------|-------|
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#### Wednesday

#### Roast Pork, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables

Quorn Roast, Yorkshire Pudding & Gravy, Roast Potatoes and Seasonal Vegetables

| Jacket Potato served |
|----------------------|
| with Tuna or Cheese  |
| and Salad            |

| Halal Chicken, Gravy |
|----------------------|
| Yorkshire Pudding    |
| Roast Potatoes       |
| Seasonal Vegetables  |

#### Chocolate Brownie

#### Fresh Fruit Salad

### Thursday

| Beef Chilli served with |
|-------------------------|
| Rice and Seasonal       |
| Vegetables              |
|                         |

Quorn Fajita Wrap served with Rice & Seasonal Vegetables

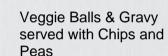
#### Jacket Potato served with Tuna or Cheese and Salad

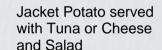
#### Apple Crumble Sponge & Custard

#### Fresh Fruit Salad

### **Friday**

Fish MSC Bubble Crumb served with Chips and Peas





Halal Chicken sausage served with Chips and Peas

**Chocolate Angel** Delight & Fruit

Fresh Fruit Salad







Week: 2 Date: 3<sup>rd</sup> March, 24<sup>th</sup> March, 28<sup>th</sup> April, 19<sup>th</sup> May, 16th June, 7th July

Denewood

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

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#### **Monday**

#### Sausage with Mashed Potatoes, Gravy & Seasonal Vegetables

Veggie Sausage with Mashed Potatoes Gravy, & Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Halal Chicken Tikka served with Rice. Flatbread & Seasonal Vegetables

Shortbread Biscuit Milk Fresh Fruit Salad

#### **Tuesday**

#### Chicken Masala Curry with Rice. Flatbread and Seasonal Vegetables

Cheese & Tomato Pizza served with Diced Potatoes & Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Flapjack & Raisins

Fresh Fruit Salad

#### Wednesday

#### Roast Chicken, Stuffing & Gravy, Mashed Potatoes and Seasonal Vegetables

Quorn Roast & Gravy, Mashed Potatoes and Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Halal Chicken, Gravy, Yorkshire Pudding & Gravy, Roast Potatoes Seasonal Vegetables

Chocolate & Orange Cookie Fresh Fruit Salad

### Thursday

Beef & Baked Bean Bolognaise served with Pasta & Salad

Cheese Snack served with Fishless Finger served Mashed Potatoes & Baked with Chips and Peas Beans

Jacket potato served with Cheese & Beans

Fish Fingers served

with Chips and Peas

Jacket Potato served with Tuna or Cheese and Salad

Halal Chicken Dal served with Rice. Flatbread & Seasonal Vegatables

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Cornflake Tart

Custard

Fresh Fruit Salad







Week: 3

Date: 10<sup>th</sup> March, 31<sup>st</sup> March, 6<sup>th</sup> May, 2<sup>nd</sup>

June, 23rd June, 14th July

Dessert



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

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#### **Monday**

### Tuesday

### Wednesday

### Thursday

## Friday



Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables

Veggie Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables

Jacket Potato served with Tuna or Cheese and Salad

Halal Beef Bolognaise served with Pasta and Seasonal Vegetables

Chocolate Shortbread with Milk

Fresh Fruit Salad

BBQ Chicken served with Potato Wedges and Seasonal Vegetables

Cheese & Tomato Pizza served with Potato Wedges and Seasonal Vegetables

Jacket Potato with Cheese or Tuna with Salad

Jelly & fruit

Fresh Fruit Salad

Pork Sausage, Gravy Yorkshire Pudding & Mashed Potatoes and Seasonal Vegetables

Veggie Sausage, Gravy Yorkshire Pudding & Mashed Potatoes and Seasonal Vegetables

Jacket Potato with Tuna or Cheese & Salad

Halal Chicken, Gravy, Yorkshire Pudding & Gravy, Roast Potatoes Seasonal Vegetables

Lemon Drizzle Muffin

Fresh Fruit Salad

Teriyaki Chicken served with Rice & Seasonal Vegetables

Sweet Potato Curry served with Rice & Flatbread Seasonal Vegetables

Jacket Potato with Tuna or Cheese & Salad

Fruit Crumble & Custard

Fresh Fruit Salad

Fish Fingers served with Chips & Baked Beans

Cheese Snack with Chips & Baked Beans

Jacket Potato served with Tuna or Cheese or Beans and Salad

Halal Chicken Tikka served with Rice, Flatbread & Seasonal Vegetables

Oaty Cookie

Milk

Fresh Fruit Salad



