

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 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.

Week: 1
 Date: 2nd Sept, 23rd Sept, 14th Oct, 18th Nov
 9th Dec, 13th Jan, 3rd Feb



West Bridgford

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

Tuesday

Wednesday

Thursday

Friday

Chicken & Tomato Pasta served with Seasonal Vegetables

Ham & Sweetcorn Pizza served with ½ Jacket Potato & Salad

Roast Pork, Yorkshire Pudding & Gravy, Roast Potatoes and Vegetable Medley

Beef Chilli served with Rice and Seasonal Vegetables

Fish MSC Bubble Crumb served with Chips and Peas

Cheese & Potato Pie served with Baked Beans

Cheese & Tomato Pizza served with ½ Jacket Potato & Salad

Quorn Roast, Yorkshire Pudding & Gravy, Roast Potatoes and Vegetable Medley

Quorn Fajita Wrap served with Seasonal Vegetables

Veggie Balls & Gravy served with Chips and Peas

Jacket Potato served with Tuna or Cheese or Beans and Salad

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato served with Tuna or Cheese and Salad

Oaty cookie

Homemade Biscuit

Chocolate Brownie

Apple Crumble Sponge & Custard

Chocolate Angel Delight & Fruit

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Main


Dessert



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



Week: 2
 Date: 9th Sept, 30th Sept, 4th Nov, 25th Nov,
 16th Dec, 20th Jan, 10th Feb

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.

West Bridgford

Monday

Tuesday

Wednesday

Thursday

Friday

Sausage with Mashed Potatoes, Gravy & Seasonal Vegetables

Chicken Masala Curry with Rice, Flatbread and Seasonal Vegetables

Roast Chicken, Stuffing & Gravy, Mashed Potatoes and Vegetable Medley

Beef & Baked Bean Ragu (Bolognese) served with ½ Jacket Potato & Salad

Fish Fingers served with Chips and Peas

Veggie Sausage with Mashed Potatoes Gravy, & Seasonal Vegetables

Cheese & Tomato Pizza served with Diced Potatoes & Seasonal Vegetables

Quorn Roast & Gravy, Mashed Potatoes and Vegetable Medley

Potato & Cheese Flan served with Baked Beans

Fishless Finger served with Chips and Peas

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato served with Tuna or Cheese and Salad

Jacket potato served with Cheese & Beans

Jacket Potato served with Tuna or Cheese and Salad

Shortbread Biscuit Milk

Flapjack & Raisins

Chocolate & Orange Cookie Milk

Chocolate Sponge & Chocolate Custard

Jam slice Fruit Slices

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Main

Dessert



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



Soil Association



Week: 3
Date: 16th Sept, 7th Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan

West Bridgford

Monday

Tuesday

Wednesday

Thursday

Friday



Main

Meatballs in a Tomato Pasta served with Baguette & Seasonal Vegetables

BBQ Chicken served with Potato Wedges and Seasonal Vegetables

Pork Sausage, Yorkshire Pudding & Gravy, Mashed Potatoes and Vegetable Medley

Teriyaki Chicken served with Rice & Seasonal Vegetables

Fish Fingers served with Chips & Baked Beans

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

Cheese & Tomato Pizza served with Potato Wedges and Seasonal Vegetables

Veggie Sausage, Yorkshire Pudding & Gravy, Mashed Potatoes and Vegetable Medley

Sweet Potato Curry served with Rice & Flatbread Seasonal Vegetables

Cheese Snack with Chips & Baked Beans

Jacket Potato served with Tuna or Cheese and Salad

Jacket Potato with Cheese or Tuna with Salad

Jacket Potato with Tuna or Cheese & Salad

Jacket Potato with Tuna or Cheese & Salad

Jacket Potato served with Tuna or Cheese or Beans and Salad

Dessert

Chocolate Shortbread with Milk

Jelly & fruit

Lemon Drizzle Muffin

Fruit Crumble & Custard

Oaty Cookie Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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

