

# 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: 19<sup>th</sup> February, 11<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> May  
 3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> 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.



## West Bridgford

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Sausage, Mashed Potatoes, Baked Beans

Cheese & Tomato Pizza, Diced Potatoes Carrot Sticks or Sweetcorn

Roast Chicken & Stuffing with gravy New Potatoes Vegetable Medley

Beef Bolognese with Baguette Slice & Seasonal Vegetables

Fish Fingers with Oven Chips and Peas

Veggie Sausage, Mashed Potatoes, Baked Beans

Tomato & Basil Pasta with Baguette Slice & Salad

Quorn Roast & Stuffing with gravy New Potatoes Vegetable Medley

Jacket Potato with Cheese & Salad

Fishless Finger with Oven Chips and Peas

Jacket with Cheese or Beans and Salad

Jacket with Cheese or Tuna Mayonnaise and Salad

Jacket with Cheese or Tuna Mayonnaise and Salad

Jacket Potato with Tuna Mayonnaise and Salad

Jacket with Cheese or Tuna Mayonnaise and Salad

Chocolate Sponge & Chocolate Custard

Shortbread Cookie

Mandarin Muffin Milk

Flapjack with Raisins Milk

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Main

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: 26<sup>th</sup> February, 18<sup>th</sup> March, 22<sup>nd</sup> April, 13<sup>th</sup> May,  
10<sup>th</sup> June, 1<sup>st</sup> July, 22<sup>nd</sup> July

## West Bridgford

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



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Beef Cottage Pie served with Gravy and Seasonal Vegetables

BBQ Chicken with ½ Jacket Potato & Seasonal Vegetables

Roast Pork & Mashed Potatoes, Gravy  
Vegetable Medley

Homemade Sausage Roll served with New Potatoes & Baked Beans

Fish Portion  
Oven Chips with Seasonal Vegetables



Cheese & Onion Roll served with Diced Potatoes & Seasonal Vegetables

Cheese & Tomato Pizza, ½ Jacket Potato  
Sweetcorn or Seasonal Vegetables

Quorn Roast & with gravy  
Mashed Potatoes  
Vegetable Medley

Veggie Sausage with New Potatoes & Baked Beans

Veggie Balls served with Oven Chips, Gravy & Seasonal Vegetables

Jacket with Cheese or Tuna Mayonnaise and Salad

Jacket with Cheese or Tuna Mayonnaise and Salad

Jacket with Cheese or Tuna Mayonnaise and Salad

Jacket Potato served with Baked Beans & Cheese

Jacket with Cheese or Tuna Mayonnaise and Salad

Oaty Cookie

Jelly & Fruit

Marble Cake & Custard

Apple Crumble Muffin  
Milk

Chocolate Brownie  
Milk

Fresh Fruit Salad



Main

Dessert



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Week: 3  
 Date: 4<sup>th</sup> March, 25<sup>th</sup> March, 29<sup>th</sup> April, 20<sup>th</sup> May,  
 17<sup>th</sup> June, 8<sup>th</sup> July



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	Monday	Tuesday	Wednesday	Thursday	Friday
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Main

Dessert

Pork Sausage Casserole with New Potatoes & Seasonal Vegetables

Cheese & Tomato Pizza, Salad

Roast Pork Stuffing & Gravy Roast Potatoes Vegetable Medley

Chicken Pie with Mashed Potatoes Gravy Seasonal Vegetables

Salmon Fish Fingers with Oven Chips Baked Beans

Cheese Flan served with New Potatoes & Seasonal Vegetables

Veggie Sausage Pasta served with Baguette Slice & Salad

Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley

Savoury Veggie Mince Pie served with Mashed Potatoes & Gravy Seasonal Vegetables

Fish Fingers with Oven Chips Baked Beans

Jacket with Cheese or Tuna Mayonnaise and Salad

Jam Crumble Bar

Sticky Toffee Pudding & Custard

Angel Delight with Fruit

Lemon Drizzle Cup Cake Milk

Chocolate Orange Cookie

Fresh Fruit Salad



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