

## About your children's School Meals

We are Nottingham Catering Eat Culture - Education, 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 [www.gov.uk/apply-free-school-meals](http://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 and sugar

### 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 form please complete at the below.

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



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



 Nottingham Catering  
Eat Culture - Education

Week 1: 23<sup>rd</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> April,  
11<sup>th</sup> May, 8<sup>th</sup> June, 29<sup>th</sup> June, 20<sup>th</sup> July

# LUNCHTIME

West Bridgford

Salad, fresh fruit, bread and water are available to pupils every day in all schools. For allergen information please ask a member of the catering team.



## Tuck In Monday

## Pizza Tuesday

## Roast Dinner Wednesday

## Around the world Thursday

## Fishy Feast Friday

Main

Hearty Chicken Pie Served with Creamy Mash

Veggie Supreme Pizza Served with Chips

Roast Turkey with Gravy

Jerk Chicken Served with Rice & Peas

Fish Fingers

Vegan Magic Mince Served with Creamy Mash

Margherita Pizza Served with Chips

Quorn Roast with Gravy

Jamaican Curried Quorn Served with Rice & Peas

Fishless Fingers

Seasonal Veg/Salad

Carrots & Crispy Fresh Salad

Baked Beans Crispy Fresh Salad

Crunchy Carrot & Broccoli Trees

Sweetcorn/Coleslaw & Crispy Fresh Salad

Peas & Crispy Fresh Salad

Something Different

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Jacket Potato with Cheese & Beans or Tuna with Crispy Fresh Salad

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Dessert

Shortbread Biscuit or Fresh Fruit Salad

Chocolate Oaty Cookie or Fresh Fruit Salad

Chocolate Berry Sponge & Custard or Fresh Fruit Salad

Montego Bay Banana Sponge or Fresh Fruit Salad

Melting Moments Cookie or Fresh Fruit Salad



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## Tuck in Monday

## Pizza Tuesday

## Roast Dinner Wednesday

## Around the world Thursday

## Fishy Feast Friday

Beef Spaghetti  
Bolognese Served  
with Baguette Slice

Ham Tastic Pizza  
Served with Chips

Pork Sausage  
with Gravy

Beef Chilli & Rice

Fish Fingers

Macaroni Cheese  
Served with  
Baguette Slice

Margherita Pizza  
Served with Chips

Quorn Vegan  
Sausage with Gravy

Veggie chilli & Rice

Fishless Fingers

Served with Creamed  
Potatoes & Yorkshire  
Pudding

Served with  
Crispy Diced  
Potatoes & Tomato  
Sauce

Vegetable Medley  
Baked Beans

Sweetcorn & Crispy  
Fresh Salad

Crunchy Carrots &  
Broccoli Trees

Sweetcorn & Crispy  
Fresh Salad

Peas or Crispy Fresh  
Salad

Jacket Potato with  
Cheese & Beans  
or Tuna served  
with a Crispy Fresh  
Salad

Jacket Potato with  
Cheese or Tuna  
served with a Crispy  
Fresh Salad

Jacket Potato with  
Cheese or Tuna  
served with a Crispy  
Fresh Salad

Jacket Potato with  
Cheese or Tuna  
served with a Crispy  
Fresh Salad

Jacket Potato with  
Cheese or Tuna  
served with a  
Crispy Fresh Salad

Oaty Cookie or  
Fresh Fruit Salad

Chocolate Crispy  
Cake  
or Fresh Fruit Salad

Apple Sponge &  
Custard  
or Fresh Fruit Salad

Chocolate Cookie  
Fruit or Fresh Fruit  
Salad

Ginger Sponge &  
Custard  
or Fresh Fruit Salad



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Main

Seasonal  
Veg/Salad

Something  
Different

Dessert



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## Tuck in Monday

Main

Creamy Cajun Chicken served with Rice

Creamy Cajun Quorn with Rice

Seasonal Veg/Salad

Vegetable Medley

Something Different

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Dessert

Flapjack & Raisins  
Or Fresh Fruit Salad

## Pizza Tuesday

Pork Meatballs Supreme Pizza Served with Chips

Margherita Pizza Served with Chips

Carrot Sticks and Cherry Tomatoes Crispy Fresh Salad

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Jelly & Fruit  
or Fresh Fruit Salad

## Carvery Wednesday

Roast Chicken with Gravy

Vegan Roast with Gravy

Served with Creamy Potatoes & Yorkshire Pudding

Crunchy Carrots & Broccoli Trees

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Lemon Drizzle sponge & Milk  
or Fresh Fruit Salad

## Around the world Thursday

Keema Curry, Rice & Flatbread

Korean Quorn Flat Bread with Rice salad & mint yoghurt dressing

Sunshine Sweetcorn or Crispy Fresh Salad

Jacket Potato with Cheese or Tuna with Crispy Fresh Salad

Shortbread Biscuit & Milk  
or Fresh Fruit Salad

## Fishy Feast Friday

Breaded Fish Portion

Fishless Fingers

Served with Mashed Potatoes & Tomato Sauce

Power Peas or Fresh Salad

Jacket Potato with Cheese or Beans or Tuna with Crispy Fresh Salad

Chocolate Sponge & Custard  
or Fresh Fruit Salad

