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 Bronze 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

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. More details about British Food Fortnight are coming soon!

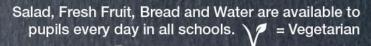


Week: 1

Date: Sept 4th & 25^{th,} Oct 16^{th,} Nov 20th

Dec 11^{th,} Jan 15th Feb 5th

Main



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

FOOD

Stanstead

Monday

Tuesday

Wednesday

Thursday

Friday



<u>Italian Veggie Meatballs</u> <u>with Tagliatelle</u> Broccoli Fish Fingers
Chips & Peas

Roast Chicken & Stuffing with gravy Boiled Potatoes Vegetable Medley Mince Beef Pie Mashed Potato & gravy. Carrots

Cheese & Tomato
Pizza
Potato Wedges
Carrot Sticks or
Sweetcorn



Jacket Potato & Beans & Cheese

Fishless Finger wrap with Chips & Peas

Quorn Roast Boiled Potatoes Vegetable Medlev

Cheese & Tomato

Medley

Panini with Vegetable

Veggie Sausage Mashed Potato & gravy, Carrots Pasta with Arrabiata sauce topped with grated Cheese Baguette slice Carrot Sticks or Sweetcorn



Chocolate Muffin Milk Fresh Fruit Salad Fruit Muffin Milk

Fresh Fruit Salad

Angel Mousse & fruit

Fresh Fruit Salad

Oaty Lemon Slice

Custard

Fresh Fruit Salad

Shortbread Cookie

Fresh Fruit Salad







Week: 2 Date: Sept 11th, Oct 2nd, Nov 6th & 27th Dec 18th -Jan 5th, Jan 22nd For Allergen information please ask a member of the catering team.





Monday

Tuesday

Wednesday

Stanstead

Thursday

Friday



Jacket Potato
Baked Beans
Cheese
Served with salad

Fish portion Chips Peas

Roast Beef & Yorkshire Gravy Mashed Potatoes Vegetable Medley Sausage & Gravy Mashed Potato Sweetcorn

Cheese & Tomato
Pizza Potato
Wedges
Carrot Sticks or
Sweetcorn

Cheese Snack
Baked Beans
Boiled or Mashed
Potatoes
Salad

Quorn Burrito Chips Peas

Quorn Roast & Yorkshire Pudding Mashed Potatoes Vegetable Medley

Cheese & Tomato

Veggie Mince Roll
Gravy
Mashed Potato
Sweetcorn

Pasta with Tomato
& Basil sauce
topped with grated
Cheese
Baguette Slice
Carrots

Flapjack Raisins

Chocolate Brownie Milk

Banana loaf

Panini

Coleslaw

Ice Cream & Fruit

Jacket Potato with

Tuna Mayo

Salad

Oaty Apricot cookie

Fresh Fruit Salad



Dessert

Main



Week: 3 Date: Sept 18th, October 9th, Nov 13th, Dec 4th, Jan 8th & 29th



Stanstead

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



Smokey BBQ Quorn Jacket Potato Hedgehog Carrots

Fish fingers Mashed Potatoes **Baked Beans**

Roast Pork Stuffing & gravy Roast Potatoes Vegetable Medley Chicken Fried Rice Carrots & Peas

Cheese & Tomato Pizza Potato Wedges Carrot Sticks or salad

Jacket potato with Cheese & Salad

Veggie Sausage **Mashed Potatoes Baked Beans**

Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley Veggie Lasagne **Baquette Slice** Carrots & Peas

Pasta with Tomato & Mascarpone Sauce, **Baguette Slice** Carrot Sticks or salad

Cheese & Tomato Panini Vegetables

Jacket potato & Tuna Mayonnaise Salad

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Apple Muffin

Chocolate Crunchies Milk

Fruit yoghurt & Shortbread round

Fruits of the Forest Crumble with Custard

Cornflake Tart

Fresh Fruit Salad



essert

Main