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:

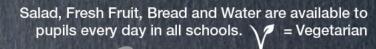
- Our food is sourced locally
- Our meat is Red Tractor assured, meaning it's safe and produced locally
- Our fish is certified by the Marine Stewardship Council
- Our meals are healthy, nutritious, balanced and also low in fat, sugar and salt



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 & 25th, Oct 16th, Nov 20th Dec 11th, Jan 15th Feb 5th



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



Monday

Sweet Potato Curry with Rice, Flatbread & Yoghurt dip

Italian Veggie Meatballs with Tagliatelle Broccoli

Jacket Potato & Beans & Cheese

Tuesday

Ham & Sweetcorn Pizza Carrot Sticks or Sweetcorn

Cheese & Tomato Pizza Carrot Sticks or Sweetcorn

Pasta with Arrabiata sauce topped with grated Cheese Baguette slice Carrot Sticks or

Sweetcorn

Shortbread Cookie

Fresh Fruit Salad

Wednesday

Walter Halls

Roast Chicken & Stuffing with gravy **Roast Potatoes** Vegetable Medley

Cheese & Onion Flan **Roast Potatoes** Vegetable Medley

Cheese & Tomato Panini with Vegetable Medley

Tuna Pasta Bake Carrots

Thursday

Mince Beef Pie

gravy, Carrots

Mashed Potato &

Veggie Sausage

Mashed potato &

gravy, Carrots

Salmon Fish Cakes Chips & Peas

Friday

Fishless finger wrap with Chips & Peas

Jacket Potato with Cheese & Coleslaw

Chocolate Muffin Milk

Fresh Fruit Salad

Angel Mousse & Fruit

Fresh Fruit Salad

Oaty Lemon Slice Custard

Fresh Fruit Salad

Fruit Muffin

Milk

Fresh Fruit Salad



Main





Week: 2 Date: Sept 11th, Oct 2nd, Nov 6th & 27th Dec 18th -Jan 5th, Jan 22nd

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.

Friday



Walter Halls

Monday

Jacket Potato & fillings

Veggie Chilli or **Baked Beans** Cheese Served with salad

Cheese Snack **Baked Beans** Boiled or Mashed Potatoes Salad

Flapjack Raisins

Fresh Fruit Salad

Tuesday

Chicken & Vegetable Rice Jollof

Carrots

Cheese & Tomato Pizza Carrot Sticks or Sweetcorn Cob

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

Oaty Apricot cookie

Fresh Fruit Salad

Wednesday

Roast Beef & Yorkshire Pudding Mashed Potatoes,

Gravy Vegetable Medley

Spiced Vegetable pasties served with Raita-yoghurt dip Mashed Potatoes Vegetable Medley

Cheese & Tomato Panini Coleslaw

Banana loaf

Fresh Fruit Salad

Thursday

Veggie Mince Roll

Jacket Potato with

Ice Cream & Fruit

Fresh Fruit Salad

Potato Wedges

Sweetcorn

Tuna Mayo

Salad

Gravy

Sausage & Gravy Potato Wedges Sweetcorn

Fish Portion Chips Peas



Quorn Burrito Chips Peas

Macaroni cheese **Baguette Slice** Peas

Chocolate Brownie

Milk

Fresh Fruit Salad







Main



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



Walter Halls

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





Monday

Tuesday

Wednesday

Thursday

Friday



Veggie Enchiladas Jacket Potato Hedgehog Carrots Beef Chilli with Rice Yoghurt Carrot Sticks and salad Roast Pork Stuffing & Gravy Roast Potatoes Vegetable Medley Chicken Fried Rice Carrots & Peas

Fish fingers Chips Baked Beans

Smokey BBQ Quorn Jacket Potato Hedgehog Carrots Cheese & Tomato Pizza Carrot Sticks and

salad

Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley Veggie Lasagne Baguette Slice Carrots & Peas Veggie Sausage

Chips

Baked Beans

Jacket potato with Cheese & Salad

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

auce, Cheese & Tomato
Panini
nd Vegetables

Jacket potato & Tuna Mayonnaise Salad

Sausage Chips Baked Beans

Apple Muffin

Cornflake Tart

Fruit yoghurt

Fruits of the Forest Crumble with Custard Chocolate Crunchies Milk

Fresh Fruit Salad



Main



