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: 19th February, 11th March, 15th April, 6th May 3rd June, 24th June, 15th 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.









Sausage, Mashed Potatoes, Baked Beans

Veggie Sausage. Mashed Potatoes,

Cheese Sub Roll with Salad

Baked Beans

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Tuesday

Cheese & Tomato Pizza. Diced Potatoes Carrot Sticks or Sweetcorn

Tomato & Basil Pasta with Baquette Slice & Salad

Ham Sandwich with Salad

Shortbread Cookie

Fresh Fruit Salad

Wednesday

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

Quorn Roast & Stuffing with gravy

New Potatoes Vegetable Medley

Cheese & Tomato Panini with Salad

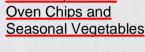
Ice Cream with Fruit

Fresh Fruit Salad

Thursday

Beef Bolognaise with Baguette Slice & Seasonal Vegetables

Fish Fingers with Oven Chips and



Friday

Veggie Bolognaise Veggie Fajita Wrap with Baquette Slice & with Oven Chips and Seasonal Vegetables Seasonal Vegetables

Jacket Potato with Cheese Sandwich Tuna & Salad with Salad

Flapjack with Raisins Milk

Fresh Fruit Salad

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad







Week: 2 Date: 26th February, 18th March, 22nd April, 13th May,

10th June, 1st July, 22nd July

Main



Cantrell Primary

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



BBQ Chicken with Rice & Seasonal Vegetables

Beef Cottage Pie served with Gravv and Seasonal Vegetables

Roast Beef & Yorkshire Pudding Mashed Potatoes, Gravv Vegetable Medlev

Homemade Sausage Roll served with New Potatoes & Baked Beans

Fish Portion Oven Chips with Seasonal Vegetables

Cheese & Onion Roll & Seasonal Vegetables

Cheese & Tomato Pizza. served with Diced **Potatoes** Sweetcorn Cob or Seasonal Vegetables

Quorn Roast & Yorkshire Pudding with gravy Mashed Potatoes Vegetable Medley

Veggie Sausage with New Potatoes & **Baked Beans**

Veggie Balls served with Oven Chips, Gravy & Seasonal Vegetables

Tuna Sandwich with Salad

Tomato & Basil Pasta served with Baquette Slice & Seasonal Vegetables

Cheese & Tomato Panini served with Salad

Jacket Potato served with Baked Beans & Cheese

Macaroni Cheese served with Baquette Slice & Seasonal Vegetables

Oaty Cookie

Jelly & Fruit

Marble Cake

Apple Crumble Muffin Milk

Chocolate Brownie

Fresh Fruit Salad







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



Cantrell Primary

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools. \nearrow = Vegetarian

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







Tuesday

Wednesday

Thursday

Friday



Chicken Kebab with
Rice, Flatbread, Yoghurt
Dip & Seasonal
Vegetables

Cheese & Tomato
Pizza, Diced Potatoes
& Sweetcorn

Roast Pork
Stuffing & Gravy
Mashed Potatoes
Vegetable Medley

All Day Breakfast with Baked Beans & Bread & butter

Salmon Fish Cake with Chips & Seasonal Vegetables

Cheese Snack served with New Potatoes & Seasonal Vegetables

Mexican Veggie
Sausage Pasta served
with Baguette Slice &
Salad

Quorn Roast Stuffing & Gravy Mashed Potatoes Vegetable Medley Veggie All Day Breakfast with Baked Beans & Bread & butter

Spiced Vegetable
Pasty served with
Oven Chips
Yoghurt Dip &
Seasonal Vegetables

Ham Sandwich with Salad

Jacket Potato with Tuna & Sweetcorn

Cheese & Tomato Panini served with Salad Tomato & Basil Pasta served with Baguette Slice & Salad

Cheese Sub Roll with Salad

Angel Delight with Fruit

Sticky Toffee Pudding & Custard

Jam Crumble Bar Milk Lemon Drizzle Cup Cake Milk

Chocolate Orange Cookie

Fresh Fruit Salad



Main



