

# 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

## 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

Sausage, Mashed Potatoes, Baked Beans

Veggie Sausage, Mashed Potatoes, Baked Beans

Cheese Sub Roll with Salad

Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

### Tuesday

Cheese & Tomato Pizza, Diced Potatoes Carrot Sticks or Sweetcorn

Tomato & Basil Pasta with Baguette 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 Bolognese with Baguette Slice & Seasonal Vegetables

Veggie Bolognese with Baguette Slice & Seasonal Vegetables

Jacket Potato with Tuna & Salad

Flapjack with Raisins Milk

Fresh Fruit Salad

### Friday

Fish Fingers with Oven Chips and Seasonal Vegetables

Veggie Fajita Wrap with Oven Chips and Seasonal Vegetables

Cheese Sandwich with Salad

Chocolate Shortbread Slice with Milk

Fresh Fruit Salad

Main


Dessert





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

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### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

BBQ Chicken with Rice & Seasonal Vegetables

Beef Cottage Pie served with Gravy and Seasonal Vegetables

Roast Beef & Yorkshire Pudding  
Mashed Potatoes.  
Gravy  
Vegetable Medley

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 Baguette Slice & Seasonal Vegetables

Cheese & Tomato Panini served with Salad

Jacket Potato served with Baked Beans & Cheese

Macaroni Cheese served with Baguette Slice & Seasonal Vegetables

Oaty Cookie

Jelly & Fruit

Marble Cake

Apple Crumble Muffin Milk

Chocolate Brownie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Main


Dessert





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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Main

Dessert

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken Kebab with Rice. Flatbread. Yoghurt Dip &amp; Seasonal Vegetables</u>	<u>Cheese &amp; Tomato Pizza. Diced Potatoes &amp; Sweetcorn</u>	<u>Roast Pork Stuffing &amp; Gravy Mashed Potatoes Vegetable Medley</u>	<u>All Day Breakfast with Baked Beans &amp; Bread &amp; butter</u>	<u>Salmon Fish Cake with Chips &amp; Seasonal Vegetables</u>
<u>Cheese Snack served with New Potatoes &amp; Seasonal Vegetables</u>	<u>Mexican Veggie Sausage Pasta served with Baguette Slice &amp; Salad</u>	<u>Quorn Roast Stuffing &amp; Gravy Mashed Potatoes Vegetable Medley</u>	<u>Veggie All Day Breakfast with Baked Beans &amp; Bread &amp; butter</u>	<u>Spiced Vegetable Pasty served with Oven Chips Yoghurt Dip &amp; Seasonal Vegetables</u>
<u>Ham Sandwich with Salad</u>	<u>Jacket Potato with Tuna &amp; Sweetcorn</u>	<u>Cheese &amp; Tomato Panini served with Salad</u>	<u>Tomato &amp; Basil Pasta served with Baguette Slice &amp; Salad</u>	<u>Cheese Sub Roll with Salad</u>
Angel Delight with Fruit	Sticky Toffee Pudding & Custard	Jam Crumble Bar Milk	Lemon Drizzle Cup Cake Milk	Chocolate Orange Cookie
Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad

