

# About your child's school meals

Your child's school meals are provided by Eat Culture Catering.

## Healthy Eating

When your child has a school meal, you can rest assured they are eating a healthy nutritious meal, cooked from scratch, which will fill them up for the rest of the school day. Meat and Vegetarian options are available daily.

## Dietary requirements and allergens

Dietary menus are available for children with dietary requirements (with up to date medical letter).

## Our menus

Our menus operate on a three-week cycle and provide up to three choices per day. They change twice per year to reflect seasonal fruit and vegetables

## More Information

For more information about our services and menus please visit [www.eatculture.co.uk/parents](http://www.eatculture.co.uk/parents)

## Our food

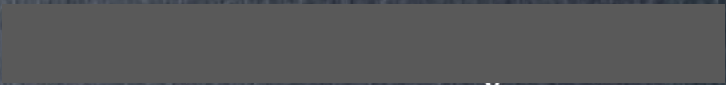
We are proud of the food we serve to all children.

Our Food for Life Silver accreditation means that:

- Food is sourced locally
- Meat is Red Tractor assured, meaning its traceable, safe and produced locally
- Fish is certified by the Marine Stewardship Council
- We use quality ingredients from reliable sources
- We offer healthy, nutritious, balanced meals which are low in fat, sugar and salt.
- We use Organic potatoes, pasta and eggs on our menus



Week: 1  
 Date: 1st Sept, 14<sup>th</sup> Sept, 28<sup>th</sup> Sept,  
 12<sup>th</sup> Oct, 9<sup>th</sup> Nov, 23<sup>rd</sup> Nov,  
 7<sup>th</sup> Dec, 4<sup>th</sup> Jan, 18<sup>th</sup> Jan,  
 1<sup>st</sup> Feb



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



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Tuna Baguette

Chicken Mayo Baguette

Cheese Sandwich

Ham Sandwich

Tuna Baguette

✓ Cheese Sandwich

✓ Cheese Baguette

✓ Egg Mayo Sandwich

✓ Tomato & Basil Pasta Pot

✓ Cheese & Tomato Pizza

Crisps

Crudités

Crisps

Crudités

Crisps

**Dessert**

Flapjack & Fruit

Oaty Cookies & Fruit

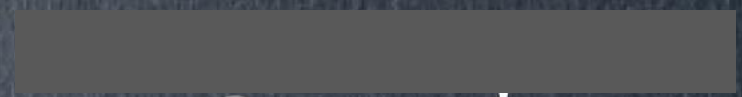
Chocolate Orange Muffin & Fruit

Shortbread Biscuit & Fruit

Chocolate Brownie & Fruit



Week: 2  
 Date: 7<sup>th</sup> Sept, 21<sup>st</sup> Sept, 5<sup>th</sup> Oct,  
 2<sup>nd</sup> Nov, 16<sup>th</sup> Nov, 30<sup>th</sup> Nov,  
 14<sup>th</sup> Dec, 11<sup>th</sup> Jan, 25<sup>th</sup> Jan,  
 8<sup>th</sup> Feb



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



	Monday	Tuesday	Wednesday	Thursday	Friday
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	Cheese and Ham Panini	Chicken Wrap	Tuna Baguette	Ham Sandwich	Tuna Sandwich
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✓	Cheese & Tomato Panini	✓ Cheese Baguette	✓ Egg Mayo Sandwich	✓ Tomato & Basil Pasta Pot	✓ Cheese & Tomato Pizza
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	Crudités	Crudités	Crisps	Crudités	Crisps
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	Chocolate Crunchies & Fruit	Shortbread Cookie & Fruit	Flapjack & Fruit	Apple Muffin & Fruit	Oaty Cookie & Fruit
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Main

Dessert

