

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 Gold & Silver 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 use free range eggs, organic potatoes and pasta




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. The Love British Food logos on the menu are next to just a few of the meals with British ingredients.

Week: 1

Date: 5th September, 26th September,
31st October, 21st November, 12th December,
16th January, 6th February

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.



Cantrell


Monday


Tuesday


Wednesday


Thursday

Friday


 Veggie Stew & Dumplings served with Gravy, Mashed Potato and Minted Peas or Carrots


 Chicken & Tomato Pasta Bake served with Baguette Slice and Sweetcorn



 Roast Pork & Stuffing, Gravy served with Organic Roast Potato & Fresh Vegetable Medley



 Beef Spaghetti Bolognaise served with Baguette Slice & Peas


MSC Salmon Cakes served with Oven Chips, Tomato Sauce and Baked Beans


 Veggie Balls served with Mashed Potato, Gravy and Minted Peas or Carrots

 Macaroni & Cheese served with Baguette Slice and Broccoli


  Quorn Roast, stuffing & Gravy served with Organic Roast Potato & Fresh Vegetable Medley

  Quorn Cottage Pie with Gravy and Peas

 Cheese & Tomato Pizza served with Oven Chips & Sweetcorn

 Tomato & Basil Pasta served with Baguette Slice and Peas or Carrots

Jacket Potato served with Tuna Mayonnaise and Sweetcorn

 Cheese Panini served with Mixed Salad

Tuna Salad Wrap served with Carrot sticks & Cherry Tomatoes

Jacket Potato with Tuna Mayonnaise, served with Baked Beans

Angel Mousse Biscuit Dessert

Orange Muffin

Lemon & Apricot Cookie

Pear & Ginger Sponge & Custard

Marble Cake

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org'




Main

Dessert



Week: 2
 Date: 12th September, 3rd October, 7th
 November, 28th November, 19th December & 5th
 January, 23rd January

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.

Cantrell

Monday

Tuesday


Wednesday


Thursday


Friday




Main


 Tomato Mascarpone Pasta served with Baguette Slice & Carrots


 Chicken Korma Curry served with Flatbread, Rice and Sweetcorn


 Roast Turkey served with Gravy, Yorkshire Pudding and Organic Roast Potatoes & Fresh Vegetable Medley


 Homemade Sausage Roll served with Mashed Potatoes & Baked Beans


MSC Fish served with Oven Chips, Peas

 Savoury Homemade Pie with Gravy, Mashed Potatoes and Carrots


 Mexican Veggie Sausage Pasta served with Baguette Slice & Peas


 Quorn Roast Yorkshire Pudding With Gravy served with Organic Roast Potatoes and Fresh Vegetable Medley


 Cheese & Tomato Snack served with Mashed Potatoes & Baked Beans


 Cheese & Tomato Pizza served with Oven Chips & Peas

Jacket Potato served with Tuna Mayonnaise & Mixed Salad

 Tomato & Basil Pasta served with Flatbread and Mixed Salad

 Cheese & Tomato Panini served with Mixed Salad

 Jacket Potato & Tuna Mayonnaise, served with Baked Beans

 Fajita Quorn Wrap with Oven Chips and Peas

Dessert

Lemon Shortbread Slice & Custard

Jelly & Fruit

Cornflake Flapjack Milk

Fruit Sponge with Custard

Bakewell Muffin Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad


Fresh Fruit Salad



MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org'



Week: 3
 Date: 19th September, 10th October,
 14th November, 5th December, 9th
 January, 30th January


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.




Cantrell

Monday

 Potato & Chickpea Curry served with Flatbread Bread. Rice & Carrots


 Veggie Ball Pasta with tomato & Basil sauce served with Baguette Slice & Carrots


 Jacket Potato served with Cheese & Coleslaw


Peach Yoghurt Flapjack Desert

Fresh Fruit Salad

Tuesday

 Tandoori Chicken served with Rice and Sweetcorn


 Veggie Bean Wrap served with Rice and Sweetcorn



 Tomato & Basil Pasta served with Baguette Slice and Sweetcorn

Iced Mandarin Sponge & Custard

Fresh Fruit Salad

Wednesday

 Roast Chicken served with Gravy, Stuffing and Organic Roast Potatoes & Fresh Vegetable Medley


  Quorn Roast served with Gravy, Stuffing and Organic Roast Potatoes & Fresh Vegetable Medley


Tuna & Cheese Panini served with Mixed Salad


Oaty Cookie Milk

Fresh Fruit Salad

Thursday

 Pork Sausage and Yorkshire Pudding and Onion Gravy. Mashed Potato & Peas

 Veggie Sausage and Yorkshire Pudding with Onion gravy, Mashed Potato & Peas


 Tomato & Basil Pasta served with Baguette Slice and Mixed Salad


Chocolate Sponge & Chocolate Custard

Fresh Fruit Salad

Friday

MSC Fish Fingers served with Oven Chips and Baked Beans

 Cheese & Tomato Pizza served with Oven Chips & Baked Beans

 Jacket Potato & Cheese, served with Baked Beans

Chocolate Krispie Cake

Fresh Fruit Salad



Main

Dessert



MSC-C-54995 'Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org'



Love
British
Food
2022

