# About your children's School Meals

We are Nottingham Catering Eat Culture - Education, 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 <a href="https://www.gov.uk/apply-free-school-meals">www.gov.uk/apply-free-school-meals</a>

### Our Food

Our food has Food for Life accreditation showing that:

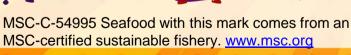
- · Our food is sourced locally
- Our meat is Red Tractor assured, meaning it's safe and produced locally
- Our fish is certified by the Marine Stewardship Council
- Our meals are healthy, nutritious, balanced, and also low in fat and sugar

## **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. To register a special diet form please complete at the below.

https://forms.office.com/e/nEYJUzbEZt?origin=lprLink











Week: 1 Date: 2nd Sept. 22nd Sept. 13th Oct. 17th Nov. 8th Dec.12th Jan. 2nd Feb.

**Forest Town** 

Salad, fresh fruit, bread and water are available to pupils every day in all schools. For allergen information please ask a member of the catering team.



Tuck In Tuesday

Roastv **Toastv Feast** Wednesday

Roast Turkey with Gravy or Quorn Roast with Gravy Served with Cloudy Mash Mountains &

Slice

Crunchy Carrots or Crispy Fresh Salad

Jacket Potato with

Jelly and Fruit



Fish Fingers or Fishless Fingers

Served with Crispy Oven Chips & Tomato Sauce

Power Peas or Crispy Fresh Salad

Ham or Cheese Sandwich served with

**Around** the World **Thursday** 

> Beef Spaghetti Bolognaise or Magic Macaroni Cheese

Served with Baquette

choice of filling (Cheese / Tuna)

Crispy Fresh Salad

Main

/eg/Salad

Meat Feast Pizza or Cheese and Tom Pizza

**Monday** 

Served with Garlic **Bread & Coleslaw** 

Crunchy Carrot and Cucumber Batons or Crispy Fresh Salad

Jacket Potato with

choice of filling

(Cheese / Tuna)

Baked Beans or Fresh Salad

Hot Dog or

Wedges

Vegaie Hot Dog

Served with Potato

Veggie Meatball Pasta Served with Baquette Slice & Crispy Fresh Salad

Cheese and Tomato Panini Served with Crispy Fresh Salad

Yorkshire Pudding

Crunchy Carrots /

Broccoli Trees

Chocolate Crispy Cakes Or Fresh Fruit Salad

Jam Drop Biscuit with Milk Or Fresh Fruit Salad Apple Muffin Or Fresh Fruit Salad Or Fresh Fruit Salad

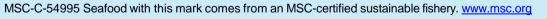
Marble Cake & Custard Or Fresh Fruit Salad



Something Different











Week: 2 Date: 8th Sept.29th Sept.3rd Nov. 24th Nov.16th Dec.19th Jan. 9th Feb.

Pizza

Salad



Salad, fresh fruit, bread and water are available to pupils every day in all schools. For allergen information please ask a member of the catering team.



Gravy

## **Forest Town**



Tuck In

Tuesday

**Beef Burger** 

**Potatoes** 

Baked Beans /

or Crispy Fresh

Salad

or Vegaie Burger

Served with Diced

Roastv **Toastv Feast** Wednesday

Roast Pork with Gravv

or Quorn Roast with

Served with Cloudy

Mash Mountains

Yorkshire Pudding

**Crunchy Carrots** 

/ Broccoli Trees

Chicken Curry served with flatbread & Rice

Veggie Mexican Fiesta Wraps Served with Rice

**Around the** 

World

**Thursday** 

Sunshine Sweetcorn or Crispy Fresh Salad

Jacket Potato with choice of filling (Cheese / Tuna)

Sandwich served with Crispy Fresh Salad

**Fish Friday** 

Salmon Fish **Fingers** or Fishless Fingers Served with Crispy Oven Chips & Tomato Sauce

Power Peas or Crispy Fresh Salad

Ham or Cheese

Something Different

Seasonal Veg/Salad

Jacket Potato with choice of filling (Cheese / Tuna)

BBQ Chicken Pizza

or Cheese and Tom

Served with Garlic

**Bread & Coleslaw** 

Carrot and Cucumber

Batons or Crispy Fresh

Mascarpone Pasta Served with Baquette Sliced & Crispy Fresh Salad

Cheese and Tomato Panini Served with Crispy Fresh Salad

**Iced Mandarin** 

Sponge & Milk Or Fresh Fruit Salad

Iced Carrot and Milk



Dessert

**Oaty Cookies** Or Fresh Fruit Salad

Corn Flake Tart & Custard Or Fresh Fruit Salad

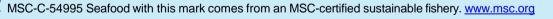
Chocolate Shortbread or Fresh Fruit Salad



Pineapple Muffin and Or Fresh Fruit Salad









Week: 3 Date: 15th Sept.6th Oct. 10th Nov. 1st Dec. 5th Jan. 26th Jan.

Roastv

**Toastv Feast** 

Wednesday

Roast Chicken with

Sausage with Gravy

Served with Cloudy

Mash Mountains

**Crunchy Carrots** 

/ Broccoli Trees

Yorkshire Pudding

Gravv or Veggie

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## **Forest Town**



Main

### Pizza Monday

Ham Pizza or Cheese and Tomato Pizza

Served with Garlic **Bread and Coleslaw** 

Carrot and Cucumber Batons or Crispy Fresh Salad

Tomato and Basil Pasta Served **Baquette Slice** 

> Ice Cream & Fruit Or Fresh Fruit

Chocolate & Orange Cookie Or Fresh Fruit Salad

**Bakewell Muffin** & Milk Or Fresh Fruit Salad

**Fish Friday** 

Breaded Fish Portion or Fishless Fingers

Served with Crispy Oven Chips & Tomato Sauce

Power Peas or Fresh Salad

Ham or Cheese Sandwich served with

Homemade Pork Sausage Roll or Cheese Snack

Tuck In

**Tuesday** 

Served with Potato Wedges

Baked Beans or Crispy Fresh Salad

Jacket Potato

Beans)

Salad

with choice of filling

(Cheese / Tuna/

Cheese and Tomato Panini Served With Crispy Fresh Salad

Pizza Pasta Served With Baquette & Crispy Fresh Salad

Around the

World

**Thursday** 

BBQ Chicken or

BBQ Quorn

Served with

Flatbread & Rice

Sunshine Sweetcorn

or Crispy Fresh

Salad

Crispy Fresh Salad

Dessert

Something

Different

Flapjack and Raisins Or Fresh Fruit Salad

Chocolate Fudge Pudding & Custard Or Fresh Fruit Salad





