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. \ 7 = Vegetarian

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









Dessert



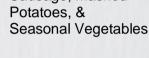


Tuesday

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

Wednesday

Sausage, Mashed



Thursday

Fish Fingers with Oven Chips and Seasonal Vegetables

Friday

Veggie Meatballs served with Gravy. Mashed Potatoes and **Baked Beans**

Veggie Pasta Bolognaise with Baquette Slice & Seasonal Vegetables Quorn Roast & Stuffing with gravy Roast Potatoes Vegetable Medley

Halal Roast Chicken & Stuffing with gravy Roast Potatoes Vegetable Medley

Veggie Sausage, Mashed Potatoes, Seasonal Vegetables

Cheese & Tomato Pizza, Oven chips Seasonal vegetables

Chocolate Sponge & Chocolate Custard

Shortbread Cookie

Ice Cream with Fruit

Flapjack with Raisins Milk

Chocolate Shortbread Slice

Fresh Fruit Salad







Week: 2 Date: 26th February, 18th March, 22nd April, 13th May, 10th June, 1st July, 22nd July

Fernwood 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.











Dessert



Monday



Oaty Cookie

Fresh Fruit Salad

Tuesday

BBQ Chicken with 1/2 Jacket Potato & Seasonal Vegetables

Veggie Mince Cottage Pie served with Gravy Seasonal Vegetables

Halal BBQ Chicken 1/2 Jacket Potato & Seasonal Vegetables

Jelly & Fruit

Fresh Fruit Salad

Wednesday

Roast Pork & Yorkshire Puddina Mashed Potatoes, Gravy Vegetable Medley

Quorn Roast & Yorkshire Pudding with Gravy Mashed Potatoes Vegetable Medley

Halal Roast Chicken & Yorkshire Pudding Gravy

Mashed Potatoes Vegetable Medley

Marble Cake

Fresh Fruit Salad

Thursday

Homemade Sausage Roll served with Potato Wedges & Seasonal Vegetables

Veggie Sausage with Potato Wedges & Seasonal Vegetables

Apple Crumble Muffin Milk/Custard

Fresh Fruit Salad

Friday

Fish Fingers Oven Chips with

Peas

Cheese & Tomato Pizza. Oven Chips with

Peas

Chocolate Brownie

Fresh Fruit Salad







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



Fernwood 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.





Monday

Tuesday

Wednesday

Thursday

Friday



Tomato & Basil Pasta served with Baguette Slice & Salad Chicken Kebabs with Rice, Flatbread, Yoghurt Dip Salad Roast Chicken Stuffing & Gravy Roast Potatoes Vegetable Medley Sausage, Mashed Potatoes, & Gravy Seasonal Vegetables

Fish Fingers Oven Chips with Peas

Macaroni Cheese served with Baguette Slice & Seasonal Vegetables

Quorn curry served with Rice, Flatbread & Seasonal Vegetables Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley Veggie Sausage, Mashed Potatoes, Seasonal Vegetables

Cheese & Tomato Pizza, Oven Chips &

Halal Chicken Kebab with Rice, Flatbread, Yoghurt Dip & Salad Halal Roast Chicken Stuffing & Gravy Roast Potatoes Vegetable Medley Peas

Dessert

Main

Jam Crumble Bar

Fresh Fruit Salad

Sticky Toffee Pudding & Custard

Fresh Fruit Salad

Ice Cream with Fruit

Fresh Fruit Salad

Lemon Drizzle Cup

Cake Milk

Fresh Fruit Salad

Chocolate Orange Cookie

Fresh Fruit Salad



