

# 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 Bronze 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




## 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. More details about British Food Fortnight are coming soon!



Week: 1  
Date: Sept 4<sup>th</sup> & 25<sup>th</sup>, Oct 16<sup>th</sup>, Nov 13<sup>th</sup> Dec  
4<sup>th</sup> Jan 8<sup>th</sup> & 29<sup>th</sup>

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.



## Asterdale

### Monday

Italian Meatballs with Tagliatelle Broccoli

Italian Veggie Meatballs with Tagliatelle Broccoli

Jacket Potato & Beans & Cheese

Cheese Sandwich served with Carrot Sticks & Cherry Tomatoes

Chocolate Muffin Milk

Fresh Fruit Salad

### Tuesday

Ham & Sweetcorn Pizza  
Potato Wedges  
Carrot Sticks or Sweetcorn

Cheese & Tomato Pizza  
Potato Wedges  
Carrot Sticks or Sweetcorn

Pasta with Tomato & Basil sauce topped with grated Cheese  
Baguette slice  
Carrot Sticks or Sweetcorn

Tuna mayo Sandwich served with Carrot & Cucumber Sticks

Shortbread Cookie

Fresh Fruit Salad

### Wednesday

Roast Chicken & Stuffing with gravy  
Mashed Potatoes  
Vegetable Medley

Cheese & onion Flan  
Mashed Potatoes  
Vegetable Medley

Cheese & Tomato Panini with Salad

Cheese Spread Sandwich served with Mixed Salad

Angel Mousse & fruit

Fresh Fruit Salad

### Thursday

Sausage  
Mashed Potato & gravy. Carrots

Veggie Sausage  
Mashed potato & gravy. Carrots

Tuna Pasta Bake  
Carrots

Cheese Sandwich served with Mixed Salad

Oaty Lemon Slice Custard

Fresh Fruit Salad

### Friday

Fish Fingers  
Chips & Peas

Fishless Finger wrap with Chips & Peas

Jacket Potato with Cheese & Coleslaw

Ham sandwich served with Mixed Salad

Fruit Muffin Milk

Fresh Fruit Salad




Main

Dessert





Week: 2  
Date: Sept 11<sup>th</sup>, Oct 2<sup>nd</sup> & 23<sup>rd</sup>, Nov 20<sup>th</sup>,  
Dec 11<sup>th</sup> Jan 15<sup>th</sup> Feb 5<sup>th</sup>

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## Asterdale

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Jacket Potato  
Veggie Chilli  
Served with salad

Ham & Sweetcorn Pizza  
Potato Wedges  
Carrot Sticks or  
Sweetcorn Cob

Roast Beef & Yorkshire  
Pudding  
Gravy  
Mashed Potatoes  
Vegetable Medley

Sausage & Gravy  
Mashed Potatoes  
Sweetcorn

Fish portion  
Chips  
Peas

Jacket Potato  
Baked Beans &  
Cheese  
Salad

Cheese & Tomato Pizza  
Potato Wedges  
Carrot Sticks or  
Sweetcorn Cob

Quorn Roast  
Mashed Potatoes  
Vegetable Medley

Veggie Mince Roll  
Gravy  
Mashed Potatoes  
Sweetcorn

Quorn Burrito  
Chips  
Peas

Cheese Snack  
Baked Beans  
Salad

Pasta with Tomato &  
Basil sauce topped with  
grated Cheese  
Baguette Slice  
Carrots

Cheese & Tomato  
Panini  
Coleslaw

Jacket Potato with  
Tuna Mayo  
Salad

Pasta with Tomato &  
Basil sauce topped with  
grated Cheese  
Baguette Slice  
Peas

Tuna mayo Sandwich  
served with Salad

Egg mayonnaise  
Sandwich served with  
Carrot & Cucumber Sticks

Ham sandwich served  
with Mixed Salad

Cheese Sandwich  
served with Mixed  
Salad

Cheese Spread  
Sandwich served with  
Mixed Salad

Flapjack  
Raisins

Chocolate Brownie

Banana loaf

Ice Cream & Fruit

Oaty Apricot cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




Main

Dessert





Week: 3  
Date: Sept 18<sup>th</sup>, Oct 9<sup>th</sup>, Nov 6<sup>th</sup> & 27<sup>th</sup> Dec 18<sup>th</sup>  
Jan 22<sup>nd</sup> Feb 12<sup>th</sup>

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## Asterdale

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Main

Smokey BBQ Chicken  
Jacket Potato Hedgehog  
Carrots

Ham & Sweetcorn Pizza  
Potato Wedges  
Carrot Sticks or Salad

Roast Pork  
Stuffing & Gravy  
Mashed Potatoes  
Vegetable Medley

Chicken Fried Rice  
Carrots & Peas

Salmon Fish Cakes  
Chips  
Baked Beans

Smokey BBQ Quorn  
Jacket Potato Hedgehog  
Carrots

Cheese & Tomato Pizza  
Potato Wedges  
Carrot Sticks and salad

Quorn Roast  
Stuffing & Gravy  
Mashed Potatoes  
Vegetable Medley

Macaroni Cheese  
Baguette Slice  
Carrots & Peas

Veggie Sausage  
Chips  
Baked Beans

Jacket potato with  
Cheese & Salad

Pasta with Tomato &  
Mascarpone Sauce,  
Baguette Slice  
Carrot Sticks and salad

Cheese & Tomato  
Panini  
Vegetables

Jacket potato & Tuna  
Mayonnaise  
Salad

Sausage  
Chips  
Baked Beans

Cheese Sandwich  
served with Mixed Salad

Tuna mayo Sandwich  
served with Carrot &  
Cucumber Sticks

Cheese Spread  
Sandwich served with  
Mixed Salad

Ham sandwich served  
with Mixed Salad

Egg mayonnaise  
Sandwich served with  
Salad

Dessert

Apple Muffin

Cornflake Tart

Fruit yoghurt

Fruits of the Forest  
crumble with Custard

Chocolate Crunchies  
Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

