

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

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>

Theme Days

Winter Warmer- 16th January
Chinese New Year - 29th January
World Book Day- 6th March
St Patrick's Day 17th March
VE Day-British Day - 8th May
Sausage Roll Day - 5th June
Leavers Day - July

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 salt.


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 please complete our form

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



Week: 1
 Date: 24th Feb, 17th March, 22nd April, 12th May,
 9th June, 30th June, 21st July

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.

Mellers



Monday

Tuesday

Wednesday

Thursday

Friday

Main

Tomato & Basil Pasta with Cheese served with Baguette & Seasonal Vegetables

Bubble Crumb Fish served with Oven Chips, Peas & Ketchup

Quorn Curry with Rice, Flatbread, Sweetcorn & Broccoli

Quorn Sausage with Mash Potato, Gravy and Seasonal Vegetables

Cheese & Tomato Pizza served with Baked Beans

Dessert

Oaty Cookie

Homemade Custard Cream Cookie

Chocolate Brownie with Milk

Ice Cream & Fruit

Fruity Flapjack

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

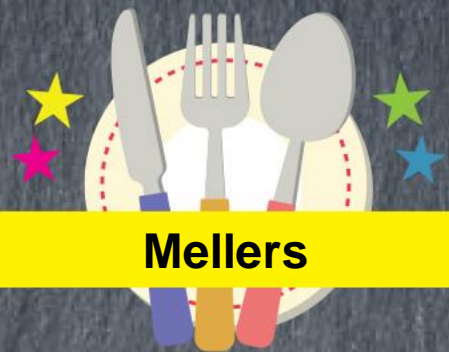
Fresh Fruit Salad




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Week: 2
 Date: 3rd March, 24th March, 28th April, 19th May,
 16th June, 7th July



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.



Monday **Tuesday** **Wednesday** **Thursday** **Friday**



Main

| | | | | |
|---|---|--|--|---|
| Tomato & Basil Pasta with Cheese served with Baguette & Seasonal Vegetables | Quorn Roast & Gravy, Mashed Potatoes and Vegetable Medley | Quorn Curry with Rice, Flatbread, Carrots & Peas | Fish Fingers served with Chips, Peas & Ketchup | Cheese & Tomato Pizza served with Baked Beans |
|---|---|--|--|---|



Dessert


| | | | | |
|-----------------------------|--------------------|-----------------------|-------------------|---------------------|
| Chocolate Shortbread Cookie | Lemon Drizzle Cake | Banana Loaf with Milk | Ice Cream & Fruit | Chocolate Crunchies |
| Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |



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Week: 3
 Date: 10th March, 31st March, 6th May, 2nd June, 23rd June, 14th July

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.

Mellers

Monday

Tuesday

Wednesday

Thursday

Friday



Main

Tomato & Basil Pasta with Quorn served with Baguette & Seasonal Vegetables

Cumberland Sausage with Mashed Potato, Gravy & Seasonal Vegetables

Quorn Curry with Rice, Flatbread, Sweetcorn & Broccoli

Cheese & Potato Pie with Baked Beans

Salmon Fish Cake with Oven Chips, Peas & Ketchup

Dessert

Fruity Flapjacks

Chocolate Iced Sponge

Marble Cake with Milk

Jelly & Fruit

Oaty Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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