

# 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: 19<sup>th</sup> February, 11<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> May  
3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July

# Dovecote

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



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Sausage, Mashed Potatoes, Baked Beans

Fish Fingers with Mashed Potatoes and Seasonal Vegetables

Roast Chicken & Stuffing with gravy  
Roast Potatoes  
Vegetable Medley

Beef Bolognese with Baguette Slice & Seasonal Vegetables

Ham & Cheese Pizza, Oven Chips  
Carrot Sticks or Sweetcorn

Veggie Sausage, Mashed Potatoes, Baked Beans

Veggie Chilli with Rice & Seasonal Vegetables

Quorn Roast & Stuffing with gravy  
Roast Potatoes  
Vegetable Medley

Veggie Bolognese with Baguette Slice & Seasonal Vegetables

Cheese & Tomato Pizza, Oven Chips, Carrot Sticks or Sweetcorn

Cheese Sub Roll with Salad

Tomato & Basil Pasta with Baguette Slice & Salad

Cheese & Tomato Panini with Salad

Jacket Potato with Tuna & Salad

Egg Mayonnaise or Cheese Sandwich with Salad

Chocolate Sponge & Chocolate Custard

Shortbread Cookie

Ice Cream with Fruit

Fruit Muffin  
Milk

Oaty Cookie Slice with Milk

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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Main

Dessert





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



# Dovecote

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Beef Cottage Pie served with Gravy and Seasonal Vegetables

Fish Portion Oven Chips with Seasonal Vegetables

Roast Beef & Yorkshire Pudding, Gravy Mashed Potatoes, Vegetable Medley

Homemade Sausage Roll served with New Potatoes & Baked Beans

BBQ Chicken Pizza with Oven Chips & Sweetcorn



Cheese & Onion Roll served with Diced Potatoes & Seasonal Vegetables

Veggie Fajita Wrap served with Diced Potatoes & Salad

Quorn Roast & Gravy, Yorkshire Pudding with Mashed Potatoes Vegetable Medley

Veggie Sausage with New Potatoes & Baked Beans

Cheese & Tomato Pizza with Oven Chips & Sweetcorn

Tuna Sandwich with Salad

Tomato & Basil Pasta served with Baguette Slice & Seasonal Vegetables

Cheese & Tomato Panini served with Salad

Spiced Vegetable Pasty served with New Potatoes. & Baked Beans

Jacket Potato with Tuna Mayonnaise & Sweetcorn

Chocolate Brownie

Jelly & Fruit

Marble Cake

Apple Crumble Muffin Milk/Custard

Oaty Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



Main

Dessert




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

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all schools.  = Vegetarian

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# Dovecote



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Main

Pork Sausage & Bean Casserole with Mash Potatoes & Seasonal Vegetables

Fish Fingers with Mashed Potatoes & Seasonal Vegetables

Roast Pork Stuffing & Gravy Roast Potatoes Vegetable Medley

Chicken Kebab with Couscous, Flatbread, Yoghurt Dip & Seasonal Vegetables

Ham Pizza served with Oven Chips & Baked Beans

Cheese Snack served with Mashed Potatoes & Seasonal Vegetables

Mexican Veggie Sausage Pasta served with Baguette Slice & Salad

Quorn Roast Stuffing & Gravy Roast Potatoes Vegetable Medley

Savoury Veggie Mince served with Mashed Potatoes & Seasonal Vegetables

Cheese & Tomato Pizza, Oven Chips & Baked Beans

Ham Sandwich with Salad

Jacket Potato with Baked Beans & Cheese

Cheese & Tomato Panini served with Salad

Cheese Sub Roll with Salad

Tomato & Basil Pasta with Baguette Slice & Salad

Dessert

Jam Crumble Bar

Sticky Toffee Pudding & Custard

Angel Delight with Fruit

Lemon Drizzle Cup Cake Milk

Chocolate Orange Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad



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