

## 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 [www.gov.uk/apply-free-school-meals](http://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 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>



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 Nottingham Catering  
Eat Culture - Education

# LUNCHTIME

Southwold Primary

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.



## Pizza Party Monday



## Tuck In Tuesday

## Roast Dinner Wednesday

## Around the world Thursday

## Fishy Feast Friday

### Main

Cheesy Margherita Pizza served with chips & beans or crispy fresh salad

Hearty Chicken Pie served with creamy mash & vegetable medley

Roast Turkey with gravy served with creamy mash potato, crunchy carrot, broccoli trees and Yorkshire pudding

Mild Beef Chilli served with rice and sweetcorn or crispy fresh salad

Fish Fingers served with diced potatoes, tomato sauce, peas or crispy fresh salad

### Vegetarian

Veggie Supreme Pizza served with chips & beans or crispy fresh salad

Vegan Magic Mince served with creamy mash & vegetable medley

Quorn Roast with gravy served with mash potato, crunchy carrot, broccoli trees and Yorkshire pudding

Mild Veggie Chilli served with rice and sweetcorn or crispy fresh salad

Fishless Fingers served with diced potatoes, tomato sauce, peas or crispy fresh salad

### Something Different

Jacket Potato & Beans served with crispy fresh salad

Cheese Sandwich served with crispy fresh salad

Cheese & Tomato Panini served with crispy fresh salad

Pizza Pasta with baguette slice & crispy fresh salad

Jacket Potato with Cheese or Tuna served with fresh crispy salad

### Yummy Dessert

Ice Cream & Fruit or Fresh Fruit Salad

Chocolate Oaty Cookie & milk or Fresh Fruit Salad

Chocolate Berry Sponge & custard or Fresh Fruit Salad

Mandarin Sponge or Fresh Fruit Salad

Melting Moments Cookie or Fresh Fruit Salad



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Soil Association



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## Pizza Party Monday

Ham Tastic Pizza served with chips, sweetcorn or crispy fresh salad

Main

## Tuck In Tuesday

Beef Spaghetti Bolognese served with baguette slice crunchy carrots or crispy fresh salad

## Carvey Wednesday

Pork Sausage with gravy served with creamy mash potato, crunchy carrot, broccoli trees and Yorkshire pudding

## Around the world Thursday

Jerk Chicken served with rice and peas, sweetcorn or crispy fresh salad

## Fishy Feast Friday

Salmon Fish Fingers served with diced potatoes, tomato sauce, peas or crispy fresh salad



Cheesy Margarita Pizza Served with chips, sweetcorn or crispy fresh salad

Vegetarian

Macaroni Cheese served with baguette slice crunchy carrots and crispy fresh salad

Vegan Sausage with gravy served with creamy mash potato, crunchy carrot, broccoli trees and Yorkshire pudding

Jamaican Curried Quorn served with rice and peas, sweetcorn or crispy fresh salad

Fishless Fingers served with diced potatoes, peas or crispy fresh salad

Cheese Roll served with crispy fresh salad

Something Different

Jacket Potato served with cheese & beans and crispy fresh salad

Cheese & Tomato Panini served with crispy fresh salad

Jacket Potato with Tuna or Cheese served with crispy fresh salad

Cheese Snack served with diced potatoes & crispy fresh salad

Oaty Cookie or Fresh Fruit Salad

Yummy Desert

Chocolate Crispy Cake or Fresh Fruit Salad

Orange Sponge & Custard or Fresh Fruit Salad

Shortbread Biscuit & Milk or Fresh Fruit Salad

Buffalo Sponge or Fresh Fruit Salad



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Main

## Pizza Party Monday

Pork Meatball supreme Pizza served with chips & crunchy carrot Sticks or crispy fresh salad

## Tuck in Tuesday

Creamy Cajun Chicken served with rice and vegetable medley or crispy fresh salad

## Carvery Wednesday

Roast Chicken with gravy served with creamy mash potato, crunchy carrot, broccoli trees and yorkshire pudding

## Around the world Thursday

Chicken Biryani served with sweetcorn or crispy fresh salad

## Fishy Feast Friday

Breaded Fish served with diced potatoes, tomato sauce peas or crispy fresh salad



Vegetarian

Cheesy Margherita Pizza served with chips & crunchy carrot sticks or crispy fresh salad

Creamy Cajun Quorn served with rice and vegetable medley or crispy fresh salad

Vegan Roast with gravy served with creamy mash potato, crunchy carrot, broccoli trees and yorkshire pudding

Korean Quorn Flat Bread served with rice, sweetcorn or crispy fresh salad & mint yoghurt

Fishless Fingers served with diced potatoes, peas or crispy fresh salad



Something Different

Tomato & Basil Pasta served with baguette slice & vegetables

Jacket Potato with cheese or tuna served with crispy fresh salad

Cheese & Tomato Panini served with crispy fresh salad

Jacket Potato with cheese & beans served with crispy fresh salad

Cheese Sandwich served with fresh crispy salad

Yummy Dessert

Jelly & Fruit or Fresh Fruit Salad

Flapjack & Raisins or Fresh Fruit Salad

Lemon Drizzle sponge & Custard or Fresh Fruit Salad

Cardamom Biscuit & Milk or Fresh Fruit Salad

Chocolate Sponge & Chocolate Custard or Fresh Fruit Salad



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