

## 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>



MSC-C-54995 Seafood with this mark comes from an MSC-certified sustainable fishery. [www.msc.org](http://www.msc.org)



 Nottingham Catering  
Eat Culture - Education

# LUNCHTIME

Southwold

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.



## Fishy Feast Monday



Main

Fish fingers served with chips, tomato sauce, peas or crispy fresh salad

## Around the world Tuesday

BBQ chicken with rice, flatbread & seasonal vegetables

## Carvery Wednesday

Pork sausage with gravy served with creamy mashed potato, seasonal vegetables & yorkshire pudding

## Tuck In Thursday

Mince beef Lasagne & baguette slice with seasonal vegetables

## Pizza Party Friday

BBQ chicken pizza served with potato wedges/diced & beans or crispy fresh salad



Vegetarian

Fishless fingers served with chips, peas or crispy fresh salad

Vegetable samosas pie with flatbread, mint yogurt & mango chutney & seasonal medley

Veggie Sausage with gravy served with creamy mashed potato, seasonal vegetables & yorkshire pudding

Macaroni cheese with baguette slice & seasonal vegetables

Cheese & tomato pizza served with Potato wedges/diced beans or crispy fresh salad

Something Different

½ Cheese & tomato panini with chips & crispy fresh salad

Tomato & basil pasta, baguette slice & crispy fresh salad

Cheese Sandwich with crispy fresh salad

Jacket potato with Cheese or Tuna served with crispy fresh salad

Tuna pasta with baguette slice & crispy fresh salad

Yummy Dessert

Chocolate muffin with milk  
or Fresh Fruit Salad

Marble cake & custard  
or  
Fresh Fruit Salad

Oaty Cookie with milk  
or  
Fresh Fruit Salad

Lemon shortcake slice  
or  
Fresh Fruit Salad

Fruit  
or  
Fresh Fruit Salad



MSC-C-54995 Seafood with this mark comes from an MSC-certified sustainable fishery. [www.msc.org](http://www.msc.org)



# LUNCHTIME

Southwold

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.



## Fishy Feast Monday

## Around the world Tuesday

## Carvery Wednesday

## Tuck In Thursday

## Pizza Party Friday

Main

Fish fingers served with chips, tomato sauce, peas or crispy fresh salad

Chicken kebab with rice & flatbread served with seasonal vegetables or crispy fresh salad

Roast chicken with gravy served with creamy mash potato, seasonal vegetables & yorkshire pudding

Homemade sausage roll with mashed potato & seasonal vegetables

Ham & cheese pizza served with potato wedges/diced, sweetcorn or crispy fresh salad

Vegetarian

Veggie sausage served with chips, peas or crispy fresh salad

Quorn fajitas wrap with rice & seasonal vegetables or crispy fresh salad

Quorn roast with gravy served with creamy mash potato, seasonal vegetables & yorkshire pudding

Pizza pasta with baguette slice & seasonal vegetables or crispy fresh salad

Cheesy margarita pizza Served with potato wedges/diced, sweetcorn or crispy fresh salad

Something Different

½ Cheese & tomato panini served with chips & crispy fresh salad

Jacket potato with cheese or tuna served with crispy fresh salad

Jacket potato with cheese & beans served with a crispy fresh salad

Cheese roll with crispy fresh salad

Tomato & basil pasta with baguette slice & seasonal vegetables or crispy fresh salad

Yummy Dessert

Strawberry or vanilla Ice cream & fruit or Fresh Fruit Salad

Fruit or Fresh Fruit Salad

Shortbread cookie & milk or Fresh Fruit Salad

Vanilla sponge with sprinkles or Fresh Fruit Salad

Flapjack & raisins or Fresh Fruit Salad



MSC-C-54995 Seafood with this mark comes from an MSC-certified sustainable fishery. [www.msc.org](http://www.msc.org)



# LUNCHTIME

Southwold

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.



## Fishy Feast Monday

Main

Salmon fish finger served with diced potatoes, beans or crispy fresh salad

## Around the world Tuesday

Chicken punjabi curry served with rice & flatbread, seasonal vegetables or crispy fresh salad

## Carvery Wednesday

Roast chicken with gravy served with creamy mash potato, seasonal vegetables & yorkshire pudding

## Tuck in Thursday

Pork hot dog served with potato wedges/diced potatoes & sweetcorn

## Pizza Party Friday

Ham & cheese pizza served with garlic bread & crunchy carrot Sticks or crispy fresh salad



Vegetarian

Fishless fingers served with diced potatoes, beans or crispy fresh salad

Veggie lasagne served with baguette slice, seasonal vegetables or fresh salad

Vegan roast with gravy served with creamy mash potato, seasonal vegetables & yorkshire pudding

Veggie hot dog with potato wedges/diced potatoes & sweetcorn

Cheesy margherita pizza served with garlic bread & crunchy carrot sticks or crispy fresh salad



Something Different

Jacket potato with cheese & beans and crispy fresh salad

Cheese sandwich served with crispy fresh salad

Cheese panini served with crispy fresh salad

Cheese snack with potato wedges/diced Sweetcorn or crispy fresh salad

Tomato & basil Pasta served with baguette slice & vegetables

Yummy Dessert

Jelly & fruit  
or  
Fresh Fruit Salad

Fruit  
or  
Fresh Fruit Salad

Cornflake Tart  
or  
Fresh Fruit Salad

Melting moments  
biscuit & Milk or  
Fresh Fruit Salad

Chocolate brownie  
or  
Fresh Fruit Salad

