

# 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

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.



# Glapton Academy

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Main

Sausage, Mashed Potatoes, Baked Beans

Fish Fingers with Mashed Potatoes and Seasonal Vegetables

Roast Turkey & Stuffing with Gravy  
Roast Potatoes  
Vegetable Medley

Beef Bolognese with Baguette Slice & Seasonal Vegetables

Cheese & Tomato Pizza, Oven Chips  
Carrot Sticks or Sweetcorn

Veggie Sausage, Mashed Potatoes, Baked Beans

Veggie Fajita Wrap with Boiled Potatoes and Seasonal Vegetables

Quorn Roast & Stuffing with Gravy  
Roast Potatoes  
Vegetable Medley

Veggie Lasagne with Baguette Slice & Seasonal Vegetables

Tomato & Basil Pasta with Baguette Slice & Salad

Jacket Potato with Baked Beans & Cheese

Cheese & Tomato Panini with Salad

Jacket Potato with Tuna & Salad

Dessert

Chocolate Sponge & Chocolate Custard

Chocolate Shortbread Slice with Milk

Yoghurt with Fruit

Flapjack with Raisins Milk

Shortbread Cookie

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad

Fresh Fruit Salad




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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



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### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Beef Cottage Pie served with Gravy and Seasonal Vegetables

Fish Portion Mashed Potatoes with Seasonal Vegetables

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

Homemade Sausage Roll served with New Potatoes & Baked Beans

BBQ Chicken with 1/2 Jacket Potato & Seasonal Vegetables

Cheese & Onion Roll served with Boiled Potatoes & Seasonal Vegetables

Veggie Balls served with Mashed Potatoes Gravy & Seasonal Vegetables

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

Veggie Sausage with New Potatoes & Baked Beans

Cheese & Tomato Pizza, Oven Chips & Seasonal Vegetables

Jacket Potato with Tuna Mayonnaise & Salad

Macaroni Cheese served with Baguette Slice & Seasonal Vegetables

Jacket Potato served with Baked Beans & Cheese

Oaty Cookie

Chocolate Brownie

Marble Cake

Apple Crumble Muffin Milk/Custard

Jelly & Fruit

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



# Glapton Academy

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Main

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Pork Sausage &amp; Bean Casserole with New /Mash Potatoes &amp; Seasonal Vegetables</u>	<u>Salmon Fish Cake with Mashed Potatoes Seasonal Vegetables</u>	<u>Roast Pork Stuffing &amp; Gravy Roast Potatoes Vegetable Medley</u>	<u>Chicken Kebab with Couscous. Flatbread. Yoghurt Dip &amp; Seasonal Vegetables</u>	<u>Cheese &amp; Tomato Pizza. Oven Chips &amp; Baked Beans</u>	
<u>Cheese Flan served with New Potatoes &amp; Seasonal Vegetables</u>	<u>Spiced Vegetable Pasty served with Mashed Potatoes. Yoghurt Dip &amp; Seasonal Vegetables</u>	<u>Quorn Roast Stuffing &amp; Gravy Roast Potatoes Vegetable Medley</u>	<u>Savoury Veggie Mince served with Mashed Potatoes &amp; Seasonal Vegetables</u>	<u>Jacket Potato with Baked Beans &amp; Cheese</u>	
<u>Cheese &amp; Tomato Panini with Salad</u>	<u>Jacket Potato with Tuna Mayonnaise &amp; Salad</u>		<u>Tomato &amp; Basil Pasta served with Baquette Slice &amp; Salad</u>		
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	

Dessert



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