

Introducing **educaterers** **A FOOD STORY**



Just some of our recent awards

- Food for Life Silver and Gold standard menus served here awards – last inspected May 2021.
- LACA Catering Business of the Year 2019
- LACA Primary School Team of the Year 2020
- Educaterers Magazine Excellence Awards Finalist 2019



Educaterers has over 60 years experience in the education sector, and you can rely on us to deliver a safe, caring and delicious lunchtime experience for your child.

Our Food for Life Awards are a guarantee that fresh food is always on our menus.

We pride ourselves on serving over 120,000 nutritious, tasty meals with a smile, to happy children every week.



Our menus

the NUTRI GANG
"On a mission for nutrition"

Educaterers Lunch Menu Week 2 – w/c 6/9, 27/9, 18/10, 8/11, 29/11, 10/1/22, 31/1, 14/3, 4/4, 9/5, 6/6, 27/6, 18/7.

Monday
 OR
 Organic Pork Meatballs (G,SU) (vg) Veggie Sausages (G.)

Tuesday
 OR
 Brunch: Sausage (G,SU), Bacon, Omelette (D,E) (v) Quorn Korma (very mild) (M,D,E)

Wednesday
 OR
 Roast Beef in Gravy (vg) Veggie Bolognese with Noodles (G,SB)

Thursday
 OR
 Chicken Pie (D,G) (v) Breadcrumbed Vegetable Fingers (G.)

Friday
 OR
 Breaded Pollock Fillet (F) (v) Quorn Nuggets (G,D,E)

Every day choose from:

OR
 (v) Jacket Potato with Cheese (D.) (v) Cheese Soft Bap (D,G.)

OR
 (v) Jacket Potato with Tuna Mayonnaise (E,F) Ham Soft Bap (G.)

OR
 (v) Jacket Potato with Cheese and Beans (D.) Tuna Mayo Sandwich (F,E,G,SB)

OR
 (v) Cheese Soft Bap (D,G.) (v) Cheese Soft Bap (D,G.)

Week 2 Dessert Menu

Every day we offer:
 (v) Yeo Valley organic yoghurt (D.) or fresh fruit as alternative dessert options

Monday
 (vg) Homemade Flapjack (G.)

Tuesday
 (v.) Homemade Chef's Sponge Cake with Fruit in Juice (G,E.)

Wednesday
 (vg.) Homemade Fruit Crumble (G.) with (v) Custard (D.) or (v) Ice Cream Tub (D.)

Thursday
 (v) Homemade Up Beet Chocolate Cake (G,E)

Friday
 (v) Dinky Doughnuts with Dipping Sauce (G,E,D,SB)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

Key
 vg = vegan
 V = vegetarian
 D = Dairy
 N = Coconut/Nuts
 S = Sesame
 E = Egg
 G = Gluten/Wheat
 F = Fish
 M = Mustard
 SB = Soya
 SU = Sulphites

Allergies
 Please contact your school cook for information regarding the content of dishes and products on our menu.

www.educaterers.co.uk
 Menu may change to meet customer preferences. Email: contactus@educaterers.co.uk

educaterers **A FOOD STORY**

Our menus run on a three week cycle and include lots of popular favourites, including a traditional roast every Wednesday and fish and chips every Friday.

Everyday there is a meat or fish option and a vegetarian or vegan choice
 Some schools offer additional options which may include;
 cold lunch

Our photo menus – just like the one here on the left, show exactly the meal your child will receive.

Our menus are free from GM ingredients, trans fats and harmful additives.

Our food is from farms which meet UK animal welfare standards.

All our recipes are tested on our young diners and have to get a resounding thumbs up before they feature on our menus.

Food allergies, intolerances and other dietary needs



All our kitchen staff undertake allergen awareness training.

We operate a very robust system to ensure each meal ordered is safely delivered to meet the individual customers needs and we are happy to provide menu advice and support for children with medically diagnosed allergens and food intolerances.

At Nursery Hill Primary School every child with a dietary need wears a purple wristband.

Please contact Tracey – your Catering Assistant – with any queries

Educaterers work in partnership with NHS Dietetics teams across the region to support customers with special dietary requirements.

Please contact your child's medical practitioner or dietician in the first instance for more information.

“I've never known a more knowledgeable chef – she has shown outstanding knowledge about managing food for children with allergies. It was hugely reassuring.”

*Parent of a pupil at
Dunchurch Infant School*

What are Universal Infant Free School Meals and is my child eligible?

If you have a child in Reception or Key Stage 1, your child is entitled to a Universal Infant Free School Meal every day. By offering so much great choice, we're confident your child will find a meal combination they enjoy from our menu to help them develop and excel whilst at school.

"The fish was absolutely great! Thumbs up."

"For pudding I had lemon drizzle cake. It was amazing I loved it, yum."

"Yummy, I love the meatballs, probably the best ones I've ever tasted."

Who are the Nutrigang?



The Nutrigang are Educaterers' cast of characters who help to share important messages about eating well and having fun. We've created these four colourful characters to engage with primary school children and promote healthy eating and encourage a lifelong interest in food, sustainability and ecology.

We are now busy planning a calendar of exciting themed menus for the next school year. More details will follow via your school soon...



Saffron's Recipe Challenge...

Hello I'm Saffron and this is my sidekick Whipit. I'm a member of The Nutrigang and you can find me on your school lunch menus. I love having fun with food, while thinking up healthier choices and I use my maths skills to weigh out ingredients. I enjoy finding out about foods from different parts of the world.



Reece's Recycling Challenge...

Hello I'm Reece and this is my sidekick Corey. I'm a member of The Nutrigang and you can find me on your school lunch menus. I'm into all things green from sustainability to recycling.

I spend a lot of time at home cleaning and separating my waste for recycling and I love turning rubbish into something new.

Why not have a go at making this cool birdfeeder from an old plastic bottle. The instruction can be found here: www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/activities/make-a-recycled-bird-feeder/



educaterers A FOOD STORY

and Bacon

1 tsp oil, these, is into small pieces, further 2 minutes, when cooked, id the milk, salt, 1 cheese den.



Where to find out more...

If you require any more information regarding your child's school meals,
we are happy to take questions

or alternatively please contact Zelma – your Area Manager on zelmareader@educaterers.co.uk who
is happy to help.

You can also find more information about Educaterers at

www.educaterers.co.uk