

Free School Meals

UNIVERSAL INFANT FREE SCHOOL MEALS - Don't forget if your child is in Reception, Year 1 or Year 2 they can enjoy a meal each day without charge, irrespective of personal circumstances or financial position. However, you still need to register if you are entitled to Free School Meals as this is important and helps schools funding.

FREE SCHOOL MEALS - Low Income - Are you missing out? To check if you are entitled to Free School meal entitlement ask at your school office.

Order and pay for meals online



Why not order and pay for lunch online?

<https://www.culinera.co.uk/myculinera>
or scan the QR code

1. Register your child/children
2. Choose your meals and pay online through ParentPay

STAMPS OF APPROVAL

We support a number of certifications and alliances throughout our menus.



About Culinera

We are Culinera, the newest and freshest independently owned education focused caterer in the South.

We use the best in assured, seasonal, sustainable British produce. We look to forge honest and transparent relationships with all of our partners. This approach ensures that we continually add value to our offer.

We invest heavily within our kitchen teams to ensure the best standards of service. We seek to train our teams to have pride in everything we do, ensuring every touch point is considered.

Our food

All of our meals are freshly prepared within the school kitchen to a Food for Life Silver standard. Our menus are nutritionally analysed to ensure they meet and, in most cases, exceed The School Food Standards. We are committed to constantly reviewing our menus and recipes to ensure they are healthy. We have also introduced a number of plant-based recipes to our menus and meat free days to support the sustainability aspects of our offer.



culinera

feeding the future

Summer 2021



Celebrating the summer!

Warmer days are coming, and alongside it, more delicious dishes! We aim to support with what we hope will be the last of social bubbles with seasonal, fresh ingredients served in a way that are easy to enjoy within a bubble. We are delighted to also introduce our new summer deli box - packed with goodness and tasty treats! We hope you enjoy our summer menu and as always if anything changes, Covid or otherwise we will be sure to let you know. .

KEEP IN TOUCH

You can keep up to date with what is going on by visiting our extranet or App. www.culinera.co.uk

Summer menu 2021

Available everyday: Fresh baked bread, packed lunch deli box, jelly, yogurt and fresh fruit

Did you know...

| Week | Day | Mains | Sides | Puddings |
|------|-----|-------|-------|----------|
|------|-----|-------|-------|----------|

Please see ParentPay for dates.

| Meat Free | Meat | Vegetarian | | |
|------------------|---------------------------------------|--|---------------------------------------|--------------------------|
| Monday | Culinera cheese and tomato pasta bake | Chickpea and spinach curry | Carrots, green beans | Fruit flapjack |
| Tuesday | Pork hot dog sausage in a bun | Baked tortilla wrap with cheese and tomato | Wedges, mixed vegetables | Carrot cake |
| Wednesday | Roast Chicken with Yorkshire pudding | Vegetable wellington | Roast potatoes, cauliflower, broccoli | Jelly/Fruit Salad/Yogurt |
| Thursday | Beef meatballs with pasta | Shepherdess and lentil pie | Sweetcorn, peppers | Fruit shortbread biscuit |
| Friday | Baked cod fish fingers | Vegetable nuggets | Chips, baked beans | Krispy cake |

Week 1
This weeks deli box is using a wrap. The .deli box contains
-Wrap
-Tomato pasta
-Veg sticks

Please see ParentPay for dates.

| Meat Free | Meat | Vegetarian | | |
|------------------|-------------------------------------|---------------------------|----------------------------------|--------------------------|
| Monday | Baked macaroni cheese | Mild vegetable chilli | Peas, carrots | Oat biscuit |
| Tuesday | Chicken and pepper fajitas | Vegetable chow mein | Rainbow rice, sweetcorn | Marble sponge |
| Wednesday | Roast turkey with Yorkshire pudding | Roast Quorn fillet | Roast potatoes, carrot, broccoli | Jelly/Fruit Salad/Yogurt |
| Thursday | Beef burger | Vegetable bean burger | Tomato pasta salad, cucumber | Chocolate shortbread |
| Friday | Baked battered fish | Crunchy vegetable fingers | Chips, peas | Apple flapjack |

Week 2
This weeks deli box is using sandwiches. The deli box will contain
-Sandwich
-Potato salad
-Veg sticks

Please see ParentPay for dates.

| Meat Free | Meat | Vegetarian | | |
|------------------|--------------------------------|-----------------------------------|--------------------------|----------------------------|
| Monday | Jacket potato bar | Vegetable lasagne | Carrots, sweetcorn | Shortbread Biscuit |
| Tuesday | Spaghetti bolognese | Vegetable and lentil bolognese | Broccoli, green beans | Spiced apple sponge |
| Wednesday | Sausage and mash | Vegetable sausage and mash | Broccoli, sweetcorn | Jelly/Fruit Salad/Yogurt |
| Thursday | Ham and tomato sourdough pizza | Cheese and tomato sourdough pizza | Wedges, mixed vegetables | Orange and cinnamon cookie |
| Friday | Baked cod fish fingers | Vegetable nuggets | Chips, baked beans | Chocolate brownie |

Week 3
This weeks deli box is using half baguette. The deli box will contain
-Half baguette
-Cous cous
-Veg sticks



We use British free-range eggs



We use British-harvested rapeseed oil in cooking



Up to 90% of seasonal fruit and veg on our menus are British



We champion local produce, using fresh fruit, vegetables, cheese and dairy coming within 70 mile radius from our schools

Key

- Vegan
- Wholemeal
- Oily Fish
- Added Plant Power

ALLERGY INFORMATION

We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination. If your child has an allergy or intolerance, please speak to your child's school or the Cook Manager on site for information. **Forms are available through our website or via the school.**