

## 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.culineraco.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

## Winter 2021

**HAPPY NEW YEAR...  
LET'S HOPE 2021 IS A  
GREAT YEAR!**

Culinera are delighted to be working with the school in delivering you fresh and nutritious lunches. We are leading the way during this pandemic in ensuring pupils have access to hot meals every day. This menu offer is a temporary solution to ensure we can operate safely during the Coronavirus pandemic. It is our hope that we can resume our normal restaurant service as soon as government guidance allows. Once we know more we will communicate to you.



## KEEP IN TOUCH

You can keep up to date with what is going on by visiting our extranet or App. [www.culineraco.uk](http://www.culineraco.uk)

# Winter menu 2021

Available everyday: Packed lunches, fresh bread, jelly, yogurt and fresh fruit

Did you know...

Week	Day	Mains		Sides	Puddings
		Meat	Vegetarian		
<b>Week 1</b> Please see ParentPay for more information on when this menu will be served.	<b>Meat Free Monday</b>	Baked macaroni cheese with garlic slice	Spinach & vegetable pasta bake with garlic slice	Carrots and green beans	Iced sponge tray bake
	<b>Tuesday</b>	Ham, tomato and cheese sourdough pizza	Cheese and tomato sourdough pizza	Sweetcorn and peppers	Shortbread biscuit
	<b>Wednesday</b>	Roast chicken with Yorkshire pudding	Sweet potato and roast vegetable casserole 🥕	Roast potatoes, cauliflower and broccoli	Jelly / yogurt / fresh fruit
	<b>Thursday</b>	Beef and baked bean chilli with rainbow rice 🌱	Vegetable and lentil chilli with rainbow rice 🥕	Mixed vegetables	Chocolate sponge with chocolate custard
	<b>Friday</b>	Baked cod fish fingers	Vegetable nuggets	Chips, baked beans and peas	Fruit Flapjack
<b>Week 2</b> Please see ParentPay for more information on when this menu will be served.	<b>Meat Free Monday</b>	Cheese, tomato and herby pasta	Mexican bean chilli 🌾	Peas and sweetcorn	Oat biscuit
	<b>Tuesday</b>	Chicken and vegetable pie	Cheese and vegetable pie	Sliced potato, broccoli and carrots	Jam sponge and custard
	<b>Wednesday</b>	Sausage and mash	Vegetable sausage and mash	Roasted root vegetables	Jelly / yogurt / fresh fruit
	<b>Thursday</b>	Spaghetti bolognese with garlic bread 🌱	Chickpea and lentil slice with a tomato and herb sauce 🥕	Green beans and peas	Banana bread
	<b>Friday</b>	Baked battered fish	Crunchy vegetable fingers	Chips, baked beans and peas	Flapjack
<b>Week 3</b> Please see ParentPay for more information on when this menu will be served.	<b>Meat Free Monday</b>	Jacket Potato Bar 🐟 With a choice of tuna, beans or cheese	Vegetarian bolognese 🌱	Carrots and sweetcorn	Fruit shortbread
	<b>Tuesday</b>	Chinese chicken stir fry	Chinese vegetable stir fry	Broccoli and green beans	Spiced apple sponge with custard
	<b>Wednesday</b>	Roast pork with stuffing	Vegetable wellington 🌾	Roast potatoes, carrots and cauliflower	Jelly / yogurt / fresh fruit
	<b>Thursday</b>	American style beef burger	Baked bean burger 🥕	Potato wedges, red cabbage slaw and sweetcorn	Chocolate brownie
	<b>Friday</b>	Baked cod fish fingers	Winter vegetable tagine 🥕	Chips, baked beans and peas	Carrot and courgette cake

## 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.**



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