

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.

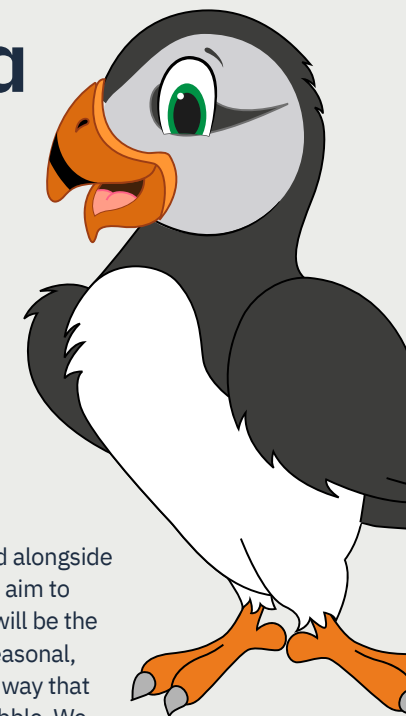
Our food

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: Packed lunch deli box, jelly, yogurt and fresh fruit

Week	Day	Mains		Sides	Puddings
Please see ParentPay for dates.		Meat	Vegetarian		
Week 1 This weeks deli box is using a wrap. The .deli box contains -Wrap -Tomato pasta -Veg sticks	Meat Free 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
Please see ParentPay for dates.		Meat	Vegetarian		
Week 2 This weeks deli box is using sandwiches. The deli box will contain -Sandwich -Potato salad -Veg sticks	Meat Free 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
Please see ParentPay for dates.		Meat	Vegetarian		
Week 3 This weeks deli box is using half baguette. The deli box will contain -Half baguette -Cous cous -Veg sticks	Meat Free 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

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.**

Did you know...



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