

## 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
3. This works for everyone including pupils on Free School meals

## About Culinera

Our aim is to be a long term partner of the school; so we strive to deliver exceptional food every day. We do this by ensuring our team have the tools and skill to cook fresh food, from scratch every single day.

## Our food

All of our meals are freshly prepared within the school kitchen. 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..

## Coming up!

This term we are looking forward to celebrating British Food Week, Halloween and Children in Need. More information on this will be communicated separately by your school.

# culinera

feeding the future

## Autumn 2021

We are looking forward to welcoming you back in September 2021 for a brand new, exciting academic year!

We are working closely with the school to bring back a sense of normality to the restaurant. We hope to get back to normal with a full term of learning, cooking and fun.



### KEEP IN TOUCH

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

# Autumn menu 2021

Available everyday: Packed lunch deli box, fresh salad bar, jelly, yogurt and fresh fruit

Week	Day	Mains		Sides	Puddings
Please see ParentPay for dates.		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 1</b> This week the deli box contains  - Sandwich - Mixed salad -Vegetable sticks	<b>Meat Free Monday</b>	Jacket potato bar Fillings to include: Vegetable bolognese  , cheese, baked beans		Carrots, green beans	Oaty biscuit
	<b>Tuesday</b>	Beef lasagne with garlic slice 	Vegetable lasagne with garlic slice	Baked wedges, corn on the cob, carrots	Banana cake
	<b>Wednesday</b>	Roast Chicken with Yorkshire pudding	Sweet potato and chick pea roast 	Roast potatoes, vegetable medley	Fresh fruit salad
	<b>Thursday</b>	Minced beef and root vegetable mash 	Roast vegetable cottage pie 	Broccoli, sweetcorn	Lemon drizzle
	<b>Friday</b>	Baked cod fish fingers	Crispy vegetable fingers 	Chips, baked beans, peas	Chocolate sponge and chocolate custard
Please see ParentPay for dates.		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 2</b> This week the deli box contains  - Half baguette - Cheese & biscuits - Cucumber sticks	<b>Meat Free Monday</b>	Jacket potato bar 	Crunchy baked macaroni cheese	Sweetcorn, carrots	Krispie cake
	<b>Tuesday</b>	Chicken and vegetable chow mein	Vegetable chow mein	Broccoli, sautéed cabbage	Carrot cake
	<b>Wednesday</b>	Roast pork with apple sauce	Roast Quorn fillet with Yorkshire pudding	Roast potatoes, carrot, cauliflower	Apple crumble and custard
	<b>Thursday</b>	Mild chicken curry	Mild vegetable curry 	Rainbow rice, green beans, sweetcorn	Fruit shortbread
	<b>Friday</b>	Baked battered fish	Vegetable nuggets	Chips, peas, baked beans	Jelly and ice cream
Please see ParentPay for dates.		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 3</b> This week the deli box contains  - Filled wrap - Pasta salad - Vegetable sticks	<b>Meat Free Monday</b>	Jacket potato bar 	Culinera tomato and cheese pasta	Green beans, sweetcorn	Culinera Cookie
	<b>Tuesday</b>	Sweet and sour chicken	Sweet and sour vegetables 	Fluffy rice, broccoli, carrots	Cheese and biscuits
	<b>Wednesday</b>	Pork sausage and mash	Vegetable sausage and mash	Medley of vegetables	Jam sponge and custard
	<b>Thursday</b>	Pepperoni sour dough pizza	Cheese and tomato sour dough pizza	Baked sliced new potatoes, mixed salad	Fruit Flapjack
	<b>Friday</b>	Baked cod fish fingers	Crispy vegetable fingers 	Chips, baked beans, peas	Marble sponge

## 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.**