

## 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. Our menus are nutritionally analysed to ensure they meet and, in most cases, exceed 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

## Spring 2022



Happy New Year!

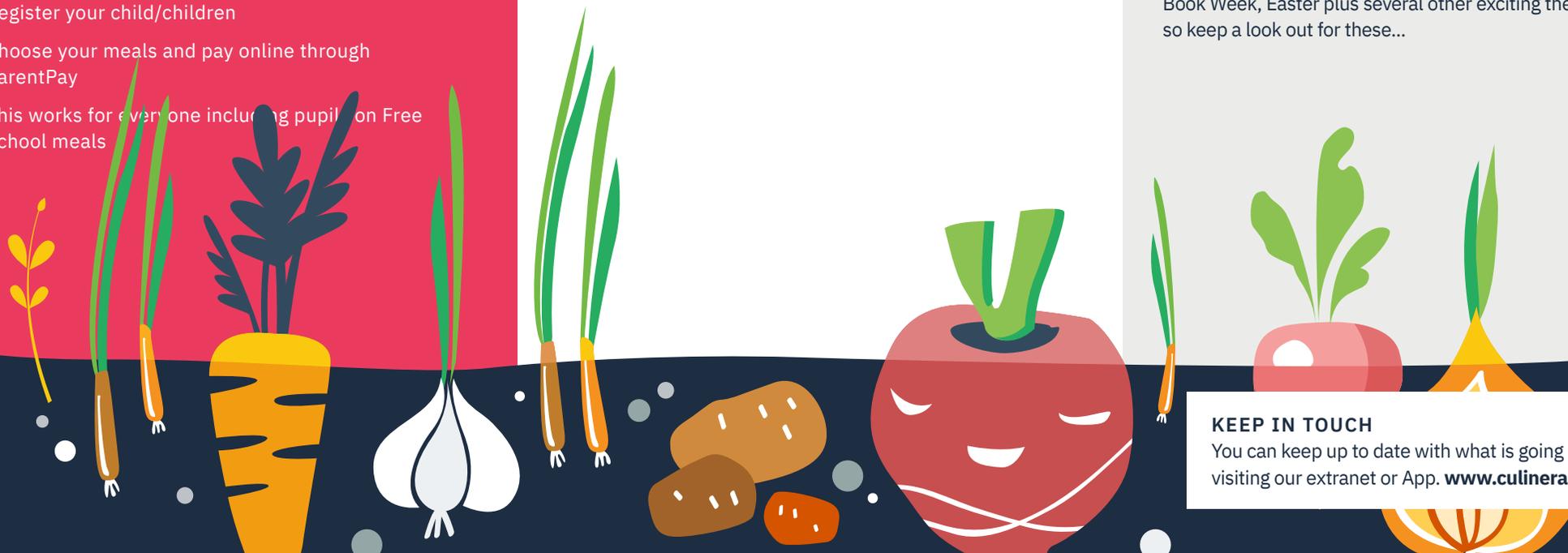
We are looking forward to welcoming you back in January 2022 and we hope you all had a lovely Christmas.

Coming up!

This term we are looking forward to celebrating World Book Week, Easter plus several other exciting theme days so keep a look out for these...

### 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)



# Spring menu 2022

**Available everyday:** Deli box/offer, filled jacket potatoes, home baked bread, 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>	<b>Meat Free Mondays</b>	Jacket potato bar with either: vegetable bolognese 🥬, cheese or baked beans		Salad bar	Chocolate brownie with sauce
	<b>Italian Tuesdays</b>	Spaghetti bolognese with garlic bread	Vegetable spaghetti bolognese 🥬 with garlic bread	Broccoli and greens	Banana cake
	<b>Roast Wednesdays</b>	Culinera roast turkey	Sweet potato and chick pea roast 🥬	Roast potatoes, cabbage, carrots	Fresh fruit salad
	<b>Global Thursdays</b>	Cheese and tomato sourdough pizza		Mixed salad	Carrot cake
	<b>Fish Friday!</b>	Baked cod fish fingers	Vegetable sausage	Chips, baked beans, peas	Oaty biscuit

Please see ParentPay for dates.		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 2</b>	<b>Meat Free Mondays</b>	Jacket potato bar with either: vegetable chilli 🥬🌿, cheese or baked beans		Salad bar	Jelly and ice cream
	<b>Italian Tuesdays</b>	Mac and cheese with garlic slice	Tomato pasta bake with garlic slice	Green beans, sweetcorn	Apple crumble and custard
	<b>Roast Wednesdays</b>	Culinera roast pork	Roast butternut squash and vegetable wellington 🌿	Roast potatoes, carrot, cauliflower	Fresh fruit salad
	<b>Global Thursdays</b>	Ham and cheese panini	Cheese and tomato panini	Salad bar and wedges	Lemon drizzle
	<b>Fish Friday!</b>	Baked battered fish	Vegetable nuggets	Chips, peas, baked beans	Fruit shortbread

Please see ParentPay for dates.		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 3</b>	<b>Meat Free Mondays</b>	Jacket potato bar with either: Tuna mayonnaise 🐟, cheese and beans		Salad bar	Culinera cookie
	<b>Italian Tuesdays</b>	Sweet and sour chicken	Sweet and sour vegetables	Rainbow rice, green beans	Jam sponge with custard
	<b>Roast Wednesdays</b>	Sausage and mash	Vegetable sausage and mash	Medley of vegetables	Fresh fruit salad
	<b>Global Thursdays</b>	Chicken pie 🌿	Creamy vegetable pie	New potatoes, peppers, sweetcorn	Marble sponge
	<b>Fish Friday!</b>	Chicken nuggets	Quorn nugget 🥬	Chips, baked beans, peas	Fruit flapjack

## 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.**

- Key**
-  Vegan
  -  Wholemeal
  -  Oily Fish
  -  Added Plant Power