#### Free School Meals

UNIVERSAL FREE SCHOOL MEALS - Don't forget for this year all London Borough school children will be entitled to a FREE SCHOOL MEAL! This means that they can enjoy a meal each day without charge, irrespective of personal circumstances or financial position. Please make sure you order your meals online!.

## Order meals online

Why not order lunch online?

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

- 1. Register your child/children
- 2. Choose your meals
- 3. This works for everyone

Please note if you are unable to take a booked meal, please ensure this is cancelled before 8am or with the school office as the meal will otherwise be charged.



### **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.



# Coming up!

This term we are looking forward to celebrating Super Hero Day, Harry Potter, BBQ plus several other exciting theme days so keep a look out for these.

We will also be hold a number of playground tasting sessions, so please come along, meet your Team, give us some feedback and try some of our tasty food!





#### **KEEP IN TOUCH**

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

Key

VeganOily FishAdded PlantPower

| Week                        | Day                 | Mains                                       |                                    | Sides  | Puddings                                     |
|-----------------------------|---------------------|---|------------------------------------|--|--|
| 15/4, 6/5, 3/6, 24/6, 15/7  |                     | Meat  | Vegetarian                         | 7  |  |
| Week 1                      | Meat Free Monday    | Mac and Cheese                              | Vegetable sausage roll 💋           | Sweetcorn and grean beans                    | Culinera shortbread ᇞ                        |
|                             | Tuesday             | Cheese and tomato pizza                     | Sweet pepper pizza 🕖               | Wedges and salad                             | Chocolate sponge cake with chocolate custard |
|                             | Wednesday           | Turkey with stuffing                        | Cheesey potato filo pie            | Roast potatoes and mixed seasonal vegetables | Carrot cake \bigg                            |
|                             | Thursday            | Sweet chilli chicken                        | Vegetable stir fry 🔐               | Vegetable rice and broccoli                  | Ice cream                                    |
|                             | Friday              | Baked fish fingers 🗪                        | Quorn sausage 🥨                    | Chips, baked beans and peas                  | Oat apple cookie 🥨                           |
| 22/4, 13/5, 10/6, 1/7, 22/7 |                     | Meat  | Vegetarian                         | 7  |  |
| Week 2                      | Meat Free Monday    | Cheese and tomato panini with potato wedges | Mixed bean chilli with fluffy rice | Broccoli and corn                            | Fruit shortbread 💽                           |
|                             | Tuesday             | Culinera cottage pie 💋                      | Culinera vegetable cottage pie 💋   | Carrots and green beans                      | Apple flapjack 🔍                             |
|                             | Wednesday           | Roast gammon with Yorkshire pudding         | Vegetable and tomato tart 💋        | Roast potatoes and seasonal mixed vegetables | Vanilla sponge                               |
|                             | Thursday            | Beef burger                                 | Quorn hotdog 🐷                     | Wedges and mixed salad                       | Chocolate rice krispie cake                  |
|                             | Friday              | Baked fish finger 😂                         | Vegan nuggets 🔍                    | Chips, peas, baked beans                     | Oaty biscuit 🔐                               |
| 29/4, 20/5, 17,6, 8/7       |                     | Meat  | Vegetarian                         | 1  |  |
| Week 3                      | Meat Free<br>Monday | Tomato and basil pasta 🥨                    | Pesto pasta                        | Herb baked bread, peas and corn              | Flapjack 🔐                                   |
|                             | Tuesday             | Cheese and tomato pizza wrap                | Roasted pepper pizza wrap          | Baked wedges and salad                       | Lemon drizzle cake                           |
|                             | Wednesday           | Sausage and mash                            | Quorn sausage and mash 🥨           | Carrots and cauliflower                      | Apple crumble 🕥                              |
|                             | Thursday            | Spaghetti bolognese 💋                       | Vegetable and lentil bolognese 🔍   | Green beans and broccoli                     | Iced sponge with sprinkles                   |
|                             | Friday              | Chicken nuggets                             | Quorn nuggets 🔍                    | Chips, baked beans and peas                  | Chocolate cookie                             |

#### **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.