

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-set 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 also have 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

Autumn 2023



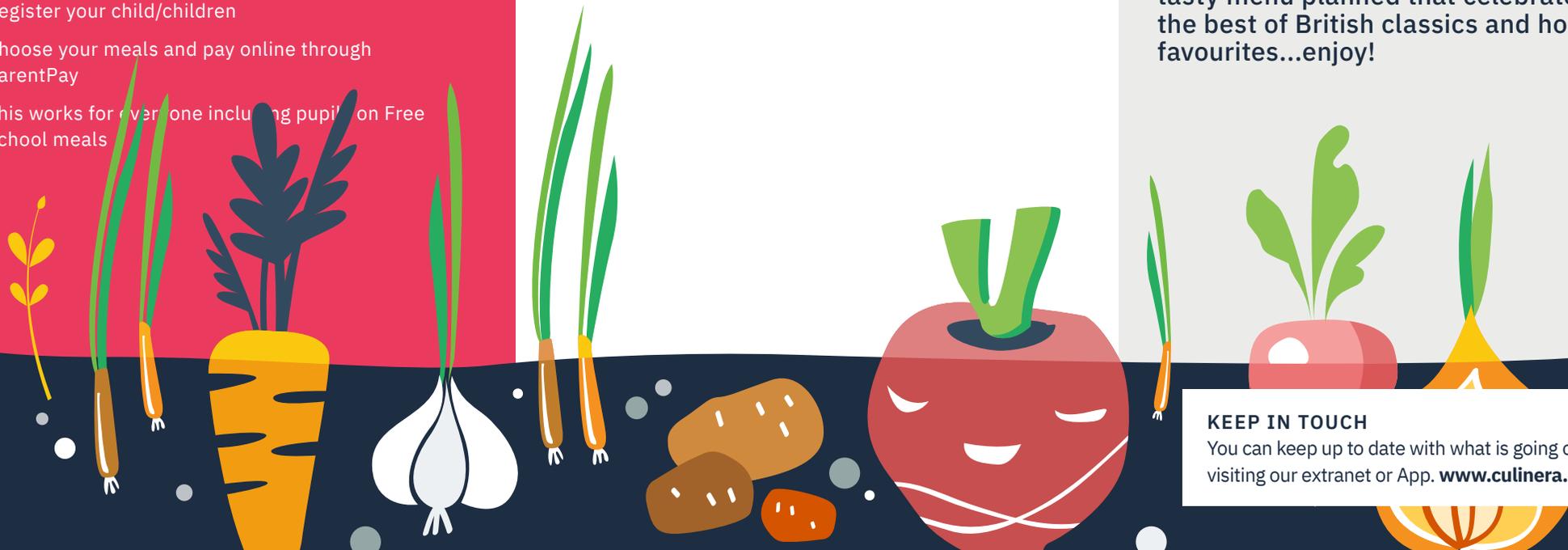
Welcome back!

We hope you had an enjoyable summer break and are keen to settle back into routine and school fun.

We are delighted to welcome you to the autumn term. We have a tasty menu planned that celebrates the best of British classics and home favourites...enjoy!

KEEP IN TOUCH

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



Autumn menu 2023

Available everyday: Deli box/offer, filled jacket potatoes, home baked bread, fresh salad bar, jelly, yogurt and fresh fruit.

Week	Day	Mains	Sides	Puddings
4/9, 25/9, 16/10, 13/11, 4/12		Meat	Vegetarian	
Week 1 This week the deli offer contains vegetable sticks, pasta salad and a sandwich.	Meat Free Mondays	Green pesto pasta	Loaded vegetable wrap 	Mixed vegetables Chocolate pudding and chocolate custard
	Tuesdays	Beef burger	Bean burger  	Salad and carrot sticks Gingerbread cookie
	Roast Wednesdays	Roast turkey with stuffing	Cheese and leek turnover 	Roast potatoes, peas and cauliflower Fruit jelly
	Thursdays	Culinera cheese and tomato pizza 	Roast pepper and tomato pizza 	Baked wedges, green beans and carrots Iced sponge
	Fish Friday!	Baked fish fingers	Vegetable nuggets 	Chips, baked beans, peas Fruit and lemon flapjack 
11/9, 2/10, 30/10, 20/11, 11/12		Meat	Vegetarian	
Week 2 This week the deli offer contains vegetable sticks, pasta salad and a sandwich..	Meat Free Mondays	Mac and cheese	Vegetarian spaghetti bolognese 	Tomato and basil bread, carrot and green beans Banana cake
	Tuesdays	Chinese chicken and fluffy rice 	Chinese vegetables and fluffy rice 	Cabbage and sweetcorn Apple crumble and custard
	Roast Wednesdays	Roast gammon with Yorkshire pudding	Roast vegetable Wellington 	Roast potatoes, broccoli and carrots Fruit jelly
	Thursdays	Beef lasagne 	Vegetable lasagne 	Sweetcorn and courgettes Chocolate brownie
	Fish Friday!	Chicken bites	Vegetable nuggets 	Chips, peas, baked beans Flapjack 
18/9, 9/10, 6/11, 27/11, 18/12		Meat	Vegetarian	
Week 3 This week the deli offer contains vegetable sticks, pasta salad and a sandwich.	Meat Free Mondays	Tomato and vegetable pasta  	Cheese and vegetable pie 	Italian rosemary bread, broccoli and carrots Ice cream
	Tuesdays	Chicken curry 	Sweet potato and lentil curry  	Rice, peas, sweetcorn and peppers Chocolate krispie cake
	Roast Wednesdays	Sausage and mash	Vegetable sausage and mash 	Green beans and carrots Fruit jelly
	Thursdays	Beef meatballs with twisty pasta 	Vegetable chilli with rice  	Mixed vegetables Ginger sponge and custard
	Fish Friday!	Baked fish fingers	Vegetable nuggets 	Chips, baked beans, peas Oat cookie 

Key
 Vegan
 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 the school or the Chef Manager on site for information. **Forms are available through the schools website.**