

## 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](http://www.culinera.co.uk)



# Autumn menu 2023

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

Week	Day	Mains	Sides	Puddings	
4/9, 25/9, 16/10, 13/11, 4/12		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 1</b>  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	Twisty pasta bolognese	Bean burger	Salad and carrot sticks	Gingerbread cookie
	Roast Wednesdays	Roast turkey with stuffing	Cheese and leek turnover	Roast potatoes, peas and cauliflower	Vanilla cookie
	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		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 2</b>  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 chicken with Yorkshire pudding	Roast vegetable Wellington	Roast potatoes, broccoli and carrots	Oak cookie
	Thursdays	Beef lasagne	Vegetable lasagne	Sweetcorn and courgettes	Chocolate brownie
	Fish Friday!	Baked Fish fingers	Vegetable nuggets	Chips, peas, baked beans	Flapjack
18/9, 9/10, 6/11, 27/11, 18/12		<b>Meat</b>	<b>Vegetarian</b>		
<b>Week 3</b>  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	Vanilla cookie
	Tuesdays	Chicken curry	Sweet potato and lentil curry	Rice, peas, sweetcorn and peppers	Chocolate krispie cake
	Roast Wednesdays	Chicken sauage and mash	Vegetable sausage and mash	Green beans and carrots	Marble sponge
	Thursdays	Chilli con carne with rice	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.**