

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.

Allergens

If your child has an allergy - please ensure the school are aware of this allergy (including a referral letter from a medical professional (GP/ consultant /dietician). Any allergy information from the school will be uploaded on to Cypad (our meal ordering system). Please wait for the school to confirm that the correct allergy information has been loaded on to the system. At this point, you can order a suitable dish from our published menu. Please do not order until you have had confirmation from the School or Culinera.

If your child has more complex allergy needs OR HAS AN ALLERGY OUTSIDE OF THE 14 REGULATED ALLERGENS (see here - <https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance>) and requires a special menu, please complete our Special Medical Diet Form. More information is available here - <https://www.culinera.co.uk/allergies>



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 buying great ingredients and reviewing our menus and recipes to ensure they are healthy. We have also introduced a number of plant-based recipes to our menus to support the sustainability aspects of our offer.



Coming up

This term we are looking forward to celebrating World Book Day, Chinese New Year and several other exciting theme days, so keep a look out!

culinera

feeding the future

Autumn / Winter 2024 - 2025

Welcome back!

We are looking forward to welcoming you back in November 2024 and we hope you all had a lovely half term break.



WHY NOT ORDER LUNCH ONLINE?

Login to your school website to order your lunch online. For the latest information please find your myculinera webpage on your school website.

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.


















KEEP IN TOUCH

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





















Autumn / Winter Menu 2024 - 2025

















WEEK 1 - 4/11, 25/11, 16/12, 20/1, 10/2





| | MAIN - MEAT | MAIN - VEGGIE | MAIN - HOT PASTA & BAKE | SIDES | PUDDING |
|-----------|--|--|--|---|--|
| Monday | Fresh chicken burger | Southern quorn veggie burger  | Tomato pasta  | Sweetcorn and green beans | Culinera shortbread  |
| Tuesday | Cheese and tomato pizza | Sweet pepper pizza  | Green pesto pasta  | Herby diced potato and salad | Chocolate sponge cake with chocolate custard  |
| Wednesday | Turkey with stuffing | Cheesy potato filo pie  | Tomato and vegetable  | Roast potatoes, mixed seasonal vegetables | Carrot cake  |
| Thursday | Chilli con carne  | Vegetable stir fry  | Mac and cheese  | Vegetable rice and broccoli | Vanilla ice cream  |
| Friday | Baked fish fingers  | Quorn sausage  | Tomato and pesto  | Chips, baked beans, peas | Flapjack  |

WEEK 2 - 11/11, 2/12, 6/1, 27/1, 17/2

| | MAIN - MEAT | MAIN - VEGGIE | MAIN - HOT PASTA & BAKE | SIDES | PUDDING |
|-----------|--|--|---|---|--|
| Monday | Cheese and tomato panini with wedges  | Vegetable chilli with wedges  | Tomato pasta  | Broccoli and corn | Chocolate shortbread  |
| Tuesday | Traditional beef lasagne  | Chickpea and grated vegetable balls with pasta  | Broccoli and cheese pasta  | Carrots and leeks | Apple crumble slice  |
| Wednesday | Roast chicken with stuffing | Vegetable and tomato tart  | Mac and cheese  | Roast potatoes, seasonal mixed vegetables | Pink iced sponge  |
| Thursday | Mild chicken curry | Roasted cauliflower curry  | Tomato and pesto  | Vegetable rice, sweetcorn and peppers | Lemon drizzle  |
| Friday | Baked fish fingers  | Vegan nuggets  | Green pesto pasta  | Chips, peas, baked beans | Oaty biscuit  |


WEEK 3 - 18/11, 9/12, 13/1, 3/2

| | MAIN - MEAT | MAIN - VEGGIE | MAIN - HOT PASTA & BAKE | SIDES | PUDDING |
|-----------|---|---|--|----------------------------------|--|
| Monday | BBQ-glaze chicken | BBQ Vegetable kebab with pita  | Tomato and vegetable pasta  | Cajun rice, green beans and corn | Chocolate and orange tray bake  |
| Tuesday | Beef and potato pie | Roasted pepper pizza wrap  | Green pesto pasta  | Mixed vegetables | Jam sponge with custard  |
| Wednesday | Chicken sausage and mash | Quorn sausage and mash  | Broccoli and cheese pasta  | Peas and carrots | Gingerbread biscuit  |
| Thursday | Spaghetti bolognese  | Culinera mac 'n' cheese  | Tomato and pesto  | Garlic bread and mixed salad | Fruit and lemon flapjack  |
| Friday | Chicken nuggets | Quorn nuggets  | Cauliflower leek and cheese bake  | Chips, baked beans, peas | Vanilla cookie  |


MENU KEY  Vegan  Vegetarian  Added Plant Power  Oily Fish

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 before ordering your meal for more information. **Forms are available through our website or via the school.**


Available everyday:




FILLED JACKET POTATOES




HOME BAKED BREAD



FRESH SALAD BAR



JELLY OR YOGURT



FRESH FRUIT