

CATERING UPDATE!

April 2023



Dear Students, Teachers, Parents and the wider Cherwell community...

Culinera are delighted to provide the catering at The Cherwell School. Culinera is an independently owned and independently operated catering company, established in 2020 with the aim of bringing about a new era in food. We create **school restaurants not canteens**; and offer a bespoke service to Cherwell.

We wanted to send this newsletter to let you know some of the things we have been up to and of course to remind you about the **fabulous food and fun** we have on offer at Cherwell!

Our team at Cherwell School, lead by our Executive Chefs, Jamie and Amelia, have been hard at work to bring you the freshest and most tasty food they can. The team have loved hosting our recent Children in Need fund-raiser, Chinese New Year theme day and more recently our Valentines treats. There is plenty more fun to come so see below the upcoming theme days.

In order to bring you great food, we rely on fantastic people to come to work each day and deliver freshly prepared food. We invest in our teams to ensure they have the right skills, equipment and responsibly sourced quality ingredients to show case at lunch time. We have a strict no-packet mix rule, so everything is as fresh as it can be. Culinera are proud to offer a wide range of options each lunch time to meet the needs of every person - from our showcase main to delicious salads and bakes. We serve over 40 different items each day, so there is truly something for everyone! We serve:

- A wide selection of **grab and go items** including half sandwiches, baguettes, fruit pots, pudding pots, bakes and salads.
- A variety of **healthy, tasty main meals prepared from scratch every day** from carefully selected ingredients. The menu for this term is included with this newsletter! We also run Chef Special options that our team cook up based on what's available in the kitchen, and to try new things!
- Our new PURE range has loads of amazing **free-from choices**, including our very popular chocolate brownie which is made with non-gluten containing ingredients.
- Our salad bars are bursting with **homemade healthy salads**. All pre-boxed and ready to be collected.
- As we move into warmer months, you will be able to taste our new **iced drinks** range, our salad boxes and lots of seasonal dishes.

Please keep scrolling to see more of what we have been up to!

THEME DAYS COMING UP AT CHERWELL

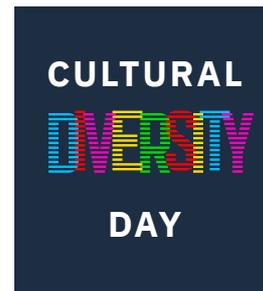
MARCH



APRIL



MAY



Keen to find out more? Visit our dedicated catering website - <https://www.cherwell.oxon.sch.uk/458/catering>



DID YOU KNOW?

- We operate a **breakfast service** before school every day!
- We operate an **after school service!** This is open after school every day - ideal to grab a deal on the way home or before heading to one of the many school clubs.
- We have **cold grab and go from 75p** and **hot food from just £1.50** every day!
- We have a **variety of meal deals!** Look out on the digital screens for the latest information.
- We have **theme days** twice per month!
- Sixth form have access to use our services all day!

SCAN THIS QR CODE TO GIVE YOUR FEEDBACK!



Once you have eaten with us, let us know what you think. Scan the QR code to tell us about your dining experience. We're always eager to hear your feedback on our service!

FOODIE FACTS!

- All our dishes are fresh and healthy, cooked from scratch by people who are passionate and really understand what they are doing!
- We offer awesome familiar favourites and exciting new dishes
- There is plenty of variety with a three week menu cycle
- We love to use fresh, seasonal ingredients
- Our own chefs prepare all meals to the highest standards
- We never add colourants or preservatives
- We can prepare meals for those with special dietary needs
- No need to pre-order, just visit the restaurant!

REMEMBER TO KEEP YOUR ACCOUNT TOPPED UP

Please use the schools online payment service to top up your catering account. You can also login to view balances and items purchased. For those who don't currently have access to the online system, you can request an activation letter from the Finance Office or School Reception. Please see the Catering page of the school website for more information. In addition to this, Sixth Form and Staff can pay by contactless using credit/debit card, Apple Pay and Android Pay.

YOU MAY BE ENTITLED TO FREE MEALS

Your child may be eligible for a free school meal which could save you over £450 a year and gain additional funding for your school. To see if you qualify, visit

www.gov.uk/apply-free-school-meals

For children entitled to the entitlement. They can choose any two items (regardless of price) for your allowance at lunchtime (just not two puddings!).

MEET JAMIE AND AMELIA, YOUR CHEF MANAGERS



Hi, my Name is Amelia, I work at the Cherwell School on the South, as Chef Manager, feeding years 7-9.

It's been a real privilege to work for Culinera the past year and a half, they are a very tight nit company that truly care for the teams.

I have learnt many new skills and really enjoyed coming the fresh menu, the most enjoyable thing is the comments back from the pupils and teachers, when they eat and enjoy the food.



Hi, my name is Jamie and I'm the proud Chef Manager of Cherwell School North feeding years 10-13.

I have 14 year's experience in high end catering, my specialty is Asian/English cuisine and I enjoy putting a Chinese twist in other cuisines!

My signature dish is what I like to call the "triple cooked quack stack" which consists of a marinated garlic, hoisin ginger infused duck, pan seared for the ultimate crispness, slow cooked for the ultimate tenderness then wok fried with onions and chilli then lashed with my homemade Cantonese sauce for the ultimate taste of Asia.

I've really enjoyed my time so far with Culinera, the menus are fantastic and the central team are always there for us with everything!

My enthusiastic team are always looking for ways to improve the meals we serve in the school, and how to make them appealing, more nutritional and well tasty.

FOOD AT THE CHERWELL SCHOOL



Roast day with giant Yorkshire puddings



Low and slow cooked spaghetti bolognese with sourdough garlic bread



Taco Tuesdays!!



Our freshly baked sourdough pizza



Curry Thursday with braised rice and naan bread



Eton Mess for our Valentine Day menu



Happy Chinese New Year - Chinese spare ribs with egg fried rice

YOU SAID, WE DID

Can we have more vegetarian and vegan options?

We have added more vegan options and a meat free Monday concept to the menu

Bigger selection of salads

We have increased the boxed salad range

Can we have salad instead of vegetables with our main course?

There is a mixed salad available every day on the counters

We love the pizza, can we have more toppings?

We now serve a wider selection of pizza, have you tried our new El Blanco white pizza?



SCAN THIS QR CODE TO GIVE YOUR FEEDBACK!



by culinera

Showcase mains - Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Main 1	Ultimate mac and cheese bar	Deep south slow cooked beef chilli with rice and spiced corn	The great British roast, all the trimmings	Frangos peri chicken pita, garlic and lemon potato wedges	The full works! Culinera chip shop
Main 2	Roasted veggie bolognese	Texas mixed bean chilli with rice and corn	Market vegetable pie with all the roast trimmings	Roasted peri pepper wrap, garlic and lemon potato wedges	Vegan Fish Box Fish Finger Wrap
MARKETPLACE STREET FOOD	Culinera calzone	Spicy wedges	Lollipop chicken	Patatas bravas	
	Jerk chicken rice box	Jalapeño corn muffins	Lebanese street sandwich	Giant chilli beef spring roll	
Pasta and Noodle bar	Daily specials including: Culinera classic, pesto, mac n cheese and vegetable ragu Soy, chilli and ginger, chow mein				
Pudding	Choc chip banana bread	Toffee drizzle cake	Jam sponge with custard	Caramelised apple tart	Chocolate cake pops

TRY OUR **home-made SOUP**
with freshly baked bread

TAKE US HOME

Order and collect before you go home

LUNCH meal deal
Check what's on offer today!

Watch out for our daily **culinera Concepts**

HEALTHY APPETITE?
Why not try our **healthier options**

Menu Key

- Vegan
- Vegetarian
- Added Plant Power
- Under 600kcal
- Available after school
- Smaller portions available
- Reduced sugar recipe
- Healthy eating points

ALLERGENS – Please inform a Culinera Allergen Champion of any allergies or dietary requirements.



by culinera

Showcase mains - Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					
Main 1	Rich beef lasagne with roasted cauliflower and broccoli	Tandoori chicken curry with coriander rice	The great British roast, all the trimmings	Beef soft shell taco, Mexican rice, cheese and salad	The full works! Culinera chip shop
Main 2	Mediterranean vegetable lasagne with roasted cauliflower and broccoli	Chickpea and spinach curry with coriander rice	Mature cheddar cheese and bean pasty with all the trimmings	Cajun peppers burrito, refried-beans, cheese and salad	Vegan Fish Box Fish Finger Wrap
MARKETPLACE	Potato croquettes	Beef keema naan	Dirty wedges	Cheese and tomato quesadilla	
STREET FOOD	Mac and cheese bites	Onion Pakoras	Pizza toastie	Patatas bravas	
Pasta And Noodle Bar	Daily specials including: Culinera classic, pesto, mac n cheese and vegetable ragu Soy, chilli and ginger, chow mein				
Pudding	Sticky banooffee crunch	Warm Culinera brownie	Steamed treacle sponge with custard	Strawberry shortcake	Ice cream bar

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SOURDOUGH FRESHLY BAKED OPTIONS **every day**

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3					
Main 1	Oven roasted British sausage and mash with onion gravy	Spicy Frangos marinated chicken with herb wedges	The great British roast, all the trimmings	Katsu chicken, fragrant rice, garlic and chilli broccoli	The full works! Culinera chip shop
Main 2	Oven roasted veggie sausage and mash onion gravy	Beetroot falafel wrap with potato wedges	Roasted British vegetable tart with all the trimmings	Veggie stir fried noodles, crispy Asian cracker	Vegan Fish Box Fish Finger Wrap
MARKETPLACE STREET FOOD	Patatas bravas Spicy chicken wrap	Bacon and cheese bagel Chilli, rice and cheese burrito	Giant yorkie and gravy Popcorn chicken	Bang bang cauliflower Hand cut chunky potato wedges	
Pasta And Noodle Bar	Daily specials including: Culinera classic, pesto, mac n cheese and vegetable ragu Soy, chilli and ginger, chow mein				
Pudding	Pink iced sponge	Chocolate cheesecake	Apple and mixed berry crumble with custard	Pancake bar	Ice cream sundae

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