

# CATERING UPDATE!

March 2023



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

Culinera are delighted to provide the catering at Ashlyns 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 Ashlyns.

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 Ashlyns!

Our team at Ashlyns School, lead by our Executive Chef, Alan, 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.
- 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 ASHLYNS

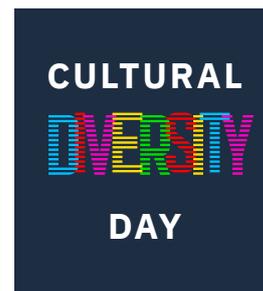
### MARCH



### APRIL



### MAY



Keen to find out more? Visit our dedicated catering website -

<https://www.ashlyns.herts.sch.uk/students-parents-staff/parents/useful-information/dining-room/>



## 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 know 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. 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. To see if you qualify, visit

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

Children who are entitled to free school meals can choose two items, regardless of price, for their lunch allowance, just not two puddings

## MEET ALAN, YOUR EXECUTIVE CHEF



Hello!

I have had the pleasure of working across the world in the catering and food industry for over 20 years. During that time I have worked with exceptional talent including Jamie Oliver. I was previously have had the positions of Head Chef at the Royal Albert Hall and Food Development Chef, for a well known delicious vegan and healthy food producer.

'I have a huge passion for food and love working in the kitchen. My team and I are excited to be able to 'feed the future' and we work tirelessly to deliver great food daily to suit all tastes and budgets.

## FOOD AT ASHLYNS SCHOOL



A recent 'Meat Free' Monday.



Come and try our famous Roast day, every Wednesday. Our Yorkshire Puddings are home made too!



Did you know you can help yourself to free "leaves" with any hot items.



Some of the delicious bakes, which are home baked every day.



Culinera are famous for our take on the high street. We have at least 3 concepts available per week. This was a recent Mexican Food day.

# FREE SCHOOL MEALS?

You can have **3 free items** from the restaurant per day.

**We recommend using 1 credit to purchase a snack at breakfast or break time and 2 credits for purchasing a meal and pudding at lunch time.**

You can 'purchase' items at different times during the day including breakfast, break and lunchtime. Please note that to ensure that you eat throughout the day, you cannot use the whole allowance at breakfast or lunch – as pictured below. Culinera offers a range of dishes both hot, cold and grab and go throughout the day in order to meet everyone's needs.

	Breakfast	Break	Lunch
Credit 1	Available to use	Available to use	Expires if not used
Credit 2	Not available yet	Available to use	Available to use
Credit 3	Not available yet	Available to use	Available to use

As demonstrated above;

- One credit expires if it isn't used at breakfast or break
- Credit 2 and 3 are not allocated until break time
- The only service you can use all 3 credits at once is break time
- Please note credits do not roll over onto future days
- Students will not be allowed to take two drinks or two cakes for this offer
- For the avoidance of doubt, the credits are for the student only and should not be used to purchase items for friends.





by culinera

## Showcase mains - Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					
<b>Main 1</b>  	Ultimate mac and cheese bar 	Deep south slow cooked beef chilli with rice and spiced corn 	The Great British roast, all the trimmings	Frango's peri chicken pita, garlic and lemon potato wedges	
<b>Main 2</b>  	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  	The full works! Culinera chip shop Vegan fish box  Fish finger wrap
<b>MARKETPLACE STREET FOOD</b>	Culinera calzone Jerk chicken rice box	Spicy wedges  Jalapeño corn muffins 	Lollipop chicken Lebanese street sandwich	Patatas bravas  Giant chilli beef spring roll	
<b>Pasta and Noodle bar</b>  	Daily specials including: Culinera classic, pesto, mac 'n' cheese and vegetable ragu Soy, chilli and ginger, chow mein				
<b>Pudding</b>	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

**SOURDOUGH**

FRESHLY BAKED OPTIONS

*every day*

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

**HEALTHY APPETITE?**

 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
<b>Week 2</b>					
<b>Main 1</b>	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	
<b>Main 2</b>	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	The full works! Culinera chip shop Vegan Fish Box Fish Finger Wrap
<b>MARKETPLACE</b>	Potato croquettes	Beef keema naan	Dirty wedges	Cheese and tomato quesadilla	
<b>STREET FOOD</b>	Mac and cheese bites	Onion Pakoras	Pizza toastie	Patatas bravas	
<b>Pasta And Noodle Bar</b>	Daily specials including: Culinera classic, pesto, mac n cheese and vegetable ragu Soy, chilli and ginger, chow mein				
<b>Pudding</b>	Sticky banooffee crunch cake	Warm Culinera brownie	Steamed treacle sponge with custard	Strawberry shortcake	Ice cream bar

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

**SOURDOUGH** FRESHLY BAKED OPTIONS **every day**

TAKE US HOME

Order and collect before you go home

**LUNCH meal deal** Check what's on offer today!

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

Watch out for our daily **culinera Concepts**

**Menu Key**

- Vegan
- Vegetarian
- Added Plant Power

**HEALTHY APPETITE?**

- Under 600kcal
- Available after school
- Smaller portions available
- Reduced sugar recipe
- Healthy eating points

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by culinera

## Showcase mains - Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3</b>					
<b>Main 1</b>	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
<b>Main 2</b>	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
<b>MARKETPLACE STREET FOOD</b>	Patatas bravas Spicy chicken wrap	Bacon and cheese bagel Beef chilli, rice and cheese burrito	Giant yorkie and gravy Popcorn chicken	Bang bang cauliflower Hand cut chunky potato wedges	
<b>Pasta And Noodle Bar</b>	Daily specials including: Culinera classic, pesto, mac n cheese and vegetable ragu Soy, chilli and ginger, chow mein				
<b>Pudding</b>	Pink iced sponge	Chocolate cheesecake	Apple and mixed berry crumble with custard	Pancake bar	Ice cream sundae

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

**HEALTHY APPETITE?**

-  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.