

## Free School Meals

UNIVERSAL FREE SCHOOL MEALS - Don't forget for this year all London Borough school children will be entitled to a FREE SCHOOL MEAL! This means that they can enjoy a meal each day without charge, irrespective of personal circumstances or financial position. Please make sure you order your meals online!

## Order meals online

### Why not order lunch online?

<https://www.culinera.co.uk>  
or scan the QR code



1. Register your child/children
2. Choose your meals
3. This works for everyone

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.

## 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 reviewing our menus and recipes to ensure they are healthy. We have also introduced 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

# Summer 2024



Here comes the sun!

Welcome to the summer term. We hope you had a lovely Easter break.

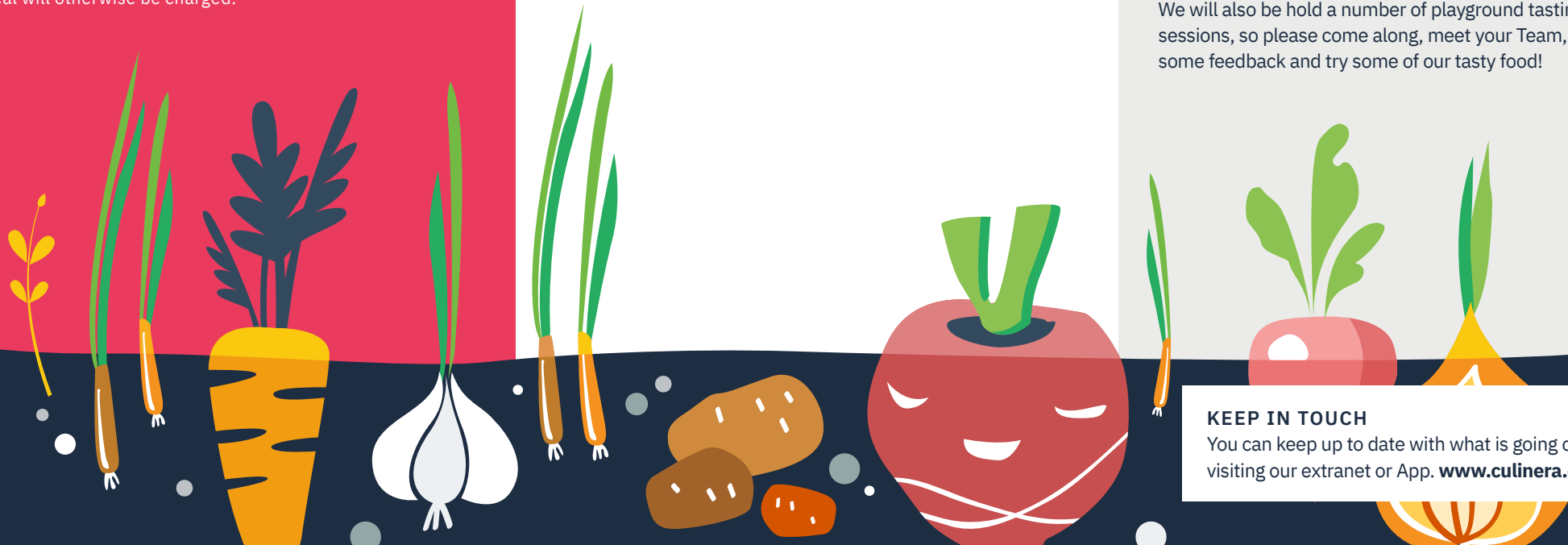
### Coming up!

This term we are looking forward to celebrating Super Hero Day, Harry Potter, BBQ plus several other exciting theme days so keep a look out for these.

We will also be hold a number of playground tasting sessions, so please come along, meet your Team, give us some feedback and try some of our tasty food!

### 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)



# Summer menu 2024

**Available everyday:** Filled jacket potatoes, home baked bread, fresh salad bar, jelly, yogurt and fresh fruit.

Week	Day	Mains			Sides	Puddings
15/4, 6/5, 3/6, 24/6, 15/7		<b>Meat</b>	<b>Vegetarian</b>	<b>Hot pasta</b>		
<b>Week 1</b>	<b>Meat Free Monday</b>	Mac and Cheese	Vegetable sausage roll	Tomato pasta	Sweetcorn and green beans	Culinera shortbread
	<b>Tuesday</b>	Cheese and tomato pizza	Sweet pepper pizza	Green pesto	Wedges and salad	Chocolate sponge cake with chocolate custard
	<b>Wednesday</b>	Turkey with stuffing	Cheesy potato filo pie	Tomato and vegetable	Roast potatoes and mixed seasonal vegetables	Carrot cake
	<b>Thursday</b>	Sweet chilli chicken	Vegetable stir fry	Mac and cheese	Vegetable rice and broccoli	Ice cream
	<b>Friday</b>	Baked fish fingers	Quorn sausage	Tomato and pesto	Chips, baked beans and peas	Oat apple cookie

22/4, 13/5, 10/6, 1/7, 22/7		<b>Meat</b>	<b>Vegetarian</b>	<b>Hot pasta</b>		
<b>Week 2</b>	<b>Meat Free Monday</b>	Cheese and tomato panini with potato wedges	Mixed bean chilli with rice	Tomato and pesto	Broccoli and corn	Fruit shortbread
	<b>Tuesday</b>	Culinera cottage pie	Vegetable cottage pie	Mac and cheese	Carrots and green beans	Apple flapjack
	<b>Wednesday</b>	Roast gammon with Yorkshire pudding	Vegetable and tomato tart	Pesto pasta	Roast potatoes, seasonal mixed vegetables	Vanilla sponge
	<b>Thursday</b>	Beef burger	Quorn hotdog	Cheese and broccoli	Wedges and mixed salad	Chocolate rice krispie cake
	<b>Friday</b>	Baked fish finger	Vegan nuggets	Tomato pasta	Chips, peas, baked beans	Oaty biscuit

29/4, 20/5, 17/6, 8/7		<b>Meat</b>	<b>Vegetarian</b>	<b>Hot pasta</b>		
<b>Week 3</b>	<b>Meat Free Monday</b>	Tomato and basil pasta	Pesto pasta	Tomato pasta	Herb baked bread, peas and corn	Flapjack
	<b>Tuesday</b>	Cheese and tomato pizza wrap	Roasted pepper pizza wrap	Cheese and broccoli	Baked wedges and salad	Lemon drizzle cake
	<b>Wednesday</b>	Sausage and mash	Quorn sausage and mash	Tomato and pesto	Carrots and cauliflower	Apple crumble
	<b>Thursday</b>	Spaghetti bolognese	Vegetable and lentil bolognese	Mac and cheese	Green beans and broccoli	Iced sponge with sprinkles
	<b>Friday</b>	Chicken nuggets	Quorn nuggets	Pesto pasta	Chips, baked beans and peas	Chocolate cookie

- Key**
- Vegan
  - Oily Fish
  - 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 your child's school or the Cook Manager on site for information. **Forms are available through our website or via the school.**