

CATERING UPDATE!

March 2023



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

Culinera are delighted to provide the catering at Uxbridge High 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 UHS.

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 UHS!

Our team at Uxbridge High School, lead by our Executive Chef, Tomasz, 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!

Keen to find out more? Visit our dedicated catering website - <https://www.uhs.org.uk/page/?title=Catering+%26amp%3B+Healthy+Eating&pid=102>



THEME DAYS COMING UP AT UHS

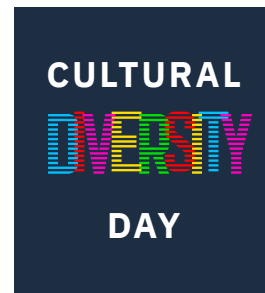
MARCH



APRIL



MAY





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 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!).

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!

MEET TOMASZ, YOUR EXECUTIVE



Hello,

At Uxbridge High School we really do know that food is so important for all our customers.

My passion is all about working with fresh ingredients and creating amazing dishes for people to enjoy. As a chef working with food, I believe you are always learning and developing your skills and it is exciting to be able to develop and continue this.

My team in the kitchen are very proud of what they do, and we are all committed to feeding the future at Uxbridge High School with amazing, tasty food that will be enjoyed every day!

FOOD AT UXBRIDGE HIGH SCHOOL



Hand stretched fresh pizza every day.



Celebrating Chinese New Year with some authentic noodle and rice dishes.....



Our amazing Balti House curry day!



The legendary roast with freshly made yorkshire puddings!!



Supporting a great charity with Children in Need..



Festive biscuit treats are always enjoyed...



Fresh handheld bakes when you need something on the go!

FREE SCHOOL MEALS?

You can choose **one main item** and **one pudding or drink** for your allowance at Lunch time.

Main items include the main meal, hot hand-held snacks, sandwiches, baguettes, wraps, pasta and salad pots.

Puddings include all our bakes, cakes and fruit pots.

Any of our drinks can be chosen from our main restaurant offer.



THE
SOCIAL
KITCHEN

by culinera



Showcase mains - Spring 2023

by culinera

	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 Vegan Fish Box Fish Finger Wrap
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	
MARKETPLACE STREET FOOD	Culinera calzone	Spicy wedges	Lollipop chicken	Patatas bravas	
Pasta and Noodle bar	Jerk chicken rice box	Jalapeño corn muffins	Lebanese street sandwich	Giant chilli beef spring roll	
Pudding	Choc chip banana bread	Toffee drizzle cake	Jam sponge with custard	Caramelised apple tart	Chocolate cake pops

Daily specials including:
Culinera classic, pesto, mac n cheese and vegetable ragu
Soy, chilli and ginger, chow mein

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!

SOURDOUGH FRESHLY BAKED OPTIONS every day

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

Watch out for our daily **culinera Concepts**

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	
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	The full works! Culinera chip shop 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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by culinera

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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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