

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!

Why not order lunch online?

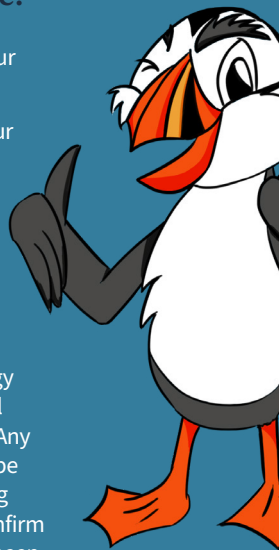
Login to your school website to order your lunch online.

For the latest information please find your myculinera webpage on your school website.

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 Super Hero Day, Harry Potter Day and several other exciting theme days, so keep a look out!

culinera

feeding the future

Spring / Summer 2025

Welcome back!

We are looking forward to welcoming you back in April 2025 and we hope you all had a lovely break.



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feeding the future

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



Spring / Summer Menu 2025

WEEK 1 - 21/04, 12/05, 02/06, 23/06, 14/07

| | MAIN - MEAT | MAIN - VEGGIE | SIDES | PUDDING |
|-----------|----------------------------|--|---|--------------------------------|
| Monday | Baked macaroni cheese | Mediterranean vegetable bake | Herby garlic bread, garden peas and sweetcorn | Vanilla ice cream |
| Tuesday | Creamy chicken tikka | Creamy vegetable tikka | Steamed rice, green beans and carrots | White chocolate krispie |
| Wednesday | Roast turkey with stuffing | Broccoli, cheese and tomato crustless quiche | Roast potatoes and mixed vegetables | Shortbread |
| Thursday | Cheese and tomato pizza | Rainbow vegetable pizza | Baked wedges and mixed salad | Chocolate and orange tray bake |
| Friday | Crispy fish fingers | Quorn nuggets | Chips, baked beans and peas | Flapjack with fruit and lemon |

WEEK 2 - 28/04, 19/05, 09/06, 30/06, 21/07

| | MAIN - MEAT | MAIN - VEGGIE | SIDES | PUDDING |
|-----------|---|--|-------------------------------------|--------------------------------------|
| Monday | Chicken and vegetable chow mein | Vegetable chow mein | Broccoli and peppers | Vanilla sponge with berry custard |
| Tuesday | Baked cheese and ham wrap | Vegetable tortilla wrap | Baked wedges and sweetcorn | Pineapple upside down cake |
| Wednesday | Roast gammon with Yorkshire pudding | Roasted vegetable and tomato tart | Roast potatoes and mixed vegetables | Oaty biscuit |
| Thursday | Italian meatballs in tomato sauce with rice | Pea and mint falafel in tomato sauce with rice | Green beans and carrots | Banana loaf |
| Friday | Golden breaded chicken nuggets | Vegan sasuge roll | Chips, baked beans and peas | Lemon shortbread with orange drizzle |

WEEK 3 - 05/05, 16/06, 07/07

| | MAIN - MEAT | MAIN - VEGGIE | SIDES | PUDDING |
|-----------|---|--|---|----------------------|
| Monday | Beef chilli with oven baked seasoned wedges | Vegetable chilli with oven baked seasoned wedges | Mixed salad | Ice sprinkled sponge |
| Tuesday | Crispy baked chicken burger | Veggie burger | Baked potato skins, garden peas and sweetcorn | Berry crumble slice |
| Wednesday | Traditional sausage and mash | Quorn sausage and mash | Mashed potato and peas | Apple strudel |
| Thursday | Penne bolognese | Vegetable bolognese | Carrots and mixed vegetables | Brownie |
| Friday | Crispy fish fingers | Quorn nuggets | Chips, baked beans and peas | Blueberry muffin |

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:

DELI BOX/OFFER

FILLED JACKET POTATOES

HOME BAKED BREAD

FRESH SALAD BAR

JELLY OR YOGURT

FRESH FRUIT