

## 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?

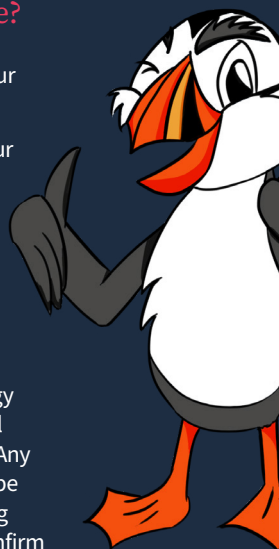
Login to your school website to order your lunch online.

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 World Book Day, Chinese New Year and several other exciting theme days, so keep a look out!

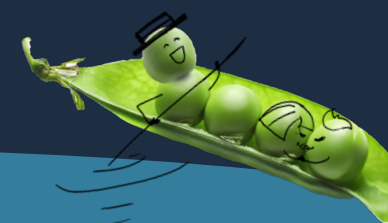
# culinera

feeding the future

## Autumn / Winter 2024 - 2025

## Welcome back!

We are looking forward to welcoming you back in November 2024 and we hope you all had a lovely half term break.



**culinera**  
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](http://www.culinera.co.uk)



# Autumn / Winter Menu 2024 - 2025

**WEEK 1 - 4/11, 25/11, 16/12, 20/1, 10/2**

	MAIN - MEAT	MAIN - VEGGIE	SIDES	PUDDING
Monday	Fresh chicken burger	Garden green veggie burger	Sweetcorn and green beans	Culinera shortbread
Tuesday	Cheese and tomato pizza	Sweet pepper pizza	Herby diced potato and salad	Chocolate sponge cake with chocolate custard
Wednesday	Turkey with stuffing	Cheesy potato filo pie	Roast potatoes, mixed seasonal vegetables	Carrot cake
Thursday	Chilli con carne	Vegetable stir fry	Vegetable rice and broccoli	Vanilla ice cream
Friday	Baked fish fingers	Quorn sausage	Chips, baked beans, peas	Flapjack

**WEEK 2 - 11/11, 2/12, 6/1, 27/1, 17/2**

	MAIN - MEAT	MAIN - VEGGIE	SIDES	PUDDING
Monday	Cheese and tomato panini with wedges	Vegetable chilli with wedges	Broccoli and corn	Chocolate shortbread
Tuesday	Traditional meatballs with pasta	Chickpea and grated vegetable balls with pasta	Carrots and leeks	Apple crumble slice
Wednesday	Roast gammon with Yorkshire pudding	Vegetable and tomato tart	Roast potatoes, seasonal mixed vegetables	Pink iced sponge
Thursday	Mild chicken curry	Roasted cauliflower curry	Vegetable rice, sweetcorn and peppers	Lemon drizzle
Friday	Baked fish fingers	Vegan nuggets	Chips, peas, baked beans	Oaty biscuit

**WEEK 3 - 18/11, 9/12, 13/1, 3/2**

	MAIN - MEAT	MAIN - VEGGIE	SIDES	PUDDING
Monday	BBQ-glaze chicken	BBQ Vegetable kebab with pita	Cajun rice, green beans and corn	Chocolate and orange tray bake
Tuesday	Beef and potato pie	Roasted pepper pizza wrap	Mixed vegetables	Jam sponge with custard
Wednesday	Sausage and mash	Quorn sausage and mash	Peas and carrots	Gingerbread biscuit
Thursday	Spaghetti bolognese	Culinera mac 'n' cheese	Garlic bread and mixed salad	Fruit and lemon flapjack
Friday	Chicken nuggets	Quorn nuggets	Chips, baked beans, peas	Vanilla cookie

**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**