



## Daily Visual Meal Choices

We provide a visual image of both our main meat and non-meat dish of the day for our students to choose from.

This gives them the opportunity to decide ahead of the day their meal choice giving parents the chance to choose their child's meal with them and speeding up the serving process.

For any children with allergies or intolerances we also adapt our menus to suit their needs. Please speak to school reception, who will advise us of dietary needs.



## Golden Table

One table in the restaurant will be set up every Friday with a special golden table cover, golden cups and plates.

Those children who are chosen to be seated at the table will enjoy their lunch with fresh cups of juice and, where possible, with Mrs Brown.

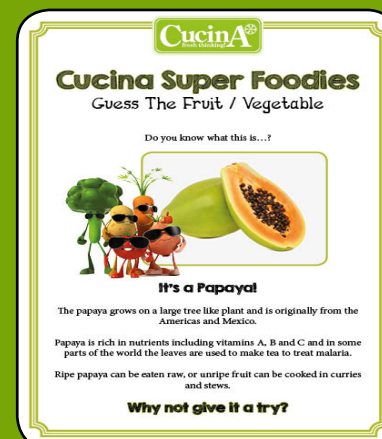


## What students see

- Fresh food prepared in our kitchens every single day
- The use of fresh, locally sourced ingredients
- where possible, we work with the school to grow herbs and selected vegetables
- Linking theme days to the curriculum
- Taste trials for new dishes and unusual foods

## School Food Standards

I am sure that you will have heard about the food-based requirements for school lunches originally developed by the Schools Food Trust. The latest guidelines of January 2015 saw a return to the food based standards first introduced in 2006, moving away from the nutritional guidelines launched in September 2009. However as Cucina continue to be at the forefront of enhancing nutrition and usage within schools and academies across the country, we still ensure our menus comply with the nutritional standards as a best practice principle.



## Did you know:

- 90% of our menu...or more...is home made
- 80% of our vegetables and fruit are sourced within the UK
- The majority of our meat is red tractor approved and sourced from Great Britain
- All our fish is farmed from sustainable stocks (MSC approved)
- All our eggs are free range
- All our coffee and chocolate is fair trade
- Our Menus are Vegetarian Society Approved
- We have an Executive Chef in all of our schools to cook healthy, tasty food as well as educate our customers
- We run a regular theme day, inkeeping with the primary curriculum, to provide a variety of menu choice

## Foodie Groups & Student involvement

Cucina are always looking for feedback, and who better to ask than our very own customers? In each of our schools we cater in, we look for people to act as Cucina Ambassadors and to help us provide a restaurant and food offer that meets the needs of you and your friends.

*What do you think? Something that you might be interested in?*

## The role of the Cucina Foodie:

- To be an ambassador of Cucina
- Attend a termly meeting hosted by the Cucina
- Gain feedback from your peers on the topics / subjects that we set you
- Tell us what we are doing well and what we could do better
- Have direct contact with your Chef

## What you receive in return:

- A 'Foodie' badge making you an official 'School Foodie'
- A Cucina goodie bag
- Get to taste, free of charge, new items we have on trial



## Try Something New

Trying new foods and putting taste buds to the test is our goal at Cucina.

With most Primary school age customers choosing the same dishes each week, we always try to encourage students to try something new.

For every student who tries something new and clears their tray they will receive a Super Foodie sticker.

If your child is brave enough to try something new but does not like it this is not a problem, we will swap their meal choice for something they do.







## CUCINA SUPER FOODIES MENU 2019 / 2020...



### WEEK ONE

#### MONDAY...

#### TUESDAY...

#### WEDNESDAY...

#### THURSDAY...

#### FRIDAY...

#### MAIN COURSE

Cucina Pork Sausage With Onion Gravy

Crunchy Breaded Chicken With Spaghetti

Roast Turkey With Yorkshire Pudding

American Style Beef Burger

Fish & Chips

#### VEGETARIAN MAIN

Vegetable Sausages With Onion Gravy

Crunchy Quorn Bites With Spaghetti

Roasted Vegetable Loaf With Yorkshire Pudding

Crispy Vegetable Burger

Cheese & Tomato Pastry Puff

#### ACCOMPANIMENTS

Mashed Potato

Garlic Bread

Roast Potatoes

Baked Herby Wedges

Skinny Fries

#### VEGETABLES

Garden Peas & Carrots

Broccoli & Mixed Garden Salad

Seasonal Vegetables

Rainbow Slaw & Sweetcorn

Baked Beans Or Garden Peas

#### DESSERTS

Hot Brownie With Chocolate Sauce

Orange Jelly With Seasonal Fruit

Steamed Jam Sponge & Pink Custard

Strawberry Mousse

Iced Rainbow Sponge

#### SANDWICHES

Ham Baguette

Tuna Sandwich

Cheese Baguette

Ham Sandwich

Cheese Baguette

Daily dessert offering including sweet treats, fresh fruit and yoghurt

### WEEK TWO

#### MONDAY...

#### TUESDAY...

#### WEDNESDAY...

#### THURSDAY...

#### FRIDAY...

#### MAIN COURSE

Beef Lasagne

Mild Chicken Korma

Roast Pork With Stuffing & Yorkshire Pudding

Oven Baked Chicken Goujons

Fish Fingers

#### VEGETARIAN MAIN

Roasted Vegetable Lasagne

Sweet Potato & Spinach Curry

Quorn Fillet With Stuffing & Yorkshire Pudding

Southern Fried Quorn Escalope

Vegetable Nuggets

#### ACCOMPANIMENTS

Garlic Bread

Naan Bread

Roasted Potatoes

Crunchy Garlic & Herb Potato Wedges

Skinny Fries

#### VEGETABLES

Carrots & Garden Peas

Scented Rice & Sweetcorn

Seasonal Vegetables

Rainbow Slaw & Baked Beans

Garden Peas

#### DESSERTS

American Pancake With Toppings

Lemon Shortbread Biscuit

Oaty Apple Crumble & Custard

Jammy Iced Bin

Double Choc Chip Cookie

#### SANDWICHES

Tuna Sandwich

Ham Baguette

Cheese Baguette

Ham Sandwich

Cheese Baguette

Daily dessert offering including sweet treats, fresh fruit and yoghurt

### WEEK THREE

#### MONDAY...

#### TUESDAY...

#### WEDNESDAY...

#### THURSDAY...

#### FRIDAY...

#### MAIN COURSE

Homemade Ham Pizza

Chinese BBQ Chicken

Roast Gammon With Yorkshire Pudding

Spaghetti Bolognese

Salmon Fish Cake

#### VEGETARIAN MAIN

Homemade Margherita Pizza

Chinese BBQ Quorn Strips

Vegetable Sausage Toad In The Hole

Quorn Bolognese

Cheese & Tomato Quiche

#### ACCOMPANIMENTS

Herby Wedges

Noodles

Roast Potatoes

Garlic Bread

Skinny Fries

#### VEGETABLES

Sweetcorn & Mixed Salad

Stir Fried Vegetables

Seasonal Vegetables

Carrots & Mixed Salad

Baked Beans Or Garden Peas

#### DESSERTS

Sticky Toffee Pudding & Toffee Sauce

Frozen Yoghurt Bar With Toppings

Hot Treacle Sponge With Custard

Chocolate cherry Muffin

Iced Rainbow Sponge

#### SANDWICHES

Sweetcorn

Tuna Sandwich

Ham Sandwich

Tuna Baguette

Ham Sandwich

Daily dessert offering including sweet treats, fresh fruit and yoghurt

Welcome to

