

# *A little bit about your caterers*

**WE ARE CULINERA...**

## **WELCOME PUPILS, PARENTS AND STAFF...**

We wanted to take this opportunity to introduce Culinera to you and say how delighted we are to have been awarded your catering contract.

Great food is at the very heart of our business. We strive every day to wow our pupils with new ideas and interesting meals whilst keeping the traditional touches.

We hope you like our ideas for the future. We always welcome you and your child's feedback.



## **ABOUT CULINERA**

Founded in 2020, Culinera are an independently owned and independently operated catering company, working exclusively in the education sector. Established with the aim of bringing about a new era in food, Culinera's ethos and commitment is to provide fresh food, served by well-trained people who really care. Culinera look forward to creating a truly wonderful experience for our pupils.



## **WE WOULD LOVE YOUR FEEDBACK!!**

We are super excited about re-launching the catering service. Have your say at any time by scanning the QR code or visiting [feedback.culinera.co.uk](https://feedback.culinera.co.uk)



## THE FOOD OFFER

We invest in our teams to ensure they have the right skills, equipment and responsibly sourced quality ingredients to showcase at meal times.

We are proud that 95% of all of our dishes across the menu are freshly prepared from scratch.

We adhere to the principle of 'finding the right balance', which simply means we have enough fruit and vegetables, fibre and starchy foods, moderate amounts of dairy and meat, fish, eggs and beans whilst avoiding high levels of saturated fat, sugar and salt.

Our ultimate goal is to help pupils of all ages enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

We are committed to constantly reviewing our menus and recipes. We have also introduced a number of plant-based recipes to our menus, as well as meat free days to support the sustainability aspects of our offer. All of our meals are freshly prepared within the school kitchen.



## FOOD COMMITMENT:

We approach food service with a simple, no fuss attitude. We use the best ingredients, nothing processed, nothing added, just honest great food, every day.

We have established partnerships with a wide range of farmers, producers and artisan food suppliers.

We work closely with these groups who help us ensure that we can meet our commitment to sourcing fresh produce.

The use of high quality ingredients is at the heart of our food philosophy.

By using suppliers who care about their produce and sourcing the best quality available, our Chefs are able to create dishes that are both seasonal and delicious.



Where available, we champion seasonal fruit and veg on our menus



Where available, We source, free range eggs



Where available, All our fish is MSC certified and from sustainable stocks



Where available, we use British milled flour for our homemade bread and fresh pizza dough. We do not use emulsifiers!



Where available, All our milk is British Red Tractor certified



Where available, We only use pole and line caught tuna

## ALLERGY OR FOOD INTOLERANCE?

At Culinera, we wholeheartedly encourage the move towards a healthier lifestyle within our schools.

Our ultimate goal is to help pupils of all ages enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

For those families with children that have specific food allergies or intolerances, we have robust policies and procedures in place to ensure that your child's meals are carefully prepared.

If you have any queries regarding how we manage allergens and intolerances, please get in touch with a member of staff. We are experienced in catering for many different diets and our trained teams will provide them with an alternative meal, ensuring their dietary needs are met.

### ALLERGY OR DIETARY REQUIREMENT?

If so, we are here to help.

At Culinera, we use a wide range of ingredients with many of our products containing dairy, gluten and other allergens. As such, there may be traces of various allergens present across our product range.



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Champions would love what is in our food, so we encourage you to talk to one of our food choices.

Champion Champions are wearing pink badges.

**culinera**  
feeding the future







## REGULAR FOOD EVENTS TO ENGAGE & EDUCATE

Each term our team will run theme days around local or national events, tasting tables to educate on less well-known fruit and vegetables and chef demonstrations or supplier days to introduce the people and/or skills behind our food.

We will also feature educational initiatives developed by our Nutrition, Sustainability and Food Innovation teams, which instil important messages, whilst also capturing the fun and excitement of emerging food trends, global cuisines and innovation from the restaurant sector.

We cater for parents occasionally too. Usually this consists of (but is not limited to), Parents' Evenings, Events, Parents' tasting days, PTA Meetings and Sporting Events.

## EXAMPLE THEME DAYS

by **culinera**

# TASTE OF Italy

## ITALIAN SPECIALS

**PORCHETTA**

ROLLED ROAST PORK  
STUFFED WITH HERBS

**CANNOLI CONES**

WAFFLE CONES FILLED WITH  
RASPBERRY AND VANILLA

Please ask us about allergens.

## SUMMER SOLSTICE

INDEPENDANCE DAY

NATIONAL FISH CHIPS DAY

## Wimbledon

GAME, SET, MATCH

FIND OUT MORE

[WWW.CULINERA.CO.UK](http://WWW.CULINERA.CO.UK)

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