

# Cucina


## “FEEDING MORE CHILDREN BETTER FOOD”

### Delicious meals that everyone loves

It's vital for children to eat nutritious, healthy food every day, but even more so when they are at school and engaging in social activities, playing and learning.

A balanced diet does not just fill a hole at lunchtime, it improves concentration, boosts brainpower, memory and physical wellbeing; however, we all know that young children do not always see that as a valid reason to eat their greens.

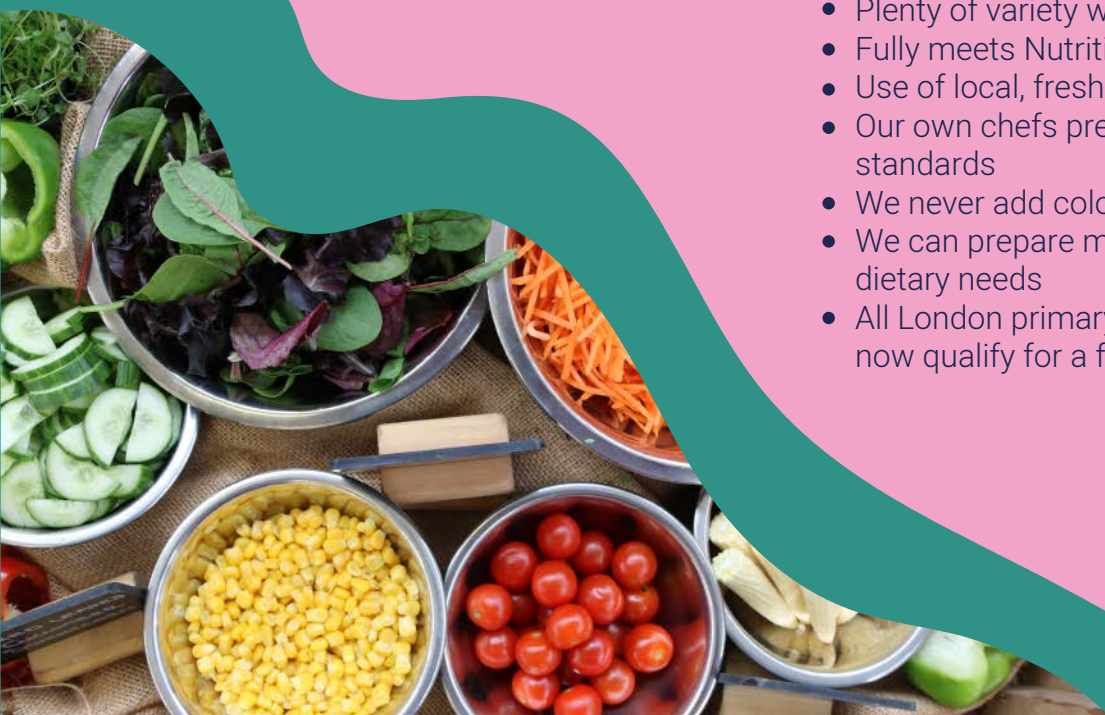
That's why we've designed menus that they love to eat, while providing them with all the good stuff they need to do well at school and beyond.



**"You make the best food ever. But don't tell my mum because she will get mad..."**

### Fresh, healthy food cooked with love

- Awesome familiar favourites and exciting new dishes
- Plenty of variety with a three week menu cycle
- Fully meets Nutritional Standards
- Use of local, 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
- All London primary pupils, Reception to Year 6, now qualify for a free school meal





W e e k 1	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
h a l a l m a i n m e a l	<b>Cheesy Salmon Sub Melt with Baked Wedges</b>	<b>Halal Chicken Arribiata Wholegrain Pasta Bake</b>	<b>Halal Roast Chicken &amp; Roast Potatoes with Gravy</b>	<b>Fragrant Sweet &amp; Sour Halal Chicken with Wholegrain &amp; White Rice</b>	<b>Battered Fish &amp; Chips</b>
v e g e t a r i a n m a i n m e a l	<b>Italian Cheese &amp; Tomato Pizza with Baked Wedges</b>	<b>Vegan Bean &amp; Vegetable Lasagne</b>	<b>Vegan Sausage Puff &amp; Roast Potatoes with Gravy</b>	<b>Vegetable Katsu Curry with Wholegrain &amp; White Rice</b>	<b>Vegan Vegetable Nuggets &amp; Chips</b>
v e g e t a b l e s	<b>Carrots &amp; Peas</b>	<b>Garden Peas</b>	<b>Seasonal Vegetables</b>	<b>Sweetcorn</b>	<b>Baked Beans</b>
j a c k e t p o t a t o e s	<b>Cheddar Cheese, Baked Beans or Tuna Mayonnaise</b>				
p u d d i n g	<b>Strawberry Yoghurt</b>	<b>Pear &amp; Cocoa Sponge with Vanilla Sauce</b>	<b>Raspberry Jelly &amp; Mandarins</b>	<b>Homemade Apple Crumble &amp; Custard</b>	<b>Chocolate Cookie</b>



W e e k 2	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
h a l a l m a i n m e a l	<b>Halal Chicken Sausage &amp; Mash</b>	<b>Halal Texan Style Mince Beef with Wholegrain &amp; White Carrot Rice</b>	<b>Halal Roast Turkey &amp; Roast Potatoes with Gravy</b>	<b>Halal Chicken, Tomato &amp; Garlic Wholegrain &amp; White Pasta Bake</b>	<b>Fish Fingers &amp; Chips</b>
v e g e t a r i a n m a i n m e a l	<b>Vegan Sausage &amp; Mash</b>	<b>Plant Based Chilli with Wholegrain &amp; White Carrot Rice</b>	<b>Tomato &amp; Spinach Spanish Omelette</b>	<b>Crispy Topped Mac 'n' Cheese</b>	<b>Cheese &amp; Onion Pasty with Chips</b>
v e g e t a b l e s	<b>Carrots</b>	<b>Sweetcorn</b>	<b>Seasonal Vegetables</b>	<b>Tomato, Cucumber &amp; Carrot Salad</b>	<b>Baked Beans</b>
j a c k e t p o t a t o e s	<b>Cheddar Cheese, Baked Beans or Tuna Mayonnaise</b>				
p u d d i n g	<b>Vegan Shortbread</b>	<b>Oaty Apple Crumble &amp; Custard</b>	<b>Strawberry Yoghurt</b>	<b>Orange Mandarin Jelly</b>	<b>Apple Sponge &amp; Custard</b>



W e e k 3	M o n d a y	T u e s d a y	W e d n e s d a y	T h u r s d a y	F r i d a y
h a l a l m a i n m e a l	<b>MEAT FREE MONDAY</b>	<b>Halal Beef Bolognese with Wholegrain &amp; White Pasta</b>	<b>Halal Roast Chicken &amp; Roast Potatoes with Gravy</b>	<b>Halal Fragrant Chicken &amp; Chickpea Korma with Fluffy White Rice</b>	<b>Our Own Recipe Halal Southern Fried Chicken Strips &amp; Chips</b>
v e g e t a r i a n m a i n m e a l	<b>Cheese &amp; Tomato Pizza with Baked Wedges</b>	<b>Vegan Roasted Veg Bolognese with Wholegrain &amp; White Pasta</b>	<b>Vegan Wellington &amp; Roast Potatoes with Gravy</b>	<b>Squash, Chickpea &amp; Spinach Korma with Fluffy White Rice</b>	<b>Onion Bhaji Burger &amp; Chips</b>
v e g e t a b l e s	<b>Tomato, Cucumber &amp; Carrot Salad</b>	<b>Sweetcorn</b>	<b>Seasonal Vegetables</b>	<b>Garden Peas</b>	<b>Baked Beans</b>
j a c k e t p o t a t o e s	<b>Cheddar Cheese, Baked Beans or Tuna Mayonnaise</b>				
p u d d i n g	<b>Strawberry Yoghurt</b>	<b>Pear &amp; Apple Crumble with Custard</b>	<b>Strawberry Jelly with Fruit Cocktail</b>	<b>Sticky Lemon Sponge &amp; Custard</b>	<b>Chocolate Brownie</b>