

# WELCOME

to your new menu!

This menu has been created by chefs and nutritionists to offer children appetising lunches which support healthy, balanced lifestyles. The menus change weekly as part of a three-week cycle and offer a variety of hot and cold meal choices each school day. Read on to find out more!

Cucina

## ABOUT OUR FOOD

Each of our menus are created in line with UK Government guidelines and include a **healthy balance** of vegetables, protein, and whole grains. We focus on using **whole ingredients** that provide essential vitamins and minerals for **children's growth and development**.



WE USE **85% FRESH** INGREDIENTS - EVERY DAY!



**DID YOU KNOW?**

All our menus are vegetarian society approved

We want as many children as possible to have access to school lunches, including those with dietary needs. Our catering team can readily provide allergen information for each dish during service, and if your child has any specific allergies, we can offer an **Allergen Aware Menu** to meet their needs. Simply ask us for more information!

## ALLERGENS & INTOLERANCES

**DID YOU KNOW?**

Eating more plant-based food helps save water, forests, and CO2!



SAVE AROUND EVERY YEAR! **£500**

School lunches are **free** for all pupils in **Reception, Year 1 and Year 2** as part of the government's Universal Infant Free School Meals programme.



OUR SAUCES HAVE ADDED **VEGETABLES**

...LIKE SPINACH AND LENTILS TO PROVIDE EXTRA PROTEIN



**DID YOU KNOW?**

This year we have reduced sugar in our bakes by 35%

## PLANT POWER!

Plant-based dishes are filling, tasty and **packed with nutrients**. They're protein rich & heart healthy, which is why our menus include more pulses, grains, vegetables and fruits than ever before!



## SEASONAL BRITISH FOOD

We build seasonal menus so we can make the most of great UK produce. Food at its seasonal best offers great nutritional benefits, reduces food miles and supports local people. We also work with suppliers who prioritise animal welfare.

## GOOD FOR OUR PLANET

All of our waste cooking oil is turned into biodiesel and used for fuel, and fresh food reduces packaging waste!



OVER **70%** OF OUR MENUS ARE VEGETARIAN\*

\*Across our core and 'Allergen Aware' menus