

| Week 1   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|--|---|---|
| Main<br>        | Butternut squash burger, aioli and hummus                | Jamaican beef stew with dumplings  | The great British roast, all the trimmings   | Spaghetti and meatballs   | The full works!<br>Culinera chip shop<br><br>Vegan Fish Box <br>Fish Finger Wrap |
| Veg Option<br>  | Autumn hot roasted mezze box - falafel and roasted veg   | Jamaican veggie stew with herb dumplings  | Melting cheese and potato pie, all the trimmings   | Quorn 'meat'ball pasta, rich ragout  and spaghetti |   |
|    | Lebanese street sandwich   | Jerk rice box                               | Quornish pasty  | Culinera calzone  |   |
|  | Spicy wedges   | Sausage roll   | Patatas bravas   | The ultimate mac and cheese   |   |
|    | Daily specials including Culinera classic tomato, mac and cheese, red pesto, green pesto and vegetable ragout  |  |  |   |   |
| Pudding  | Mixed berry pie  | Spiced ginger cake   | Jam sponge   | Apple crumble tart  | Chocolate bread and butter pudding  |



TRY OUR  
*home-made*  
**SOUP**  
with freshly baked bread

**SOURDOUGH**  
FRESHLY BAKED  
OPTIONS  
*every day*

TAKE US HOME



Order and collect before you go home

**LUNCH**  
*meal deal*  
Check what's on offer today!






Watch out for our daily  
**culinera**  
*Concepts*

HEALTHY APPETITE?  
Why not try our  
*healthier options*









### Menu Key

 Vegan  Wholemeal  Oily Fish  Added Plant Power

### HEALTHY APPETITE?

 Under 600kcal  Available after school  Smaller portions available  Reduced sugar recipe  Healthy eating points

## Culinera 2022 - Winter

| Week 2  | Monday  | Tuesday  | Wednesday                                  | Thursday   | Friday  |
|---|---|--|--|--|---|
| <div>Main</div> <div></div>                  | Vegan laksa, rice noodles and pak choi 🥬  | Crispy beef taco shells, rice cheese and salad   | The great British roast, all the trimmings | Peri chicken pitta, garlic and lemon wedges and corn       | <div>The full works! Culinera chip shop</div> <div>Vegan Fish Box 🥬</div> <div>Fish Finger Wrap</div> |
| <div>Veg Option</div> <div></div>            | Sweet potato katsu, rainbow rice ⚡  | Cajun pepper open burrito, rice cheese and salad | Autumnal vegetable pastry pockets, gravy 🥬 | Roasted peri pepper wrap, garlic and lemon wedges and corn |   |
| <div>MARKETPLACE</div> <div></div> <div>STREET FOOD</div>   | Dirty wedges 🥬  | Chilli and ginger noodles ⚡                      | Bean quesadilla ⚡                          | Tornado potatoes 🥬   |   |
|   | Mac and cheese bites  | Patatas bravas                                   | Bacon and cheese bagel                     | Onion pakoras 🥬  |   |
| <div>Pasta And Noodle Bar</div> <div></div> | Daily specials including Culinera classic tomato, mac and cheese, red pesto, green pesto and vegetable ragout |  |  |  |   |
| <div>Pudding</div>  | Sticky banoffee crunch cake   | Warm culinera brownie, vanilla ice cream         | Pumpkin spiced muffin                      | Toffee apple slice   | Ice cream bar   |



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 Vegan  Wholemeal  Oily Fish  Added Plant Power

### HEALTHY APPETITE?



Under 600kcal



Available after school



Smaller portions available














Reduced sugar recipe



Healthy eating points

**ALLERGENS** - Please inform your server of any allergies or dietary requirements.

## Culinera 2022 - Winter

| Week 3  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|---|--|---|
| <div>Main</div> <div></div>                  | Pumpkin gnocchi, pesto  | Beef ramen, red onion, cucumber and bean sprouts  | Roasted herb sausages, mash potato, onion gravy and Yorkshire pudding | Pork madras, rice and pickle tray  | <div>The full works! Culinera chip shop</div> <div>Vegan Fish Box </div> <div>Fish Finger Wrap</div> |
| <div>Veg Option</div> <div></div>            | Feta cheese and lentil filo pie  | Vegan ramen, red onion, cucumber and bean sprouts with rice noodles  | Veggie sausage, mash, broccoli and onion gravy                        | Veggie butter curry, turmeric rice and pickle tray  |   |
| <div>MARKETPLACE</div> <div></div> <div>STREET FOOD</div>   | Patatas bravas  | Bacon and cheese bagel  | Giant yorkie and gravy  | Chicken tikka wrap   |   |
|   | Sausage and bean cous-cous  | Chilli rice burrito   | Chilli cheese bites   | Corn dogs  |   |
| <div>Pasta And Noodle Bar</div> <div></div> | Daily specials including Culinera classic tomato, mac and cheese, red pesto, green pesto and vegetable ragout     |   |   |  |   |
| <div>Pudding</div>  | Pink iced sponge with vanilla custard   | Banana katsu with ice cream   | Apple and mixed berry crumble   | Culinera carrot cake   | Ice cream sundae  |



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### HEALTHY APPETITE?

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