

# Welcome to **Cucina**<sup>®</sup> fresh thinking!

Cucina's service provides an **educational food service** by linking the classroom and the kitchen.

Students can see dishes being freshly prepared such as homemade pizza being served fresh from our pizza oven, fresh bread made on the premises daily and a wide variety of freshly prepared main meals, salads, sandwiches, fruit pots and desserts as well as mouth watering homemade muffins and cakes.

For those on free school meals, Cucina are unique in offering any two items from the vast daily menu for their free school meal value regardless of price in recognition of the importance of meals at school.



Cucina's philosophy centres on the premise that eating well is crucial to improving ability and behaviour, as well as academic and athletic success. Cucina makes meals fun and helps students to broaden their knowledge and appreciation of food.

## What students see:

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

I am sure that you will have heard about the food-based requirements for school lunches introduced in September 2006, which were developed by the Schools Food Trust. These requirements were further enhanced to include nutrient based standards from September 2009. Cucina's food offer exceeds these and supports our aim of setting a new benchmark for food service in our area.



## 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

Contact us:

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TRY OUR  
**HOME MADE SOUP**  
WITH *freshly baked* BREAD: £1

**FREE**  
SCHOOL MEALS  
CHOOSE ANY **2 items**  
(BUT NOT 2 CAKES!)  
AND PAY **NOTHING EXTRA**

*freshly made*  
**14 INCH PIZZA**  
TO SHARE OR TAKE HOME  
< ORDER NOW >

**TAKE HOME A TAKE AWAY**  
2 PORTIONS OF TODAY'S HOT SELECTIONS  
COLLECT BEFORE YOU GO HOME

LESS THAN  
**500**  
calories  
WHERE YOU SEE THIS LOGO

watch out for our  
**POP-UP PROMOTIONS**  
BRINGING YOUR FAVOURITE TAKE AWAY TO YOU!

ALL OF OUR  
**DELI RANGE**  
OF SANDWICHES, SALADS AND DESSERTS  
ARE FRESHLY MADE HERE DAILY

# WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAINS £2.20

**BEEF LASAGNE**  
ROASTED GARLIC BREAD, ROCKET & PARMESAN SALAD

**CHICKEN TIKKA MASALA**  
SCENTED RICE, PICKLE TRAY

**ROAST TURKEY**  
YORKSHIRE PUDDING, HONEY ROASTED VEGETABLES

**CHILLI CON CARNE**  
SOURD CREAM, SALSA, CHEESE, NACHOS

**GINGER BEER BATTERED FILLET OF FISH**  
**SALMON FISHPASTE**  
CHIP SHOP SPECIALS

### VEGETARIAN £2.20

**OMELETTE BAR** v  
ROASTED GARLIC BREAD, ROCKET & PARMESAN SALAD

**REGGAE REGGAE SWEET POTATO CURRY** v  
SCENTED RICE, PICKLE TRAY

**SUNBLUSHED TOMATO, FETA, OLIVE & PESTO TART** v  
ROCKET SALAD

**QUORN & VEGETABLE CHILLI** v  
SOURD CREAM, SALSA, CHEESE, NACHOS

**QUORNISH PASTY** v  
CHIP SHOP CHIPS, PEAS

WHY NOT TOP IT OFF WITH CHEDDAR FOR ONLY 25p

### TUBS TO GO FROM £0.99

**CUCINA TOMATO PASTA** v  
MEATBALL MARINARA PASTA

**CUCINA TOMATO PASTA** v  
MAC 'N' CHEESE v

**CUCINA TOMATO PASTA** v  
SPICY SAUSAGE PASTA

**CUCINA TOMATO PASTA** v  
SINGAPORE NOODLES

**CUCINA TOMATO PASTA** v  
SWEET CHILLI CHICKEN PASTA

GO ON... TRY A SPLASH OF ONE OF OUR HOMEMADE OILS!

### SUBS AND BURRITOS SMALL £1.30 LARGE £2.20

**PEPPERONI BIG FOOT**

**CHICKEN WRAP BAR**

**CHILLI BEEF BURRITO**

**CHICKEN WRAP BAR**

**CHEESY CHILLI BEEF BURRITO**

### CUCINA VALUE FROM £0.49

**MINI SHORTBREAD**  
SAVOURY POPCORN v

**JAM STRAWS**  
CHEESE STRAWS v

**MINI FRUIT JELLY**  
GARLIC BREAD v

**MINI FLAPJACK**  
BUTTERED CRUMPET v

**MINI COOKIE**  
BBQ BAGUETTE v

### PUDS £1.00 HOT > COLD >

**PINEAPPLE UPSIDE DOWN PUDDING**  
CUSTARD

**PANCAKE BAR**  
TOPPINGS

**PEAR & BLACKBERRY CRUMBLE**  
VANILLA ICE CREAM, CUSTARD

**CHURROS**  
CHOCOLATE SAUCE

**WARM CHOCOLATE SPONGE CAKE**  
VANILLA ICE CREAM

**RASPBERRY TIRAMISU**

**LEMON CHEESECAKE**

**JAFFA MOUSSE POT**

**BANOFFEE TUB**

**CUCINA SUNDAE**

WE ONLY EVER SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MAYO ARE FREE RANGE, OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS, OUR COFFEE AND CHOCOLATE ARE FAIRTRADE. TO FURTHER REDUCE FOOD MILES, 90% OR MORE OF OUR FRUIT AND VEG IS GROWN IN THE UK AND WE VISIT THE FARMS WHERE THEY ARE GROWN REGULARLY. BUT SOURCING GREAT INGREDIENTS IS POINTLESS WITHOUT PROPERLY SKILLED CHEFS DETERMINED TO TURN IT INTO GREAT FOOD EVERY DAY, SO WE INVEST IN THAT RARE BREED AS WELL! ALL OF OUR FOODS ARE PREPARED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT. IF YOU HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE SPEAK TO OUR EXECUTIVE CHEF WHO WILL BE HAPPY TO FIND SOMETHING SUITABLE.

