

Welcome to **Cucina**[®] 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:

Mail: Spectrum House, Dunstable Road, Redbourn, St Albans, Hertfordshire, AL3 7PR Tel: 0845 389 1320 Email: info@cucina.co.uk

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.

