

SEPTEMBER 2024



VERULAM SCHOOL
ST ALBANS

Hello Verulam School

WE ARE THE SOCIAL KITCHEN BY
CULINERA, YOUR NEW CATERERS

Starting after the Summer holidays.



Dear Students, Teachers, Parents and the wider Verulam School community...

I wanted to write to you to hopefully give you something to look forward to in September!

After a rigorous selection process over the last couple of months, we have chosen a new catering provider to provide our catering from September. We are pleased to introduce Culinera!

Learn more by visiting our new catering website



[HTTPS://MYCULINERA.CO.UK/VERULAM](https://myculinera.co.uk/verulam)



ABOUT CULINERA

Culinera is an independently owned and independently operated catering company, established with the aim of bringing about a new era in school food. They create school restaurants not canteens; and offer a bespoke service to us at Verulam School.



You can find out more about Culinera on the new dedicated catering website www.myculinera.co.uk/verulam

WE WANT YOUR FEEDBACK!!

As part of our move to Culinera, we are REALLY keen for your feedback. Please complete our short survey to enable us to ensure that your comments are considered through the change of caterers.



[CLICK HERE TO OPEN THE STAFF SURVEY](#)

[CLICK HERE TO OPEN THE STUDENT SURVEY](#)

[COOK]ED Food

We invest in our teams to ensure they have the right skills, equipment and responsibly sourced quality ingredients to show case at lunch time.

Culinera are proud to offer a wide range of options each lunch time to meet the needs of every person - from our showcase main to delicious salads and bakes. We serve over 20 different items each day, so there is truly something for everyone!



WE SERVE:

GRAB & GO

Items include:

1/2 sandwiches, baguettes, fruit pots, pudding pots, bakes & salads.

HEALTHY MAINS

A variety of healthy, tasty mains prepared from scratch every day from carefully selected ingredients. The menu for this term is included with this newsletter!

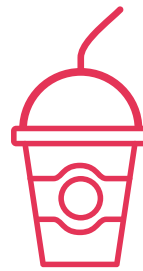
We also run Chef Special options that our team cook up based on what's available in the kitchen, and to try new things!

SALAD BAR

Bursting with homemade healthy salads. All pre-boxed and ready to be collected.

ICED DRINKS

As we move into warmer months, you will be able to taste our new iced drinks range, our salad boxes and lots of seasonal dishes.

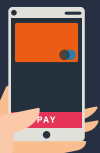


DISCOVER

PURE

VEGGIE
VEGAN
GOODNESS
FREE FROM

Our new PURE range has loads of amazing free-from choices, including our very popular chocolate brownie which is made with non-gluten containing ingredients.



TOPPING UP YOUR ACCOUNT

Although we are changing to Culinera, we will be staying with ParentMail.

This means, that for online top-ups, continue as usual. New students should have received account activation details, and previous balances have been transferred for use after the school holidays.

Students without access to School Gateway can request an activation letter by emailing admin@verulam.aat.school. Sixth Form students and staff can also pay using contact-less options in designated area.

WE CANNOT WAIT TO WELCOME YOU BACK.

We will be working hard over the holidays to refresh the restaurant, introduce some new equipment to bring a fresh approach to food, so keep your eyes and ears open for this!

FREE SCHOOL MEALS?

You will continue to be eligible for the allowance at lunchtime. You do not need to worry about the pricing. Students who are eligible for FSM can choose two items for your allowance. Please see more information on the next page.

YOU MAY BE ENTITLED TO FREE SCHOOL MEALS

Your child may be eligible for a free school meal which could save you over £450 a year and gain additional funding for your school.

[CLICK HERE TO CHECK IF YOU QUALIFY >>](#)

Did you know?

- We operate a breakfast service before school every day!
- We have cold grab and go from 80p and hot food from just £1.50 every day!
- We have a variety of meal deals! Look out on the digital screens for the latest information.
- We have theme days twice per month!
- Sixth form have access to use our services all day!



FREE SCHOOL MEAL ALLOWANCE?

AS PART OF OUR FREE SCHOOL MEAL ALLOWANCE, IF YOU ARE ELIGIBLE, YOU ARE ENTITLED TO ANY TWO ITEMS FROM THE MENU BELOW:

1

Choose ONE of these main items

MAIN COURSE

PIZZA

PANINI

PASTA POT

SALAD POT

SANDWICH

2

Add ONE of the following items

FRUIT POT

CLASSIC BAKE

JELLY



80Z CULINERA ICE

BOTTLE OF WATER 330ML



FIND OUT IF YOU ARE ELIGIBLE FOR FREE SCHOOL MEALS BY VISITING
WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS

LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPRING / SUMMER 2024					
MAIN ONE	Chicken enchilada with roasted sweet potato	Traditional beef lasagne with mature cheddar and garlic flatbread	Loaded roast British pork and all the trimmings	 <p>OUR RANGE OF AMERICAN INSPIRED DISHES</p>	Battered chip shop Friday with chunky chips, tartare and mushy peas
MAIN TWO	Cherry tomato and spinach frittata 	Roasted vegetable and feta lasagne with garlic flatbread and Italian salad 	Vegan Chilli con carne 		
PASTA BAR	[COOK]ED Mac n cheese with crispy onions and pesto 	Tomato and basil pasta 	Pasta arrabiata 	Tomato and basil pasta 	Rocket pesto pasta pot 
NEON	Loaded wedges with sour cream and salsa 	Herby garlic chicken wings with Bombay slaw	Pulled pork wrap with herby potatoes	BBQ chicken bowl	Veggie katsu curry 
MARKET SPECIALS	Cheese straws 	Vegetable samosa's 	Pizza twists 	Chilli cheese crumpets 	Dough balls 
PUDDING	Apple crumble with custard	Steamed syrup sponge	Chocolate fudge cake and vanilla sauce	Banana cake and custard	Fruit flapjack and custard

We also have our range of hot and cold grab and go to support our main offers. Additionally, we have our range of baked potatoes with [Cook]ed rub served with a range of extras.

TRY OUR
home-made
SOUP
with freshly baked bread

SOUR DOUGH
FRESHLY BAKED
OPTIONS
every day

TAKE US
home
Order and collect after school

DAILY
Chef
Specials
Check what's on offer

Watch out daily for
culinera
concepts

HEALTHY APPETITE?
healthier options
Available every day

ALLERGENS – Please inform a Culinera Allergen Champion of any allergies or dietary requirements before purchasing items • Products are subject to local changes at each of our schools, and may not be on sale on the advertised day or at any point • We have daily specials available, which are priced individually at the point of sale • Due to the nature of our till systems, any special offers or meal deals need to be requested at the point of purchase to the till operator • Items detailed within our menu key are subject to local availability at each of our schools and may not be available on the advertised day or at any point.

LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPRING / SUMMER 2024					
MAIN ONE	Traditional sausage and mash	Meatballs with spaghetti	Loaded roast Glazed gammon and all the trimmings	 <p>Frango's OUR RANGE OF PERI PERI INSPIRED DISHES</p>	Battered chip shop Friday with chunky chips, tartare and mushy peas
MAIN TWO	Cheesy tomato and basil pasta bake 	Cauliflower tikka masala with pilau rice and tandoori broccoli 	Mushroom and spinach wellington with sage and onion stuffing 		
PASTA BAR	[COOK]ED Mac n cheese with crispy onions and pesto 	Tomato and basil pasta 	Pasta arrabiata 	Tomato and basil pasta 	Rocket pesto pasta pot 
NEON	Sizzlelicious chicken laksa	Szech one wings with rainbow slaw	Turkish meatballs with cumin cous cous	Bang bang cauliflower wings 	Korean chicken bowl
MARKET SPECIALS	Cream cheese swirl 	Patatas bravas 	Vegan sausage roll 	Cheese and tomato turnover	Fish Finger wrap
PUDDING	Jam roly poly with custard	Chocolate brownie with chocolate sauce	Waffle station	Apple and raspberry crumble	Bread and butter pudding

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MAIN ONE	Cajun cheesy sub ✓	Slow cooked beef chilli	Loaded roast. Thyme and garlic roast chicken and all the trimmings	 <p>BONITO JOIN THE MEXICAN FIESTA!</p>	Battered chip shop Friday with chunky chips, tartare and mushy peas
MAIN TWO	Mediterranean couscous Buddha bowl ✓	Beetroot falafel wrap with potato wedges ✓	Sun blushed tomato, cheddar and red onion tart with all the trimmings ✓		
PASTA BAR	[COOK]ED Mac n cheese with crispy onions and pesto ✓	Tomato and basil pasta ✓	Pasta arrabiata ✓	Tomato and basil pasta ✓	Rocket pesto pasta pot ✓
NEON	Mexican meatballs with Brazilian black beans	Piri Piri wings with savoury rice	Rainbow vegetable Pad Thai (nut free). ✓	Sweet chilli wings with house slaw	Wahacan Buddah bowl ✓
MARKET SPECIALS	Tomato and garlic focaccia ✓	Cheesy bubble ✓	Bolognaise puff pastry crowns	Southern fried popcorn chicken	Bacon and cheese tomato
PUDDING	Fruit crumble with custard	Corn flake tart	Apple sponge with custard	Old fashioned steamed treacle sponge	Sticky lemon sponge

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LOW CAL

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