

# Hello Commonweal School

**WE ARE THE SOCIAL KITCHEN BY  
CULINERA, YOUR NEW CATERERS**

Starting after the Christmas holidays.



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

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

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

Learn more by visiting our new catering website



[HTTPS://MYCULINERA.CO.UK/COMMONWEAL](https://myculinera.co.uk/commonweal)



## 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 Commonweal School.



You can find out more about Culinera on the new dedicated catering website [www.myculinera.co.uk/commonweal](http://www.myculinera.co.uk/commonweal)

## 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.

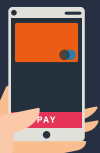


DISCOVER

# 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 School Gateway.

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@commonweal.co.uk](mailto:admin@commonweal.co.uk). 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 operate an after school service! This is open after school every day - ideal to grab a deal on the way home or before heading to one of the many school clubs.
- 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](http://WWW.GOV.UK/APPLY-FREE-SCHOOL-MEALS)

### BREAKFAST


Bacon / Sausage Roll	from £2.05
Breakfast thee item pot	£2.00
Toast bar (WITH BUTTER, JAM OR MARMITE)	45p
Morning pastries	from £1.55
Cereal	£1.00
Cut fruit	£1.45
Whole fruit / melon wedge	55p / £1.40
Porridge (40P FOR TOPPINGS)	FREE*

\*FREE TO STUDENTS WHEN PURCHASED WITH A TOPPING OR FRUIT. FREE TO STAFF WITH A HOT DRINK OR £1.00.

### DRINKS

#### HOT SELF SERVE 12OZ

		
TEA	ESPRESSO / AMERICANO	LATTE / CAP / FLAT WHITE
£1.25	£1.50	£2.00
		
HOT CHOCOLATE	ADD SYRUP / TOPPINGS	
£2.00	45p	

 Bring your own cup for 10p off

#### COLD DRINKS

Bottled water	85p / 95p
Culinera ice	£90p / £1.45
Capri Sun	£1.30
Milkshake	£1.35
Cartons	from £1.00
Cans	from £1.40
Flavoured bottles	from £1.20

#### HYDRATION STATION

Fruit shot	£1.00
500ml reusable bottle	£3.00

### COLD GRAB AND GO

#### POTS

Jelly / Yoghurt	£1.00 / £1.30
Puddings pots	from £1.45
Cut fruit	£1.45
Whole fruit / melon wedge	50p / £1.40
Boxed salads	£2.60
Salad table	£1.80 / £2.10
Protein / savoury pots	£1.20
Pasta salad	£1.80 / £2.20

#### CLASSIC

			
HALF SANDWICH	FILLED ROLL	SANDWICH	BAGUETTES
80p	from £1.00	£1.60	£2.30

#### PREMIUM

Bloomer	£2.10
Wrap	from £2.50
Baguettes	from £2.65

### Ultimate range

Items from £3.00



### THE BAKERY AND SNACK SHOP

		
CLASSIC	PREMIUM	ULTIMATE
BAKES	BAKES	BAKES
£1.20	£1.40	£1.70
		
POPCORN	SAVOURY SNACKS WITH SAUCE	
£1.10	£1.20	

### COOKED BY CULINERA

Daily meal deals	from £2.55
CulineraConcepts	from £2.85
Jacket potato with topping and leaves (ADD OTHER TOPPING FOR 50P)	£2.10
Paninis (HALF FOR HALF THE PRICE!)	£2.50 <sup>VEG</sup> £2.70 <sup>MEAT</sup>
Daily COOKED specials	from £1.00
NEON Bar	from £2.60
Homemade soup (WITH BREAD)	£1.80

### Pasta Bar

WITH daily changing TOPPINGS

£1.60<sup>80Z</sup> / £2.15<sup>12OZ</sup> / £2.50<sup>16OZ</sup>



### SOURDOUGH

FRESHLY BAKED OPTIONS every day

Classic £1.55<sup>VEG</sup> £2.10<sup>MEAT</sup> / Slipper £2.40



#### ALLERGENS

Culinera understands that food allergens can present serious problems for some of our pupils who eat within our dining facilities. We ask our customers with special dietary needs or allergies, to speak with our Executive Chef / Manager or one of our 'Allergen Champions' (who are wearing a pink badge) on a daily basis to find out which food they are able to purchase for that day, and they will do their best to cater for this. Where possible we may produce a bespoke dish, if required. It is not feasible to share entire menus in advance with customers as we produce and sell daily in excess of 70 items per day and our menus change regularly. Despite our best efforts, our food/drink is prepared in areas where cross contamination may occur and therefore, we are unable to guarantee that our dishes/drinks are ever totally free from any allergen.

*\*\*Our position on nuts - Culinera does not use nuts in any of the food that we prepare in-house and serve. We are however unable to guarantee that dishes/products served are totally free from nuts / nut derivatives. This is because, ingredients, for example, croissants may be made in a factory containing nuts, bread may be baked in a factory handling nuts, or some production lines may have machines lubricated with nut oil. In some cases and mainly within our Sixth Form outlets, we purchase pre-packaged products which may contain nuts products, for example cereal bars. It is not always possible to list all ingredients in all of our dishes and therefore we ask all pupils with nut allergies to follow our special dietary needs process detailed above, which is to speak with our Executive Chef / Manager or one of our 'Allergen Champions' on a daily basis.\*\**



#### SCAN QR TO GIVE FEEDBACK

The Culinera team are always looking for ways to improve your offer. Scan the QR code or visit [feedback.culinera.co.uk](https://feedback.culinera.co.uk) to give us your thoughts and feedback.



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

#### PLATE v POT

Reduce your environmental impact.

Use a plate or cup over a pot! To save on certain items!



#### DAILY meal deals

AVAILABLE



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

HEALTHY APPETITE?  
Why not try our  
**healthier**  
**options**

**PLEASE NOTE** - Not all products are available daily • Products are subject to local changes at each of our schools, and may not be on sale at any point • We have to add VAT at the current rate, to all sales of hot food and beverages to non-students • 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.