



**THE  
SOCIAL  
KITCHEN**

by **culinera**

**SEPTEMBER 2024**



# *Hello Little Heath School*

**WELCOME TO THE SOCIAL KITCHEN BY  
CULINERA, YOUR NEW CATERERS**

Starting after the Summer holidays.



**Dear Students, Staff and Parents**

I wanted to write to you to 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 caterer to provide our catering from September.

We are pleased to introduce Culinera!

David Ramsden, Headteacher

Little Heath School

Learn more by visiting our new catering website



[HTTPS://MYCULINERA.CO.UK/LITTLEHEATH](https://myculinera.co.uk/littleheath)



## **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 Little Heath School.



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

## **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](#)

## Let's hear from our Caterer Culinera

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

We have a strict no-packet mix rule, so everything is as fresh as it can be. Culinera are proud to offer a wide range of options each lunchtime to meet the needs of every person - from our showcase main to delicious salads and bakes. We serve over 40 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!

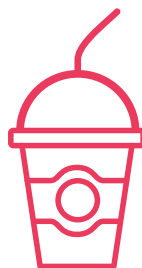
We also run Chef Special options that our team cook up based on what's available in the kitchen, and to encourage you to try new things!

#### 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 need their parents to request a link by emailing [finance@littleheath.org.uk](mailto:finance@littleheath.org.uk). Sixth Form students and staff can also pay using contactless options in designated areas.

### WE CANNOT WAIT TO WELCOME YOU BACK.

We will be working hard over the holidays to refresh the restaurant and to 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 three 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 formers have access to use our services all day!



# FSM ALLOWANCE?

AS PART OF OUR FSM ALLOWANCE, IF YOU ARE ELIGIBLE, YOU ARE ENTITLED TO THREE 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

8OZ CULINERA ICE

**3**

HYDRATION STATION WATER























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)



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## Showcase mains - **SPRING/ SUMMER 2024**

Week Commencing 2/9, 23/9, 14/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main 1</b>  	Chicken Pad Thai (nut free)	Italian beef ragu with chunky roasted vegetables and fusilli pasta	The great British roast, with all the trimmings	Butter chicken with pilau rice and tandoori broccoli	The full works! Culinera chip shop  Vegan 'fish' box  Fish finger wrap
<b>Main 2</b>  	Rainbow vegetable Pad Thai (nut free)  	"Baked melanzane" Aubergine and tomato bake with parmesan cheese  	Mushroom and spinach Wellington with sage and onion stuffing 	Cauliflower tikka masala with pilau rice and tandoori broccoli  	
<b>MARKETPLACE</b>  <b>STREET FOOD</b>	Meatball rice pot  Patatas bravas 	Home made dough balls   Italian herb wedges 	The roast wrap  Courgette fries  	Veggie naan kebab roll   BBQ wings	
<b>Pasta and Noodle bar</b> 	Daily specials including: Pasta -Culinera classic , pesto, mac 'n' cheese or vegetable ragu Noodles - Soy, chilli and ginger or chow mein				
<b>Pudding</b>	Hot chocolate brownie with caramel sauce	Tiramisu	Traditional syrup sponge	Apple and pear crumble	Culinera sundae



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

**DAILY**  
*chefs specials*  
Check what's on offer today!









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

HEALTHY APPETITE?  
Why not try our  
*healthier options*






### Menu Key



















 Vegan  Vegetarian  Added Plant Power  Available after school  Smaller portions available  Healthy eating points

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.



by culinera

## Showcase mains - **SPRING/ SUMMER 2024**

Week Commencing 9/9, 30/9, 21/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main 1</b>  	Chicken shawarma kebab, cumin spiced potatoes and yoghurt dressing	Cottage pie, with creamy mashed potato, gravy and fresh garden vegetables	The great British roast, with all the trimmings	Sticky BBQ chicken wrap, loaded with house slaw, crispy garlic potatoes and salad	The full works! Culinera chip shop  Vegan 'fish' box  Fish finger wrap
<b>Main 2</b>  	Garlic roasted vegetable kebab, with flatbread and yoghurt dressing  	Vegetable cottage pie, with creamy mashed potato, gravy and fresh garden vegetables  	Red onion, with roasted vegetables and feta filo pie	Homemade falafel burger with wedges and salad 	
<b>MARKETPLACE</b>  <b>STREET FOOD</b>	Bombay street toastie  Sweet potato fries 	Neon loaded nachos  Popcorn chicken	Dirty wedges  Pizza toastie 	Steak and onion slice Chicken tagine pot	
<b>Pasta and Noodle bar</b>  	Daily specials including: Pasta -Culinera classic , pesto, mac 'n' cheese or vegetable ragu Noodles - Soy, chilli and ginger or chow mein				
<b>Pudding</b>	Sticky toffee pudding	Apple pie with ice cream	Culinera carrot cake	Oreo cheesecake	Chocolate mousse



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## Showcase mains - **SPRING/ SUMMER 2024**

Week Commencing 16/9, 7/10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main 1</b> 	Loaded chicken Gyros, with oregano wedges	Italian beef meatballs with penne pasta	The great British roast, with all the trimmings	Katsu chicken with cucumber, chilli salad and vegetable rice	The full works! Culinera chip shop  Vegan 'fish' box Fish finger wrap
<b>Main 2</b> 	Mediterranean couscous Buddha bowl	Farfalle pasta puttanesca	Sun blushed tomato, cheddar and red onion tart with all the trimmings	Tempura vegetables, with soy and chilli dressing and coconut rice	
<b>MARKETPLACE</b>  <b>STREET FOOD</b>	Orzo pasta pot Cheese tomato and pesto toastie	Chicken paella pot Wedges with crumbled feta	Giant yorkies and gravy Crispy cajun chicken bites	Loaded spring rolls Lebanese street wrap	
<b>Pasta and Noodle bar</b> 	Daily specials including: Pasta -Culinera classic , pesto, mac 'n' cheese or vegetable ragu Noodles - Soy, chilli and ginger or chow mein				
<b>Pudding</b>	Lemon drizzle cake	Greek doughnuts with honey and cinnamon	Apple and mixed berry crumble with custard	Blueberry Dutch pancakes	Rocky roll with whipped cream

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Vegan Vegetarian Added Plant Power Available after school Smaller portions available Healthy eating points

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