

Cucina

LOVE BRITISH FOOD & LOCAL PRODUCE

Cucina are proud official partners of Love British Food and have been for many years now.

Love British Food is the leading national promotion of British food and Cucina embrace all things British by sourcing great locally produced food close to your school.

Not only does this mean the meals we cook are packed full of fresh produce but reduces transportation mileage and supports our local farmers

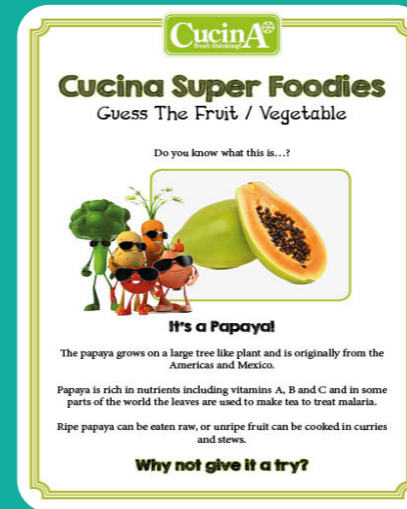


What students see

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

School Food Standards

I am sure that you will have heard about the food-based requirements for school lunches originally developed by the Schools Food Trust. The latest guidelines of January 2015 saw a return to the food based standards first introduced in 2006, moving away from the nutritional guidelines launched in September 2009. However as Cucina continue to be at the forefront of enhancing nutrition and usage within schools and academies across the country, we still ensure our menus comply with the nutritional standards as a best practice principle.



Foodie Groups & Student Involvement

Cucina are always looking for feedback, and who better to ask than our very own customers? In each of our schools we cater in, we look for students to act as Cucina Ambassadors and to help us provide a restaurant and food offer that meets the needs of you and your friends.

What do you think? Something that you might be interested in?

The role of the Cucina Foodie:

- To be an ambassador of Cucina
- Attend meetings hosted by the Cucina
- Gain feedback from your peers on the topics / subjects that we set you
- Tell us what we are doing well and what we could do better
- Have direct contact with Cucina

What you receive in return

- A 'Foodie' badge which will entitle you to a range of perks:
- You get to jump the queue with one friend
- Get to taste, free of charge, new items we have on trial



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
- Our Menus are Vegetarian Society Approved
- We have an Executive Chef overseeing all of our schools to cook healthy, tasty food as well as educate our customers
- We run a regular theme day to provide a variety of menu choice

Cucina

IFG Primary



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Pork Sausage and Mash with Onion Gravy	Chinese Style Chicken with Wholegrain Rice	Roast Turkey, Stuffing, Roast Potatoes, Yorkie and Gravy	Cottage Pie with Root Vegetable Mash	Fish Fingers and Chips
Vegetarian Main Meal	Cheese, Tomato and Spinach Puff Pastry Slice	Sweet and Sour Quorn with Vegetables and Wholegrain Rice	Macaroni and Broccoli Bake	Quorn Cottage Pie with Root Vegetable Mash	Southern Spiced Crispy Quorn Burger in Floured Bap
Vegetables	Garden Peas	Carrots	Roasted Root Vegetables	Sweetcorn	Garden Peas
Jacket potatoes	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese	Baked Beans, Tuna Mayo or Cheese
Pudding	Berry Fruit Crumble and Custard	Classic Shortbread	Strawberry Yoghurt Fool	Warm Brownie with Chocolate Custard	Lemon Drizzle Cake with Yoghurt Topping
Fruit/Yoghurt	Seasonal Fresh Fruit and Yoghurt Bar Available Daily				
Salad Bar	Daily Bread, Salad and Crudité Bar Available Daily				

Welcome to