



Fresh Thinking

I am delighted to announce that Cucina – pronounced “Cuchina” (the Italian word for kitchen or a place where food is prepared) have been appointed as the new on-site caterers for Hampton College.

Cucina's service to the school will provide an educational food service by linking the classroom and the kitchen. Students will be able to see dishes being freshly prepared such as home-made 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 muesli bars, 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 will see:

- 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
- Fresh food prepared in our kitchens every single day

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 principal.

Did you know:

- 90% of our menu...or more...is home made
- When in season, we buy our fruit and vegetables from British farmers or grow our own
- The majority of our meat is from mainland Britain and is largely red tractor accredited
- All tuna is dolphin friendly and all other fish is caught from sustainable stocks
- All our eggs and mayonnaise are free range
- All our coffee and chocolate is fairtrade

This is a wonderful opportunity for children to enjoy nutritious meals based on quality foods and the students will certainly be able to do that as not only does the food meet food standards but it is also tempts them to eat - it is like that of an up-market bistro. Cucina also plans to develop a range of sports meals to assist our sports teams whilst on their travels ... every little helps!

Our catering team will be headed up by Cucina's very own Jamie Oliver who will be based at Hampton College and working closely with the current catering team and Cucina's support team to deliver improvements in the food offer, customer service and the dining facilities.

As well as fresh food for breakfast, break and lunch each day there will be "Take Home Deals" such as rotisserie chickens and freshly baked 14" pizza all boxed and ready to take away after school!!! Those who have tried our pizzas say they are better than Domino's so why not ask your child to organise the family tea? We also run after school services selling healthy items to keep your children company on the journey home. The menus provide excellent value for money, why not give it a try and let us have your comments? A sample is enclosed overleaf to give you a flavour...

Contact us:

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