



# Fresh Thinking!

Our on-site catering is provided by Cucina – pronounced “Cuchina” (the Italian word for kitchen or a place where food is prepared).

Students are able to see dishes being freshly prepared such as home-made fresh pasta from our very own pasta maker, home-made pizza being served fresh from our professional pizza oven, daily fruit smoothies, fresh bread made on the premises daily, as well as a wide variety of freshly prepared main meals, salads, sandwiches, fruit pots and desserts as well as mouth-watering home-made muesli bars, muffins and cakes.

Cucina’s philosophy centres on the premise that eating well is crucial to improving I.Q. 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 new food-based requirements for school lunches, introduced in September 2006, which have been developed by the Schools Food Trust. These requirements will be further enhanced to include nutrient based standards from September 2009. Cucina’s food offer already exceeds these and supports our aim of setting a new benchmark for food service in our area.

This is a wonderful opportunity for children to enjoy nutritious meals based on quality foods and the students at St Albans Girls’ School will certainly be able to do that as not only does the food meet the newly introduced 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 are working closely with 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” too, such as a freshly baked 14” pizza all boxed and ready to take away after school! Students will also be able to take home rotisserie chickens and freshly made pasta and sauces for evening meals with the family.

