



flourish

SUMMER MENU 2022

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Pesto, Tomato & Mozzarella Flatbread £1.90 | Mexican Chicken Burrito £2.35

TUESDAY

Margherita Pizza £1.90 | Cajun Chicken & Red Pepper Quesadilla £2.35

WEDNESDAY

Roast Vegetable & Feta Cheese Wrap £1.90 | Chicken Tikka & Roast Cauliflower Naan £2.35

THURSDAY

Scrambled Eggs on a Malted Grain Bap £1.90 | Tuna, Sweetcorn & Cheese Flatbread £2.35

FRIDAY

Roast Vegetable Pizza £1.90 | Sausage Bap £1.90

GRAB & GO

Available all day

Sandwiches, Rolls and Wraps *from* £1.90
A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

Pasta Pots £2.50
Chicken
Tuna
Vegetarian



DRINKS

A selection of water, milk, fruit juices and soft drinks *from* £0.75



SOMETHING EXTRA

Fruit	£0.50
Fruit Pots	£1.10
Yoghurt pots	£1.20
Fruit Jelly pots	£1.00
Humous & Crudites	£1.20
Breakfast items	<i>from</i> £1.20
Baked Goods	<i>from</i> £1.10
A selection of Grab & Go snacks	<i>from</i> £1.00

Please speak to our Chef if you have any special dietary requirements. Although our kitchen is nut free, we cannot guarantee that the ingredients we use don't contain any traces of nuts.

BREAK MENU



* WEEK 2 *

MONDAY

3 Cheese Sicilian Pizza £1.90 | Tuna & Cheese wrap £2.35

TUESDAY

Cheese & Onion Sourdough Flatbread £1.90 | Chicken Fajita Panini Melt £2.35

WEDNESDAY

Spicy Veggie Pizza £1.90 | Fish Finger Wrap, Garlic Mayonnaise & Lettuce £2.35

THURSDAY

Garlic and Herb Potato Wedges £1.90 | Tuna, Cheese & Sweetcorn Panini Melt £2.35

FRIDAY

Vegetarian Sausage Bap £1.90 | Bacon Roll £1.90

GRAB & GO

Available all day

Sandwiches, Rolls and Wraps

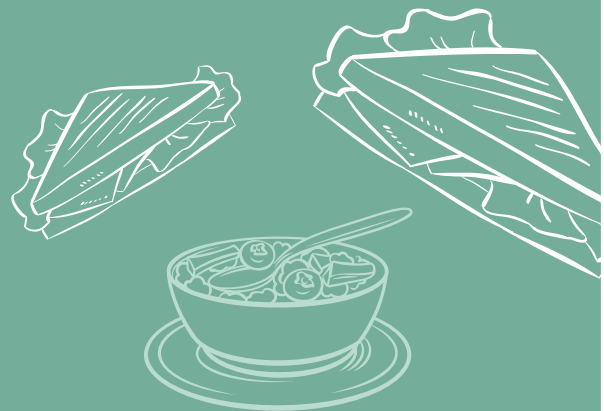
A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

from £1.90

Pasta Pots

Chicken
Tuna
Vegetarian

£2.50



DRINKS

A selection of water,
milk, fruit juices
and soft drinks
from £0.75



SOMETHING EXTRA

Fruit	£0.50
Fruit Pots	£1.10
Yoghurt pots	£1.20
Fruit Jelly pots	£1.00
Humous & Crudites	£1.20
Breakfast items	from £1.20
Baked Goods	from £1.10
A selection of Grab & Go snacks	from £1.00

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BREAK MENU



* WEEK 3 *

MONDAY

Vegetable Panini £1.90 | Sausage Bap £1.90

TUESDAY

Mediterranean Vegetable Flatbread £1.90 | Tuna & Cheese Panini Melt £2.35

WEDNESDAY

Toasted Waffle with Banana & Honey £1.90 | BBQ Pulled Pork Brioche £2.35

THURSDAY

Margherita Pizza £1.90 | Sweet Chilli Chicken Panini £2.35

FRIDAY

Veggie Meatball Panini £1.90 | Cajun Chicken Pizza £2.35

GRAB & GO

Available all day

Sandwiches, Rolls and Wraps *from* £1.90
A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

Pasta Pots £2.50
Chicken
Tuna
Vegetarian



DRINKS

A selection of water, milk, fruit juices and soft drinks *from* £0.75



SOMETHING EXTRA

Fruit	£0.50
Fruit Pots	£1.10
Yoghurt pots	£1.20
Fruit Jelly pots	£1.00
Humous & Crudites	£1.20
Breakfast items	<i>from</i> £1.20
Baked Goods	<i>from</i> £1.10
A selection of Grab & Go snacks	<i>from</i> £1.00

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MAIN MEAL • £3.00
MEAL DEAL • £4.00

HOT LUNCHES



flourish

Hot lunches will be provided on a three week rotation each term
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

* WEEK 1 *

MONDAY

MAIN MEAL • £3.00

Freshly made Beef Burger
served in a brioche bun
with
Sauteed Onions, Potato Wedges and Salad

or

Meat free Burger
served in a brioche bun
with
Sauteed Onions, Potato Wedges and Salad



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

TUESDAY

MAIN MEAL • £3.00

Homemade Pork Meatballs
served in a Tomato Sauce
with
Pasta, Salad & Focaccia

or

Meat free Balls
served in a Homemade Tomato Sauce
with
Pasta, Salad & Focaccia



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.00

Roast Turkey
with
Roast Potatoes, Gravy & Vegetables

or

Vegetable Kyiv
with
Roast Potatoes & Vegetables

SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

THURSDAY

MAIN MEAL • £3.00

Chilli Con Carne
with
Rice, Pitta & Salad

or

Veggie Bean Chilli
with
Rice, Pitta & Salad



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

FRIDAY

MAIN MEAL • £3.00

Plaice Goujons
with
Chips, Beans or Peas

or

Sweet Potato Falafel
with
Chips, Beans or Peas



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

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MAIN MEAL • £3.00
MEAL DEAL • £4.00

HOT LUNCHES



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Hot lunches will be provided on a three week rotation each term
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

* WEEK 2 *

MONDAY

MAIN MEAL • £3.00

Pan Fried Turkey Escalope
with
a Spicy Tomato Sauce, Jacket Potato
& Corn on the Cob

or

Vegan sausage
with
a Spicy Tomato Sauce, Jacket Potato
& Corn on the Cob



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

TUESDAY

MAIN MEAL • £3.00

Cheesy Ham & Broccoli Pasta
with
Crusty Bread & Salad

or

Pasta with a Homemade Tomato Sauce
with
Crusty Bread and Salad



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.00

Roast Beef
with
Yorkshire Pudding, Gravy, Roast Potatoes
& Seasonal Vegetables

or

Roast Vegetable Tart
with
Roast Potatoes
& Seasonal Vegetables

SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

THURSDAY

MAIN MEAL • £3.00

Thai Yellow Chicken Curry
with
Rice

or

Thai Yellow Vegetable Curry
with
Rice



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

FRIDAY

MAIN MEAL • £3.00

Breaded Fish Goujons
with
Chips, Peas & Salad

or

Veggie Quesadilla
with
Chips, Peas & Salad

SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

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HOT LUNCHES



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MAIN MEAL • £3.00
MEAL DEAL • £4.00

Hot lunches will be provided on a three week rotation each term
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

* WEEK 3 *

MONDAY

MAIN MEAL • £3.00

Ginger Beef Stir Fry
with
Egg Noodles & Vegetables

or

Ginger Vegetable Stir Fry
with
Rice Noodles & Vegetables



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

TUESDAY

MAIN MEAL • £3.00

Chicken Tacos,
Coleslaw & Salad

or

Three Bean & Sweetcorn Tacos
with
Coleslaw & Salad

SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.00

Roast Loin of Pork & Homemade Stuffing
with
Roast Potatoes, Seasonal Vegetables & Gravy

or

Vegetable Loaf
with
Roast Potatoes & Seasonal Vegetables



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

THURSDAY

MAIN MEAL • £3.00

Beef Lasagna
with
Focaccia & Salad

or

Vegetarian Lasagna
with
Focaccia & Salad

SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

FRIDAY

MAIN MEAL • £3.00

Battered Fish Fillet
with
Chips, Peas, Beans or Salad

or

Summer Vegetable Frittata
and
Salad



SPECIALS

Chef's Special £2.50

Soup £1.80

Soup and Bread £2.00

MEAL DEAL • £4.00 Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

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flourish

So happy to be here...

Caring Cooks are thrilled to bring Flourish to your school and to be providing you, as students, with our high quality and nutritious meals. Although current restrictions mean that we are not yet able to provide the breadth of service we would like, we are confident that you will enjoy the menus we have created.

There is a range of hot and cold grab and go options, as well as full hot meals, which are all packaged to comply with Covid 19 guidelines. The menus are on a 3 week rotating basis, and will be changed every term, which we hope you will help us develop through feedback and student surveys.

Our food

We take food seriously at Caring Cooks and not only does it need to be healthy and tasty but we believe it should also be ethically sourced and kind to the environment. With this in mind, across all of our services we make the following commitments –

- ➔ Where possible we work with local suppliers, which means we can provide a range of locally grown, bred and sourced ingredients, reduce food miles and support our local economy.
- ➔ All of our food is freshly prepared and we limit the use of processed foods, undesirable additives or hydrogenated fats and we do our very best to avoid products containing palm oil.
- ➔ We only use free range eggs from local suppliers.
- ➔ We only use RSPCA assured meat as a minimum but mostly all of our meat is grass fed and free range.
- ➔ We limit our use of single use plastic and always provide packaging that is either reusable, recyclable or compostable.

We will be working with your school to implement feedback mechanisms to make it easier for you to tell us how we are doing, so please do give us feedback on how we can improve the service or the dishes.

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