



flourish

SPRING MENU 2021

from
CARING COOKS

SPEEDY SERVICE



* WEEK 1 *

MONDAY

Cheese Toastie £1.50 | Sausage Bap £1.90

TUESDAY

Veggie Hot Pizza £1.80 | Tuna and Cheese Panini £2.35

WEDNESDAY

Mediterranean Flatbread £1.80 | Chicken Tikka Panini £2.35

THURSDAY

Cheese and Onion Pasty £1.50 | Cajun Chicken Pizza £1.80

FRIDAY

Mozzerella, Tomato and Pesto Panini £2.35 | Bacon Roll £1.90

GRAB & GO

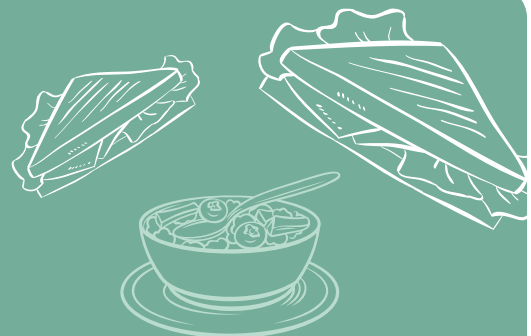
Sandwiches and wraps available everyday

Plain Croissant £1.00

Sandwiches and wraps

Cheese £1.90
Egg Mayonnaise

.....
Ham £2.35
Tuna Mayonnaise
Chicken Tikka



Pasta Salad Pots £2.50

Chicken
Tuna
Vegetarian

DRINKS

A selection of water,
fruit juices and
soft drinks £1.00

Iced Tea £1.20



SOMETHING SWEET

Fruit Pots £1.00

Mixed Fruit
(apple, orange, grapes, kiwi, melon)
Chunky watermelon
Chunky pineapple
Grapes

Piece of Fruit £0.50

Baked Goods £1.10

A selection of Grab & Go snacks from £0.75

SPEEDY SERVICE



* WEEK 2 *

MONDAY

Vegetable Samosa £1.80 | Sausage Bap £1.90

TUESDAY

American Style Waffle with Banana and Honey £1.50 | Ham and Sweetcorn Pizza £1.80

WEDNESDAY

Veggie Feast Pizza £1.80 | BBQ Chicken Ciabatta £2.35

THURSDAY

Mediterranean Pizza £1.80 | Chicken Fajita Wraps £2.35

FRIDAY

Veggie Quesedilla £1.80 | Bacon Roll £1.90

GRAB & GO

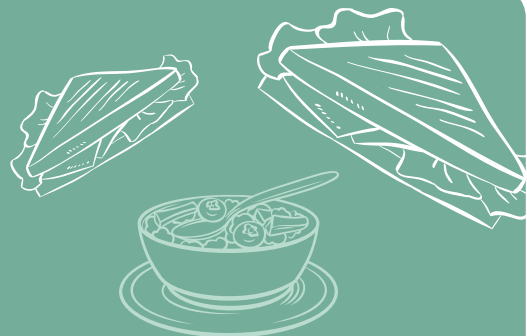
Sandwiches and wraps available everyday

Plain Croissant £1.00

Sandwiches and wraps

Cheese £1.90
Egg Mayonnaise

.....
Ham £2.35
Tuna Mayonnaise
Chicken Tikka



Pasta Salad Pots £2.50

Chicken
Tuna
Vegetarian

DRINKS

A selection of water, fruit juices and soft drinks £1.00

Iced Tea £1.20



SOMETHING SWEET

Fruit Pots £1.00
Mixed Fruit
(apple, orange, grapes, kiwi, melon)
Chunky watermelon
Chunky pineapple
Grapes

Piece of Fruit £0.50

Baked Goods £1.10

A selection of Grab & Go snacks from £0.75

SPEEDY SERVICE



* WEEK 3 *

MONDAY

Spicy Vegetable Pizza £1.80 | Sausage Bap £1.90

TUESDAY

Cheese and Onion Pasty £1.50 | Sweet Chilli Chicken and Bacon Panini £2.35

WEDNESDAY

Pesto, Tomato and Mozzarella Pizza £1.80 | Cajun Chicken Quesedilla £1.80

THURSDAY

Vegetable Fajita £1.80 | Hawaiian Pizza £1.80

FRIDAY

Baked Cheese and Tomato Croissant £1.50 | Bacon Roll £1.90

GRAB & GO

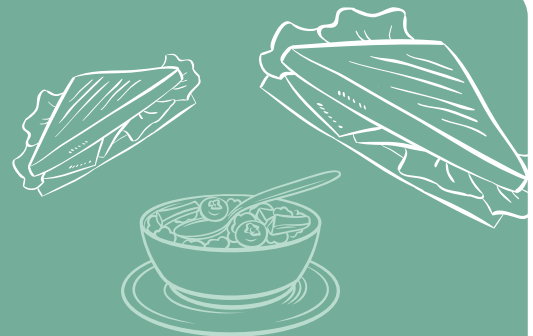
Sandwiches and wraps available everyday

Plain Croissant £1.00

Sandwiches and wraps

Cheese £1.90
Egg Mayonnaise

.....
Ham £2.35
Tuna Mayonnaise
Chicken Tikka



Pasta Salad Pots £2.50

Chicken
Tuna
Vegetarian

DRINKS

A selection of water, fruit juices and soft drinks £1.00

Iced Tea £1.20



SOMETHING SWEET

Fruit Pots £1.00

Mixed Fruit
(apple, orange, grapes, kiwi, melon)
Chunky watermelon
Chunky pineapple
Grapes

Piece of Fruit £0.50

Baked Goods £1.10

A selection of Grab & Go snacks from £0.75

MAIN MEAL • £3.00
MEAL DEAL • £4.00

HOT LUNCHES



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

Pasta Bolognese
with
Garlic Bread and Mixed Salad

or

Vegetarian Pasta Bolognese
with
Garlic Bread and Mixed Salad

POT OF THE DAY

Check the
Specials Board
£2.50

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

TUESDAY

MAIN MEAL • £3.00

Thai Green Chicken Curry
with Rice and Poppadoms

or

Thai Green Vegetable Curry
with Rice and Poppadoms

POT OF THE DAY

Check the
Specials Board
£2.50

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

WEDNESDAY

MAIN MEAL • £3.00

Yorkshire Pudding
filled with
Beef, Mashed Potato and
Seasonal Vegetables

or

Yorkshire Pudding
filled with
Mixed Bean Casserole, Mashed Potato
and Seasonal Vegetables

POT OF THE DAY

Check the
Specials Board
£2.50

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

THURSDAY

MAIN MEAL • £3.00

Garlic Chicken Drumsticks
with
Spanish Potatoes
and Seasonal Vegetables

or

Mediterranean Tart
with
Spanish Potatoes
and Seasonal Vegetables

POT OF THE DAY

Check the
Specials Board
£2.50

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

FRIDAY

MAIN MEAL • £3.00

Battered Fish and Chips
with
Peas or Beans

or

Vegetable Quiche
with
Chips and Peas or Beans

POT OF THE DAY

Check the
Specials Board
£2.50

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

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 2 *

MONDAY

MAIN MEAL • £3.00

Chicken Pesto Pasta
with
Garlic Bread and Mixed Salad

or

Roasted Vegetable Pesto Pasta
with
Garlic Bread and Mixed Salad

POT OF THE DAY

Check the
Specials Board
£2.50

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

TUESDAY

MAIN MEAL • £3.00

Piri Piri Chicken
with
Rice and Vegetables

or

Piri Piri Quorn
with
Rice and Vegetables

POT OF THE DAY

Check the
Specials Board
£2.50

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

WEDNESDAY

MAIN MEAL • £3.00

Yorkshire Pudding
filled with
Pork Sausage, Mashed Potato
and Seasonal Vegetables

or

Yorkshire Pudding
filled with
Quorn Sausage, Mashed Potato
and Seasonal Vegetables

POT OF THE DAY

Check the
Specials Board
£2.50

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
Vegetable Rice and Corn Chips

or

Vegetarian Chilli Con Carne
with
Vegetable Rice and Corn Chips

POT OF THE DAY

Check the
Specials Board
£2.50

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

FRIDAY

MAIN MEAL • £3.00

Battered Fish and Chips
with
Peas or Beans

or

Vegetable Quiche
with
Chips and Peas or Beans

POT OF THE DAY

Check the
Specials Board
£2.50

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

MAIN MEAL • £3.00
MEAL DEAL • £4.00

HOT LUNCHES



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

Smoky Bacon Pasta
with
Garlic Bread and Mixed Salad

or

Pasta Neapolitana
with
Garlic Bread and Mixed Salad

POT OF THE DAY

Check the
Specials Board
£2.50

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

TUESDAY

MAIN MEAL • £3.00

BBQ Pulled Pork Ciabatta
with
Wedges and Coleslaw

or

Veggie Bean Burger Ciabatta
with
Wedges and Coleslaw

POT OF THE DAY

Check the
Specials Board
£2.50

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

WEDNESDAY

MAIN MEAL • £3.00

Yorkshire Pudding
filled with
Roast Chicken, Mashed Potato
and Seasonal Vegetables

or

Yorkshire Pudding
filled with
Quorn Balls, Mashed Potato
and Seasonal Vegetables

POT OF THE DAY

Check the
Specials Board
£2.50

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

THURSDAY

MAIN MEAL • £3.00

Beef Lasagne
with
Focaccia and Mixed Salad

or

Vegetable Lasagne
with
Focaccia and Mixed Salad

POT OF THE DAY

Check the
Specials Board
£2.50

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

FRIDAY

MAIN MEAL • £3.00

Battered Fish and Chips
with
Peas or Beans

or

Vegetable Quiche
with
Chips and Peas or Beans

POT OF THE DAY

Check the
Specials Board
£2.50

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



flourish

So happy to be here...

Caring Cooks are thrilled to be bringing Flourish to your school and to be providing you, as students, with our high quality and nutritious meals.

These are strange times to be launching a school catering service and we are currently not able to provide the breadth of service we had hoped for but 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 half term, so you will see a brand new menu in February 2021, 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 -

- We only work with local suppliers and never directly import food from the UK or France, 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 definitely do not use products containing palm oil
- We only use free range eggs from local suppliers such as Happy Hens
- We only use RSPCA assured meat as a minimum but mostly all of our meat is grass fed and free range
- We only use fish that is on the MSC Sustainable fish list and where possible sourced in local water
- We limit our use of single use plastic and always provide packaging that is either reusable, recyclable or compostable

We hope you enjoy this terms' menus. 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.

from

CARING COOKS