



flourish

AUTUMN MENU 2021

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Margherita Pizza £1.90 | Mexican Chicken Burrito £2.35

TUESDAY

Pesto, Tomato and Mozzarella Flatbread £1.90 | Ham & Mushroom Quesadilla £2.00

WEDNESDAY

Cheese, Bean & Mushroom Wrap £1.90 | Bacon & Cheese Flatbread £2.25

THURSDAY

Pancake with a warm Berry Compote and Greek Yoghurt £2.00 | Chicken Tikka Naan £2.35

FRIDAY

Roast Vegetable Pizza £1.90 | Sausage Bap £1.90

GRAB & GO

Available all day

Sandwiches and Wraps

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

from £1.90

Pasta Salad Pots

Chicken
Tuna
Vegetarian

£2.50



DRINKS

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



SOMETHING EXTRA

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

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BREAK MENU



* WEEK 2 *

MONDAY

3 Cheese Sicilian Pizza **£1.90** | French Toast with Ham and Cheese **£1.90**

TUESDAY

Cheese & Bean Toastie **£1.90** | Chicken Fajita Panini Melt **£2.35**

WEDNESDAY

Spicy Vegetable Pizza **£1.90** | Fish Finger Wrap, Garlic Mayonnaise and Lettuce **£2.25**

THURSDAY

Vegetarian Sausage Bap **£1.90** | Tuna & Cheese Panini Melt **£2.35**

FRIDAY

Garlic & Herb Potato Wedges **£1.80** | Bacon Roll **£1.90**

GRAB & GO

Available all day

Sandwiches and Wraps

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

from **£1.90**

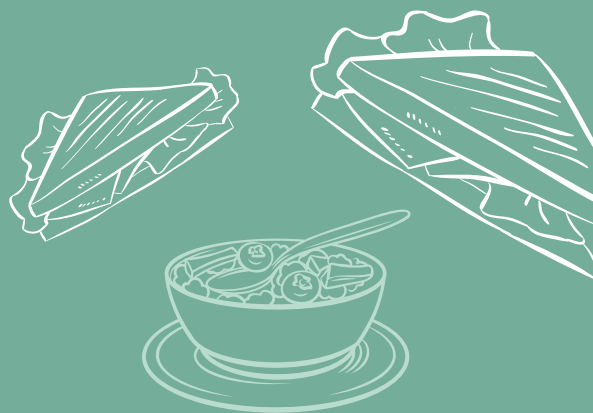
Pasta Salad Pots

Chicken

Tuna

Vegetarian

£2.50



DRINKS

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



SOMETHING EXTRA

Fruit Pots	£1.10
Yoghurt pots	£1.20
Fruit Jelly pots	£1.00
Humous & Cruidites	£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 £2.35 | Bacon Roll £1.90

TUESDAY

Mediterranean Flatbread & Cheese £1.90 | Sweet Chilli Chicken Panini £2.35

WEDNESDAY

Margherita Pizza £1.90 | Chicken & Cheese Flatbread £2.35

THURSDAY

Toasted Bagel with Cream Cheese & Avocado £2.00 | Ham & Cheese Melt Panini £2.35

FRIDAY

Quorn Sausage Bap £1.90 | Cajun Chicken Pizza £1.90

GRAB & GO

Available all day

Sandwiches and Wraps

from £1.90

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

Pasta Salad Pots

£2.50

Chicken

Tuna

Vegetarian



DRINKS

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



SOMETHING EXTRA

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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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 Carbonara
with
Garlic Bread & Salad

or

Penne Arrabiatta
with
Garlic 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

TUESDAY

MAIN MEAL • £3.00

Homemade Beef Burger
with
Sauteed Onions, Potato Wedges & Salad

or

Vegetarian Chilli
with
Potato Wedges, Cheese & 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

Sweet & Sour Chicken
with
Rice & Green Beans

or

Sweet & Sour Vegetables
with
Rice & Green Beans

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

Chicken & Mushroom Pie
with
Mashed Potato & Seasonal Vegetables

or

Leek, Cheese & Sweet Potato Pie
with
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

FRIDAY

MAIN MEAL • £3.00

Salmon Fish Fingers
with
Chips & Beans or Peas

or

Vegetable Kiev
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

Homemade Chicken Burger
with
Potato Wedges & Salad

or

Homemade Bean Burger
with
Potato Wedges & 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

Cottage Pie
with
Seasonal Vegetables

or

Quorn Mince Cottage Pie
with
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

WEDNESDAY

MAIN MEAL • £3.00

Roast of the Week
with
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

Homemade Meatballs
served in a Tomato Sauce
with
Pasta, Salad & Garlic Bread

or

Quorn Balls
served in a Tomato Sauce
with
Pasta, Salad & Garlic Bread

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 & Beans or Peas

or

Vegetarian Quesadilla
with
Chips & 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



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

Cumberland Sausage
with
Mashed Potato & Seasonal Vegetables

or

Vegetarian Pasta Bolognese
with
Garlic Bread & 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

Chicken Drumsticks
with
Crispy Garlic Potatoes & Seasonal Vegetables

or

Roast Vegetable & Pesto Pizza
with
Crispy Garlic 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

WEDNESDAY

MAIN MEAL • £3.00

BBQ Pulled Pork Ciabatta
with
Cruchy Coleslaw & Potato Wedges

or

Cheesy Pasta Bake
served with
a crisp 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

THURSDAY

MAIN MEAL • £3.00

Beef Lasagna
with
Salad & Focaccia

or

Vegetarian Lasagna
with
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

FRIDAY

MAIN MEAL • £3.00

Battered Cod Fillet
with
Chips & Peas or Beans

or

Vegetable Frittata
with
Chips & Peas or Beans

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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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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