



flourish

AUTUMN MENU 2022

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Pesto, Tomato & Mozzarella Flatbread £2.35 | Tuna and Cheese Wrap £2.50

TUESDAY

Margherita Pizza £2.35 | Cajun Turkey Quesadilla £2.50

WEDNESDAY

Roast Vegetable & Feta Cheese Wrap £2.35 | Chicken Tikka Panini £2.50

THURSDAY

Veggie Sausage Bap £2.35 | Tuna, Sweetcorn & Cheese Flatbread £2.50

FRIDAY

Roast Vegetable Pizza £2.35 | Sausage in a Brioche Bun £2.50

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

All drinks
£1



SOMETHING EXTRA

Fruit	£0.50
Fruit Pots	£1.20
Yoghurt pots	£1.20
Fruit Jelly pots	£1.00
Humous & Crudites	£1.20
Breakfast items	from £1.20
Baked Goods	from £1.20
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 £2.35 | Mexican Turkey Burrito £2.50

TUESDAY

Cheese & Onion Sourdough Flatbread £2.35 | Chicken Fajita Panini Melt £2.50

WEDNESDAY

Spicy Vegetable Pizza £2.35 | Fish Finger Wrap & Garlic Mayonnaise £2.50

THURSDAY

Garlic and Herb Potato Wedges £2.35 | Tuna, Cheese & Sweetcorn Panini Melt £2.50

FRIDAY

Vegetarian Sausage Brioche Bun £2.35 | Bacon Brioche Bun £2.50

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

All drinks
£1



SOMETHING EXTRA

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

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BREAK MENU



* WEEK 3 *

MONDAY

Roast Vegetable Panini £2.35 | Sausage in a Brioche Bun £2.50

TUESDAY

Mediterranean Vegetable Flatbread £2.35 | Tuna & Cheese Panini Melt £2.50

WEDNESDAY

American Pancakes with Honey and Banana £2.35 | Sweet Chilli Chicken Panini £2.50

THURSDAY

Margherita Pizza £2.35 | BBQ Pulled Pork in a Brioche Bun £2.50

FRIDAY

Veggie Meatball Sub £2.35 | Cajun Turkey and Cheese Flatbread £2.50

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

All drinks
£1



SOMETHING EXTRA

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

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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 1 *

MONDAY

MAIN MEAL • £3.00

Tomato and pepper pasta
Served with cheese, focaccia 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

Chilli con carne with tacos and refried beans
Served with a tomato and sweetcorn salsa and sour cream

or

Vegetable chilli with tacos, refried beans, and feta cheese
Served with a tomato and sweetcorn salsa and sour cream

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 pork and apple sauce
Served with roast potatoes and seasonal veg.

or

Vegetable loaf with tomato sauce
Served with roast potatoes and seasonal veg.

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 Penang curry
Served with sticky rice and a crispy salad of white cabbage, carrot, and peas

or

Tofu Penang curry
Served with sticky rice and a crispy salad of white cabbage, carrot, and 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

FRIDAY

MAIN MEAL • £3.00

Fish Goujons with
Served with chips, baked beans or peas

or

Butternut Squash Falafel in a Wrap with Hummus
Served with chips and 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

Nut free Pesto Pasta
Served with focaccia and salad

or

Tomato and basil pasta
Served with focaccia 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

Pulled Pork sub with cucumber
and a tangy BBQ sauce
Served with potato wedges

or

Mediterranean dirty sweet potato fries
Served with tomato and chickpea
salsa, and tzatziki.

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

Roasted lemon and thyme chicken
Served with roast potatoes
and seasonal vegetables

or

Roast butternut and sage tart
Served with roast potatoes
and 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

Teriyaki Beef stir fry
Served with noodles

or

Chilli Vegetable stir fry
Served with noodles

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
Served with chips, peas and salad

or

Quesadillas with cannellini beans,
peppers and cheese
Served with chips, peas 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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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

Crispy Mac n Cheese
Served with
Focaccia and salad

or

Tomato and basil pasta
Served with
Focaccia 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

Chicken and coconut curry
Served with rice, roasted cauliflower
and naan bread

or

Vegetable and chickpea curry
Served with rice, roasted cauliflower
and naan 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

WEDNESDAY

MAIN MEAL • £3.00

Roast turkey
Served with roast potatoes
and seasonal vegetables

or

Vegetable loaf
Served with roast potatoes
and 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 and pork lasagne
Served with focaccia and salad

or

Vegetarian red lentil lasagne
Served with focaccia 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

FRIDAY

MAIN MEAL • £3.00

Popcorn fish
Served with chips and peas

or

Carrot balls with a sweet and sour sauce
Served with chips and 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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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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