





#### \* 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



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



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

### GRAB & GO

Available all day

Sandwiches, Rolls and Wraps

from £1.90

A selection of sandwiches and wraps available everyday includ

egg, cheese, ham, tuna and chicken with salad:

Pasta Pots

£2.50

Chicken

Tuna

Vegetarian



### **DRINKS**

All drinks



### 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.





#### \* 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



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

### 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 salac

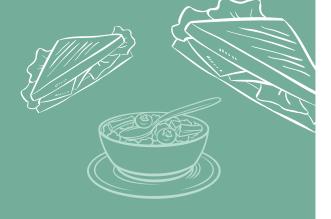
Pasta Pots

£2.50

Chicken

Tuna

Veaetarian



### **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.





### \* WEEK 3 \*

### MONDAY

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



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



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



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



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

£2.50

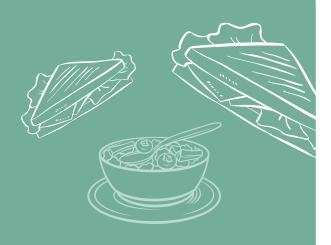
### GRAB & GO

Available all day

Sandwiches, Rolls and Wraps

from £1.90

Pasta Pots



### **DRINKS**

All drinks



### **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.





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

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

#### SPECIALS

Chef's Special £2.50
Soup £1.80

Soup and Bread £2.00

### TUESDAY

#### MAIN MEAL · £3.00

Chilli con carne with tacos and refried beans

Served with a tomato and sweetcorn salsa and sour cream

Vegetable chilli with tacos, refried beans, and feta cheese

Served with a tomato and sweetcorn salsa and sour cream

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

#### **SPECIALS**

Chef's Special £2.50
Soup £1.80
Soup and Bread £2.00

### WEDNESDAY

#### MAIN MEAL · £3.00

Roast pork and apple sauce

Served with roast potatoes and seasonal veg.

Vegetable loaf with tomato sauce

Served with roast potatoes and seasonal veg.

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

or

#### **SPECIALS**

Chef's Special £2.50Soup £1.80

Soup and Bread £2.00

### • THURSDAY

#### MAIN MEAL · £3.00

Chicken Penang curry

Tofu Penang curry

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

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

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

#### **SPECIALS**

Chef's Special £2.50
Soup £1.80

Soup and Bread £2.00

**FRIDAY** 

#### MAIN MEAL · £3.00

Fish Goujons with Served with chips, baked beans or peas Butternut Squash Falafel in a Wrap with Hummus Served with chips and peas

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

#### **SPECIALS**

Chef's Special £2.50
Soup £1.80
Soup and Bread £2.00

Please speak to our Chef if you have any special dietary requirements. Although our kitchen is nut free,





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

Tomato and basil pasta Served with focaccia and salad

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

#### **SPECIALS**

Chef's Special £2.50 Soup **£1.80** Soup and Bread £2.00

### TUESDAY

#### MAIN MEAL . £3.00

or

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

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

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

#### **SPECIALS**

Chef's Special £2.50 Soup **£1.80** Soup and Bread £2.00

### WEDNESDAY

#### MAIN MEAL . £3.00

or

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

Roast butternut and sage tart Served with roast potatoes and seasonal vegetables

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

#### **SPECIALS**

Chef's Special £2.50 Soup **£1.80** Soup and Bread £2.00

### THURSDAY

#### MAIN MEAL · £3.00

Teriyaki Beef stir fry Served with noodles

Chilli Vegetable stir fry Served with noodles

MEAL DEAL  $\cdot \pounds 4.00$  Main Meal + Bake of the Day or Jelly Pot + Bottle of Water

#### **SPECIALS**

Chef's Special £2.50 Soup £1.80 Soup and Bread £2.00

#### MAIN MEAL · £3.00

Battered fish fillet

Served with chips, peas and salad

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

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

**FRIDAY** 





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

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

#### **SPECIALS**

Chef's Special £2.50 Soup £1.80

Soup and Bread £2.00

### TUESDAY

#### MAIN MEAL . £3.00

Chicken and coconut curry

Served with rice, roasted cauliflower and naan bread

Vegetable and chickpea curry

Served with rice, roasted cauliflower and naan bread

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

#### **SPECIALS**

Chef's Special £2.50 Soup **£1.80** 

Soup and Bread £2.00

### WEDNESDAY

#### MAIN MEAL . £3.00

Roast turkey

Served with roast potatoes and seasonal vegetables

or

Vegetable loaf

Served with roast potatoes and seasonal vegetables

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

#### **SPECIALS**

Chef's Special £2.50 Soup **£1.80** Soup and Bread £2.00

### THURSDAY

#### MAIN MEAL · £3.00

Beef and pork lasagne Served with focaccia and salad

Vegetarian red lentil lasagne Served with focaccia and salad

Chef's Special £2.50 Soup **£1.80** 

**SPECIALS** 

Soup and Bread  $\pounds 2.00$ 

MEAL DEAL  $\cdot$  £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 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

or

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





# 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.

