



flourish

SPRING

MENU

2024

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Baked tricolour flatbread with pesto sauce, sliced tomato & mozzarella £2.35
Tasty veggie sausage bap £2.50

TUESDAY

Classic Margherita pizza with tomato & mozzarella £2.35
Spicy Cajun chicken quesadilla with red peppers & melted cheese £2.50

WEDNESDAY

Spicy potato wedges topped with melted cheddar & mozzarella cheese £2.35
Mouthwatering sweet chilli chicken served in a crispy baked panini £2.50

THURSDAY

Freshly baked cheese & tomato panini £2.35
Delicious waffles & banana drizzled with honey £2.35

FRIDAY

Flavourful authentic Italian style pesto pizza £2.35
Cumberland Sausage Bap £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 salad.

Pasta pots £2.50

- Chicken
- Tuna
- Vegetarian



DRINKS

Drinks from £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.

BREAK MENU



* WEEK 2 *

MONDAY

- Three cheese Sicilian-style pizza £2.35
- Tasty veggie meatball panini £2.50

TUESDAY

- Delicious cheese & tomato focaccia £2.35
- Finger-licking southern fried chicken wrap with garlic mayo & lettuce £2.50

WEDNESDAY

- Classic Margherita pizza with tomato & mozzarella £2.35
- Crispy fish finger wrap with garlic mayo & lettuce £2.50

THURSDAY

- Crispy garlic & herb potato wedges loaded with cheese £2.35
- Delicious hot roast ham & cheese French toastie £2.50

FRIDAY

- Tasty vegetarian sausage bap £2.50
- Grilled bacon roll £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 salad.

Pasta pots £2.50

- Chicken
- Tuna
- Vegetarian



DRINKS

Drinks
from £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

Roasted vegetable & melted cheese panini £2.35
Classic Margherita pizza £2.35

TUESDAY

Delicious waffles & banana drizzled with honey £2.35
Grilled bacon roll £2.50

WEDNESDAY

Fresh vegetable & mozzarella sourdough flatbread £2.35
Tangy Katsu chicken wrap with crisp lettuce and curry sauce £2.50

THURSDAY

Tasty veggie sausage bap £2.50
Tuna melt panini with cheddar & mozzarella cheese £2.50

FRIDAY

Veggie meatball panini £2.50
Cajun chicken & cheese sourdough flatbread £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 salad.

Pasta Pots £2.50

Chicken
Tuna
Vegetarian



DRINKS

Drinks
from £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 • £3.25
MEAL DEAL • £4.25

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 • £3.25

Our irresistible slow-cooked
beef & pork Bolognese
with pasta & garlic bread

or

Freshly baked jacket potato
with a selection of grated cheese,
baked beans, coleslaw & salad

MEAL DEAL • £4.25 Main meal + our delicious oatly flapjack , jelly pot or fruit + bottle of water

TUESDAY

MAIN MEAL • £3.25

Tasty chicken & vegetable curry
packed with flavour
served with rice & mini naan bread

or

Delicious vegetable & chickpea curry
with rice &
mini naan bread

MEAL DEAL • £4.25 Main meal + iced carrot cake slice, jelly pot or fruit + bottle of water

WEDNESDAY

MAIN MEAL • £3.25

Roast turkey served with roast potatoes,
seasonal vegetables, Yorkshire pudding
& roast gravy

or

Vegetable Kiev
with roast potatoes &
seasonal vegetables

MEAL DEAL • £4.25 Main meal + Victoria sponge with buttercream & jam , jelly pot or fruit + bottle of water

THURSDAY

MAIN MEAL • £3.25

Flavour packed sizzling char-grilled
chicken burger in a bun
with crispy potatoes & salad

or

Tasty veggie burger
served in a bun
with crispy potatoes & salad

MEAL DEAL • £4.25 Main meal + golden shortbread biscuit, jelly pot or fruit + bottle of water

FRIDAY

MAIN MEAL • £3.25

Traditional fish 'n' chips
served with your choice
of baked beans or peas

or

Vegetable frittata
served with freshly-baked
baguette & salad

MEAL DEAL • £4.25 Main meal + yummy chocolate brownie, jelly pot or fruit + bottle of water

SPECIALS
Check the
Specials Board
each day for
availability

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HOT LUNCHES



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MAIN MEAL • £3.25
MEAL DEAL • £4.25

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* WEEK 2 *

MONDAY

MAIN MEAL • £3.25

Mouthwatering Cumberland sausage
with creamy mashed potatoes, gravy
and Yorkshire pudding

or

Freshly baked jacket potato
with a selection of grated cheese,
baked beans, coleslaw & salad

MEAL DEAL • £4.25 Main meal + our delicious oaty flapjack, jelly pot or fruit + bottle of water

TUESDAY

MAIN MEAL • £3.25

Our irresistible slow-cooked
beef & pork Bolognese
served with pasta, cheese & salad

or

Yummy veggie Bolognese
served with pasta,
cheese & salad

MEAL DEAL • £4.25 Main Meal + iced carrot cake slice, jelly pot or fruit + bottle of water

WEDNESDAY

MAIN MEAL • £3.25

Chef's special recipe chicken piri piri
with crispy potato wedges & salad

or

Vegetable quiche
with potato wedges & salad

MEAL DEAL • £4.25 Main meal + Victoria sponge with buttercream & jam, jelly pot or fruit + bottle of water

THURSDAY

MAIN MEAL • £3.25

Freshly made 100 % beef burger
served with chips & salad

or

Tasty veggie burger
served in a bun with chips & salad

MEAL DEAL • £4.25 Main meal + golden shortbread biscuit, jelly pot or fruit + bottle of water

FRIDAY

MAIN MEAL • £3.25

Traditional fish 'n' chips
served with your choice
of baked beans or peas

or

Crispy veggie nuggets
& chips served with
baked beans or peas

MEAL DEAL • £4.25 Main meal + yummy chocolate brownie, jelly pot or fruit + bottle of water

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MAIN MEAL • £3.25
MEAL DEAL • £4.25

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 3 *

MONDAY

MAIN MEAL • £3.25

Goopy baked mac & cheese
in a creamy sauce served with salad

or

Tasty tomato & basil pasta
served with cheese & salad

MEAL DEAL • £4.25 Main meal + our delicious oaty flapjack, jelly pot or fruit + bottle of water

TUESDAY

MAIN MEAL • £3.25

Crispy baked chicken strips
with potato wedges & salad

or

Yummy veggie goujons
with potato wedges & salad

MEAL DEAL • £4.25 Main meal + iced carrot cake slice, jelly pot or fruit + bottle of water

WEDNESDAY

MAIN MEAL • £3.25

Scrumptious homemade chilli con carne
with rice and tortilla chips

or

Hearty veggie chilli con carne
with rice & tortilla chips

MEAL DEAL • £4.25 Main meal + Victoria sponge with buttercream & jam, jelly pot or fruit + bottle of water

THURSDAY

MAIN MEAL • £3.25

Tasty chicken Kiev served with creamy
mashed potatoes & sweetcorn

or

Veggie Kiev served with creamy
mashed potatoes & sweetcorn

MEAL DEAL • £4.25 Main meal + golden shortbread biscuit, jelly pot or fruit + bottle of water

FRIDAY

MAIN MEAL • £3.25

Crispy cod goujons
served with chips & salad

or

Sweet potato falafel
served with chips & salad

MEAL DEAL • £4.25 Main meal + yummy chocolate brownie, jelly pot or fruit + 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 and staff, with our high quality and nutritious meals.

There is a range of hot and cold grab and go options, as well as full hot meals. The menus are on a 3 week rotating basis, and will be changed every term.

A termly survey is sent out to students to make it easier for you to tell us how we are doing. Please do give us feedback on what is going well, the things you love and how we can improve the service.

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.

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