



AUTUMN MENU 2026

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Baked Tricolour Flatbread with Pesto Sauce sliced Tomato & Mozzarella £2.50
Cumberland Sausage Baguette with Homemade Tomato Sauce £2.50

TUESDAY

Margherita Pizza made with our famous Homemade Tomato Sauce £2.50
Spicy Cajun Chicken Quesadilla with Peppers £2.50

WEDNESDAY

Spicy Potato Wedges with Goopy Cheese £2.50
Sweet Chilli Chicken Panini £2.50

THURSDAY

Freshly Baked Cheese & Tomato Focaccia £2.50
Waffles with Honey & Banana £2.50

FRIDAY

Roasted Vegetable Pizza with Pesto Drizzle £2.50
Bacon in Crusty Baguette £2.50

GRAB & GO

Available all day

Sandwiches, rolls and wraps

from £2.35

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	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£1.20
Breakfast items	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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

Three Cheese Sicilian Pizza £2.50
Vegetable Meatball Panini £2.50

TUESDAY

Cheese, Onion & Herb Flatbread £2.50
Spicy Chicken Fajita Wrap £2.50

WEDNESDAY

Spicy Vegetable Pizza £2.50
Crunchy Fish Finger Wrap with Garlic Mayo £2.50

THURSDAY

Garlic & Herb Potato Wedges £2.50
Crispy Ham & Cheese Focaccia £2.50

FRIDAY

Vegetarian Sausage Baguette £2.50
Cumberland Sausage in a Crusty Baguette £2.50

GRAB & GO

Available all day

Sandwiches, rolls and wraps from £2.35

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	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£1.20
Breakfast items	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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BREAK MENU



* WEEK 3 *

MONDAY

Cheese & Roast Vegetable Panini £2.50
Southern Fried Chicken Wrap with Lettuce & Mayo £2.50

TUESDAY

Tasty Mediterranean Vegetable Flatbread £2.50
Crispy Bacon Baguette £2.50

WEDNESDAY

Waffles with Honey & Banana £2.50
Sweet Chilli Chicken Panini £2.50

THURSDAY

Vegetarian Sausage Baguette with Homemade Tomato Sauce £2.50
Ham & Cheese Rustic Rosemary Focaccia £2.50

FRIDAY

Vegetable Meatball Panini with Homemade Tomato Sauce £2.50
Cajun Chicken & Cheese Flatbread £2.50

GRAB & GO

Available all day

Sandwiches, rolls and wraps

from £2.35

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

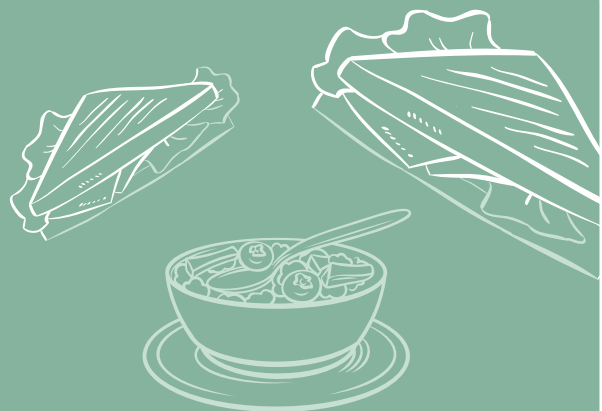
Pasta Pots

£2.50

Chicken

Tuna

Vegetarian



DRINKS

Drinks
from £1



SOMETHING EXTRA

Fruit	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£1.20
Breakfast items	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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MAIN MEAL • £3.50
MEAL DEAL • £4.50

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 • £3.50

Slow cooked Beef Bolognese Pasta
served with Garlic Bread & Salad

or

Tomato and Roast Red Pepper Pasta
served with Garlic Bread & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

TUESDAY

MAIN MEAL • £3.50

Yellow Chicken Curry
served with 50/50 Rice & Peas

or

Yellow Chickpea & Vegetable Curry
served with 50/50 Rice & Peas

MEAL DEAL • £4.50 Main meal + daily bake + drink*

WEDNESDAY

MAIN MEAL • £3.50

Roast Turkey
served with Roasties, Gravy
& seasonal Vegetables

or

Vegetable Kiev
served with Roasties, Vegetable Gravy
& seasonal Vegetables

MEAL DEAL • £4.50 Main meal + daily bake + drink*

THURSDAY

MAIN MEAL • £3.50

Homemade Beef Burger
served in a bun with Potato Wedges & Salad

or

Vegetarian Burger
served in a bun with Chips & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

FRIDAY

MAIN MEAL • £3.50

Crispy Chicken Goujons
served with Chips & Beans or Peas

or

Jacket Potato
served with Cheese, Beans & Salad/Coleslaw

MEAL DEAL • £4.50 Main meal + daily bake + drink*

SPECIALS
Check the
Specials Board
each day for
availability

*Please ask staff for Meal Deal Drinks List. Please speak to our Chef if you have any special dietary requirements.
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MAIN MEAL • £3.50
MEAL DEAL • £4.50

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 2 *

MONDAY

MAIN MEAL • £3.50

Cumberland Sausages
with Creamy Mash, Gravy,
Yorkshire Pudding & Vegetables

or

Vegetarian Sausages
with Creamy Mash, Gravy,
Yorkshire Pudding & Veggies

MEAL DEAL • £4.50 Main meal + daily bake + drink*

TUESDAY

MAIN MEAL • £3.50

Jacket Potato
served with Chicken & Bacon,
Coleslaw & Salad

or

Jacket Potato
served with Beans,
Cheese & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

WEDNESDAY

MAIN MEAL • £3.50

Homemade Beef Lasagna
served with Garlic Bread & Salad

or

Vegetable Lasagna
served with Garlic Bread & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

THURSDAY

MAIN MEAL • £3.50

Breaded Chicken Burger
served in a bun with
Salad & Diced Potatoes

or

Vegetarian BBQ Quorn
served in a bun with
Salad & Diced Potatoes

MEAL DEAL • £4.50 Main meal + daily bake + drink*

FRIDAY

MAIN MEAL • £3.50

Crispy Fish Goujons
served with Chips, Baked Beans or Salad

or

Sweet Potato Falafel
served with Chips, Baked Beans or Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

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MAIN MEAL • £3.50
MEAL DEAL • £4.50

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 • £3.50

Southern Fried Chicken
served with Creamy Mash, Peas,
Sweetcorn & Gravy

or

Quorn Goujons (vg)
served with Creamy Mash, Peas,
Sweetcorn & Gravy

MEAL DEAL • £4.50 Main meal + daily bake + drink*

TUESDAY

MAIN MEAL • £3.50

Creamy Pasta Carbonara
served with Garlic Bread & Salad

or

Tomato & Basil Pasta
served with Garlic Bread & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

WEDNESDAY

MAIN MEAL • £3.50

Homemade Chilli Con Carne
served with 50/50 Rice & Tortilla Chips

or

Vegetarian Chilli Con Carne
served with 50/50 Rice & Tortilla Chips

MEAL DEAL • £4.50 Main meal + daily bake + drink*

THURSDAY

MAIN MEAL • £3.50

Homemade Jersey Beef Burger
served in a Bap with Diced Potatoes & Salad

or

Vegetarian Bean Burger
served in a Bap with Diced Potatoes & Salad

MEAL DEAL • £4.50 Main meal + daily bake + drink*

FRIDAY

MAIN MEAL • £3.50

Crispy Cod Goujons
served with Chips, Baked Beans
or Peas

or

Jacket Potatoes
served with a choice of Cheese, Beans,
Salad & Coleslaw

MEAL DEAL • £4.50 Main meal + daily bake + drink*

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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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