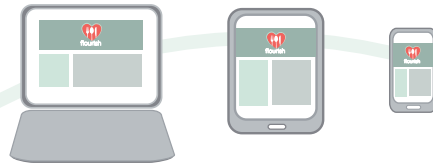




flourish

How to order your school meals online



Ordering your child's school meals online is easy!
Simply go to <https://flourish.myschoolmealorders.com> and enter your log in details.

What if I need to register?

If you haven't already registered for school meals and wish to do so, please visit <https://flourish.myschoolmealorders.com> and click 'register'. You can then enter your details, set up an account and begin ordering!

How do I order?

- Log in using the details you chose at registration, then click 'Place order'.
- Choose from the menu options available to you each day. You will need to order at least one week in advance.
- If you have more than one child, you can order for each of them using the same log in.

What if I need to change my order?

You can change or cancel your order up to 7 days before the meal is due to be served. Please note that if your child doesn't have their meal due to sickness or absence, this meal cannot be passed on to another child due to our strict policy around allergies and dietary requirements.

What if my child has an allergy?

Our school meals service is fully inclusive and ensures that all allergies and special dietary requirements can be catered for. We are happy to supply full allergen information for all our dishes on request. For more details please refer to the terms and conditions.

What should I do if I am entitled to free school meals?

If you are in receipt of Income Support, your child will qualify for free school meals. Simply register at <https://flourish.myschoolmealorders.com> and send a copy of your income support letter to flourish@caringcooksofjesey.com

AUTUMN TERM 2023

SCHOOL LUNCH MENU





WEEK ONE

MEAT-FREE MONDAYS

Homemade tomato sauce with pasta,
grated cheese, crusty garlic bread
and crunchy crudites

Freshly baked apricot flapjack
or
Fresh fruit of the day

TASTY TUESDAYS

Bangin' Beef burger
or
Delicious vegetable burger
both in a slider with crisp lettuce,
tomato and cucumber
served with potato wedges
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Mouth-watering One Pot Chicken
served with rice
or
Egg fried rice jewelled with veggies
both served with green beans and pitta bread
Fresh and juicy fruit salad

ROAST THURSDAYS

Juicy Roast pork with
fluffy roast potatoes and gravy
or
Butternut Squash
and mozzarella arancini balls
and seasonal vegetables
Fresh fruit of the day

FISHY FRIDAYS

Tasty popcorn fish
or
Delicious veggie nuggets
both served with crispy potato wedges,
garden peas and sweetcorn
and homemade tomato ketchup.
Fresh fruit of the day

WEEK TWO

MEAT-FREE MONDAYS

Delicious Roasted Vegetable Lasagne with
a freshly grated carrot and lettuce salad
and crusty garlic bread

Fruity jelly
or
Fresh fruit of the day

TASTY TUESDAYS

Sarah's Pork and vegetable curry
or
Warming butternut squash
and chickpea curry
both served with roasted cauliflower rice
and soft naan bread
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Comforting Cottage Pie
or
Vegetable and lentil Pie
topped with creamy mashed potato
served with peas
Fresh and juicy fruit Salad

ROAST THURSDAYS

Winner, winner Roast chicken dinner and gravy
or
Sweet Potato Falafel with
Sarah's special BBQ sauce
both served with seasonal vegetables
and roasted potatoes
Fresh fruit of the day

FISHY FRIDAYS

Super salmon fish fingers
or
Tasty Pepper, bean, and cheese Quesadillas
both served with crispy potato wedges,
tender sweetcorn, green beans
and a homemade tomato ketchup
Fresh fruit of the day

WEEK THREE

MEAT-FREE MONDAYS

Warm Jacket potato, topped with
baked beans and melted cheese
served with crunchy crudites

Homemade carrot cake
or
Fresh fruit of the day

TASTY TUESDAYS

Scrumptious Pork meatballs
or
Yummy Quorn balls
both cooked in a homemade tomato sauce,
served with twisty pasta
and tender sweetcorn
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Sizzling Sweet and Sour Chicken
or
Handmade carrot balls
with a tasty sweet and sour sauce
both served with rice and green beans
Fresh and juicy fruit salad

ROAST THURSDAYS

Succulent Roast turkey and gravy
or
Crispy Vegetable Samosas
with a curry sauce
both served with roast potatoes
and seasonal vegetables
Fresh fruit of the day

FISHY FRIDAYS

Chef Sarah's Homemade fishfingers
or
Melted cheese and roasted vegetable quiche
both served with crispy potato wedges,
garden peas, carrots and
homemade tomato ketchup
Fresh fruit of the day

Let's celebrate...

Halloween treat

Monday 30th October

Spooky green carrot cake

Christmas Lunch

Thursday 7th December

Roast Turkey, pigs'n'blanket,
stuffing and cranberry sauce
or
Veggie loaf

both served with roast potatoes
and honey glazed carrots and peas.

Satsuma or a homemade shortbread biscuit

This is our fabulous
Flourish Primary team,
who work hard every
day to feed hungry
tummies and fuel
learning at school.
Sarah, Neli, Collette and
Nicky arrive early at the
kitchen every morning
to begin cooking our
yummy meals.

They get everything
ready for delivery by
mid-morning and then start
preparing the meals for the following day!
We are constantly amazed by what they
manage to achieve for hundreds of children
on a daily basis.



Thank you team!



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Our mission is to support every child and young person in Jersey, under 18, to access nutritious food at school, at home and in the community, now and for generations to come.

We do this through collaborative programmes of support and education to deliver our grow, cook, eat ethos across the Island, which has a positive impact on their eating habits and encourages a life long approach to good nutrition.

Did you know?

- All of our meals are freshly prepared every morning
- As much of our produce as possible is locally sourced through local businesses to promote local and sustainable food production
- Sourcing locally enables us to support local employment for local people, some of whose children benefit from our programmes and to ensure every penny we spend protects rather than damages our environment
- All of our meals meet the Jersey School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- Our weekly dessert options are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day and an alternative dessert is offered once per week, to give your child a choice
- All of our meat is ethically sourced and our eggs are free range
- All of the fish used on our menus is Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards
- We don't use any single use plastic
- Food waste from our kitchen is composted and used to grow fruits and vegetables on local allotments
- All of our meals can be adapted to accommodate allergies – just ask

If you haven't already, why don't you give our meals a try and save yourself valuable time in making packed lunches as well as ensuring your children are getting a nutritious lunch to fuel their learning in the afternoon. If you would like to discuss anything with us please get in touch at flourish@caringcooksofjersey.com or on 539009.



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Sign your child up for hot lunches today!

It's easy and great value. £2.50 provides your child with a delicious and nutritious 2-course lunch.



Choose your child's meals for the Summer term in less time than it takes to pack one lunch!

Go to: flourish.myschoolmealorders.com or scan the QR code



Email: flourish@caringcooksofjersey.com or Tel: 539009