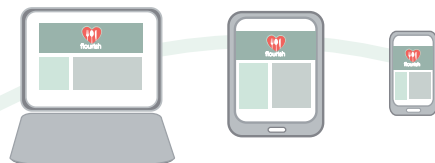




flourish

How to order your school meals online



How do I purchase meals?

We hope that your children are enjoying the new look lunches at Victoria College Prep. Please note that the boys can now simply turn up and pay for a meal on the day, you no longer need to order in advance.

If you wish for your child to have a hot lunch, please visit www.checkout.je/topup.html and order a Touch Top Up card.

This restaurant card offers parents the ability to manage their money via a secure online payment system which is managed locally by Checkout.

The site is available to use 24 hours a day, 7 days a week. On the website please click on 'Order a Card'.

Once you have created an account you will be sent a card in the post. Please be aware that top up cards will be charged at £5 per student, this covers the cost of creating and delivering the card.

VICTORIA COLLEGE PREPARATORY SCHOOL

AUTUMN TERM 2023

SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4th Sept	INSET DAY
11th Sept	Southern fried Chicken Goujons with crispy Potato Wedges & Salad or Freshly baked Jacket Potato served with selection of Cheese, Beans, Coleslaw & Salad Fruit of the day
18th Sept	Creamy baked Mac & Cheese served with Salad or Tasty Tomato & Basil Pasta served with Cheese & Salad Fruit of the day
25th Sept	Delicious Beef & Pork Bolognese with Pasta & Garlic Bread or Freshly baked Jacket Potato with a selection of Cheese, Beans, Coleslaw & Salad Fruit of the day or bake of the day
2nd Oct	Southern fried Chicken Goujons with crispy Potato Wedges & Salad or Freshly baked Jacket Potato served with selection of Cheese, Beans, Coleslaw & Salad Fruit of the day
9th Oct	Creamy baked Mac & Cheese served with Salad or Tasty Tomato & Basil Pasta served with Cheese & Salad Fruit of the day
16th Oct	Delicious Beef & Pork Bolognese with Pasta & Garlic Bread or Freshly baked Jacket Potato with a selection of Cheese, Beans, Coleslaw & Salad Fruit of the day or bake of the day

5th Sept	Scrummy Asian Chicken & Vegetable Noodles or Asian-style Vegetable Noodles Fruit of the day or bake of the day
12th Sept	Delicious Beef & Pork Bolognese or Yummy Veggie Bolognese served with pasta, cheese & salad Fruit of the day or bake of the day
19th Sept	Crispy Chicken Goujons or Yummy Veggie Goujons served with Potato Wedges & Salad Fruit of the day or bake of the day
26th Sept	Scrummy Asian Chicken & Vegetable Noodles or Asian-style Vegetable Noodles Fruit of the day or bake of the day
3rd Oct	Delicious Beef & Pork Bolognese or Yummy Veggie Bolognese served with pasta, cheese & salad Fruit of the day or bake of the day
10th Oct	Crispy Chicken Goujons or Yummy Veggie Goujons served with Potato Wedges & Salad Fruit of the day or bake of the day
17th Oct	Scrummy Asian Chicken & Vegetable Noodles or Asian-style Vegetable Noodles Fruit of the day or bake of the day

6th Sept	Roast Turkey & Roast Gravy or Vegetable Kyiv Served with roast potatoes and seasonal vegetables Fruit of the day
13th Sept	Our special recipe Chicken Piri Piri or Delicious Roasted Butternut Tart Served with Potato Wedges & Salad Fruit of the day
20th Sept	Roast Pork and Roast Gravy or Carrot Balls in a Sweet & Sour Sauce Served with roast potatoes and seasonal vegetables Fruit of the day
27th Sept	Roast Turkey & Roast Gravy or Vegetable Kyiv Served with roast potatoes and seasonal vegetables Fruit of the day
4th Oct	Our special recipe Chicken Piri Piri or Delicious Roasted Butternut Tart Served with Potato Wedges & Salad Fruit of the day
11th Oct	Roast Pork and Roast Gravy or Carrot Balls in a Sweet & Sour Sauce Served with roast potatoes and seasonal vegetables Fruit of the day
18th Oct	Roast Turkey & Roast Gravy or Vegetable Kyiv Served with roast potatoes and seasonal vegetables Fruit of the day

7th Sept	Beef Burger or Tasty Veggie Burger served in a Bun with Chips & Salad Fruit of the day or bake of the day
14th Sept	AIR SHOW (NO SCHOOL)
21st Sept	Beef Burger or Delicious Plant Based Veggie Burger served with Chips & Salad Fruit of the day or bake of the day
28th Sept	Beef Burger or Tasty Veggie Burger served in a Bun with Chips & Salad Fruit of the day or bake of the day
5th Oct	Tender Pulled Pork in BBQ Sauce or Vegetarian Sausage served in a Bun with Rice & Salad Fruit of the day or bake of the day
12th Oct	Beef Burger or Delicious Plant Based Veggie Burger served with Chips & Salad Fruit of the day or bake of the day
19th Oct	Beef Burger or Tasty Veggie Burger served in a Bun with Chips & Salad Fruit of the day or bake of the day

8th Sept	Fish 'n' Chips served with Beans or Peas or Summer Vegetable Frittata served with freshly-baked Baguette & Salad Fruit of the day or bake of the day
15th Sept	Fish 'n' Chips or Crispy Veggie Nuggets & Chips served with Beans or Peas Fruit of the day or bake of the day
22nd Sept	Cod Goujons or Pea and Mint Fritter served with Chips & Salad Fruit of the day or bake of the day
29th Sept	Fish 'n' Chips served with Beans or Peas or Summer Vegetable Frittata served with freshly-baked Baguette & Salad Fruit of the day or bake of the day
6th Oct	Fish 'n' Chips or Crispy Veggie Nuggets & Chips served with Beans or Peas Fruit of the day or bake of the day
13th Oct	Cod Goujons or Pea and Mint Fritter served with Chips & Salad Fruit of the day or bake of the day
20th Oct	Fish 'n' Chips served with Beans or Peas or Summer Vegetable Frittata served with freshly-baked Baguette & Salad Fruit of the day or bake of the day

HALF TERM WEEK: 23RD - 27TH OCTOBER

30th Oct	Southern fried Chicken Goujons with crispy Potato Wedges & Salad or Freshly baked Jacket Potato served with selection of Cheese, Beans, Coleslaw & Salad Fruit of the day
6th Nov	Creamy baked Mac & Cheese served with Salad or Tasty Tomato & Basil Pasta served with Cheese & Salad Fruit of the day
13th Nov	Delicious Beef & Pork Bolognese with Pasta & Garlic Bread or Freshly baked Jacket Potato with a selection of Cheese, Beans, Coleslaw & Salad Fruit of the day or bake of the day
20th Nov	Southern fried Chicken Goujons with crispy Potato Wedges & Salad or Freshly baked Jacket Potato served with selection of Cheese, Beans, Coleslaw & Salad Fruit of the day
27th Nov	Creamy baked Mac & Cheese served with Salad or Tasty Tomato & Basil Pasta served with Cheese & Salad Fruit of the day
4th Dec	Delicious Beef & Pork Bolognese with Pasta & Garlic Bread or Freshly baked Jacket Potato with a selection of Cheese, Beans, Coleslaw & Salad Fruit of the day or bake of the day
11th Dec	Southern fried Chicken Goujons with crispy Potato Wedges & Salad or Freshly baked Jacket Potato served with selection of Cheese, Beans, Coleslaw & Salad Fruit of the day
18th Dec	Creamy baked Mac & Cheese served with Salad or Tasty Tomato & Basil Pasta served with Cheese & Salad Fruit of the day

31st Oct	HALLOWEEN Delicious Beef & Pork Bolognese or Yummy Veggie Bolognese served with pasta, cheese & salad Spooky green carrot cake or fruit of the day
7th Nov	Crispy Chicken Goujons or Yummy Veggie Goujons served with Potato Wedges & Salad Fruit of the day or bake of the day
14th Nov	Scrummy Asian Chicken & Vegetable Noodles or Asian-style Vegetable Noodles Fruit of the day or bake of the day
21st Nov	Delicious Beef & Pork Bolognese or Yummy Veggie Bolognese served with pasta, cheese & salad Fruit of the day or bake of the day
28th Nov	Crispy Chicken Goujons or Yummy Veggie Goujons served with Potato Wedges & Salad Fruit of the day or bake of the day
5th Dec	Scrummy Asian Chicken & Vegetable Noodles or Asian-style Vegetable Noodles Fruit of the day or bake of the day
12th Dec	Delicious Beef & Pork Bolognese or Yummy Veggie Bolognese served with pasta, cheese & salad Fruit of the day or bake of the day
19th Dec	Crispy Chicken Goujons or Yummy Veggie Goujons served with Potato Wedges & Salad Fruit of the day or bake of the day

1st Nov	Our special recipe Chicken Piri Piri or Delicious Roasted Butternut Tart Served with Potato Wedges & Salad Fruit of the day
8th Nov	Roast Pork and Roast Gravy or Carrot Balls in a Sweet & Sour Sauce Served with roast potatoes and seasonal vegetables Fruit of the day
15th Nov	Roast Turkey & Roast Gravy or Vegetable Kyiv Served with roast potatoes and seasonal vegetables Fruit of the day
22nd Nov	Our special recipe Chicken Piri Piri or Delicious Roasted Butternut Tart Served with Potato Wedges & Salad Fruit of the day
29th Nov	Roast Pork and Roast Gravy or Carrot Balls in a Sweet & Sour Sauce Served with roast potatoes and seasonal vegetables Fruit of the day
6th Dec	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
13th Dec	Our special recipe Chicken Piri Piri or Delicious Roasted Butternut Tart Served with Potato Wedges & Salad Fruit of the day

2nd Nov	Tender Pulled Pork in BBQ Sauce or Vegetarian Sausage served in a Bun with Rice & Salad Fruit of the day or bake of the day
9th Nov	Beef Burger or Delicious Plant Based Veggie Burger served with Chips & Salad Fruit of the day or bake of the day
16th Nov	Beef Burger or Tasty Veggie Burger served in a Bun with Chips & Salad Fruit of the day or bake of the day
23rd Nov	Tender Pulled Pork in BBQ Sauce or Vegetarian Sausage served in a Bun with Rice & Salad Fruit of the day or bake of the day
30th Nov	Beef Burger or Delicious Plant Based Veggie Burger served with Chips & Salad Fruit of the day or bake of the day
7th Dec	Beef Burger or Tasty Veggie Burger served in a Bun with Chips & Salad Fruit of the day or bake of the day
14th Dec	Tender Pulled Pork in BBQ Sauce or Vegetarian Sausage served in a Bun with Rice & Salad Fruit of the day or bake of the day

3rd Nov	Fish 'n' Chips or Crispy Veggie Nuggets & Chips served with Beans or Peas Fruit of the day or bake of the day
10th Nov	Cod Goujons or Pea and Mint Fritter served with Chips & Salad Fruit of the day or bake of the day
17th Nov	Fish 'n' Chips served with Beans or Peas or Summer Vegetable Frittata served with freshly-baked Baguette & Salad Fruit of the day or bake of the day
24th Nov	Fish 'n' Chips or Crispy Veggie Nuggets & Chips served with Beans or Peas Fruit of the day or bake of the day
1st Dec	Cod Goujons or Pea and Mint Fritter served with Chips & Salad Fruit of the day or bake of the day
8th Dec	Fish 'n' Chips served with Beans or Peas or Summer Vegetable Frittata served with freshly-baked Baguette & Salad Fruit of the day or bake of the day
15th Dec	Fish 'n' Chips or Crispy Veggie Nuggets & Chips served with Beans or Peas Fruit of the day or bake of the day



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 always meet, and often exceed the School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- All of our desserts are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day as an alternative to desserts, 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
- 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@caringschoolsofjersey.com or on 539009.

Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana

For more info visit: gov.je/FoodandNutrition