



flourish

# SPRING

# MENU

 2023

from  
**CARING COOKS**

# BREAK MENU



## \* WEEK 1 \*

### MONDAY

Pesto, Tomato & Mozzarella Flatbread £2.35 | Cheese and Tomato Panini £2.35

### TUESDAY

Margherita Pizza £2.35 | Cajun Chicken Quesadilla £2.50

### WEDNESDAY

Spicy Potatoes Wedges with cheese £2.35 | Sweet Chilli Chicken Panini £2.50

### THURSDAY

Veggie Sausage Bap £2.50 | Waffles with Honey and Banana £2.35

### FRIDAY

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

## GRAB & GO

Available all day

### Sandwiches, Rolls and Wraps

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

from £1.90

### Pasta Pots

Chicken

Tuna

Vegetarian

£2.50



## 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

3 Cheese Sicilian Pizza £2.35 | Veggie Meatball Panini £2.50

### TUESDAY

Cheese & Onion Flatbread £2.35 | Chicken Fajita Wrap £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 £2.50

### FRIDAY

Vegetarian Sausage Brioche Bun £2.50 | 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 salad.

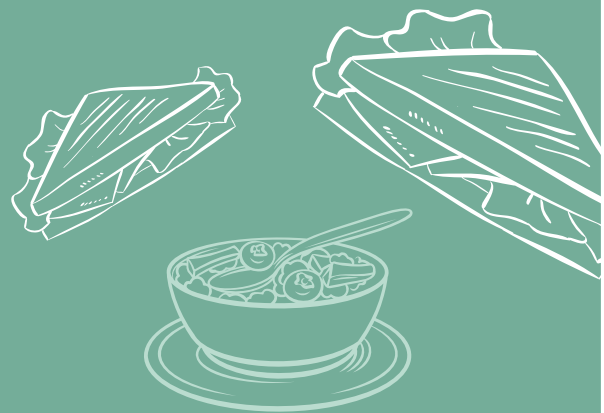
### Pasta Pots

£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

Roast Vegetable and Cheese Panini £2.35 | Margherita Pizza £2.35

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

Vegetarian Sausage Brioche £2.50 | BBQ Pulled Pork in a Brioche Bun 2.50

### FRIDAY

Veggie Meatball Panini £2.50 | Cajun Chicken and Cheese 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 • £3.00  
MEAL DEAL • £4.00

# 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 • £3.00

Pesto Pasta  
served with foccacia bread and salad

or

Tomato and Basil Pasta  
served with Cheese, Foccacia and Salad

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

### TUESDAY

MAIN MEAL • £3.00

Yellow Chicken Curry  
served with with rice and peas

or

Yellow Chickpea and Vegetable Curry  
served with rice and peas

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

### WEDNESDAY

MAIN MEAL • £3.00

Roast turkey  
served with roast potatoes, seasonal vegetables  
and gravy

or

Vegetable Kyiv  
served with roast potatoes and seasonal vegetables

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

### THURSDAY

MAIN MEAL • £3.00

Slow roasted pulled pork in BBQ sauce  
served in a bun. with potato wedges and salad

or

Vegetarian Sausage  
in a bun, served with potato wedges and salad

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

### FRIDAY

MAIN MEAL • £3.00

Fish Goujons  
served with chips, baked beans or peas

or

Jacket Potato  
served with cheese, beans and salad

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

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**SPECIALS**  
Check the  
Specials Board  
each day for  
availability

# HOT LUNCHES



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MAIN MEAL • £3.00  
MEAL DEAL • £4.00

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

Pesto Pasta  
served with focaccia bread and salad

or

Tomato and roast pepper pasta  
served with focaccia bread and salad

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

### TUESDAY

MAIN MEAL • £3.00

Beefburger  
in a brioche bun served with chips and salad

or

Veggie burger  
in a brioche bun served with chips and salad

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

### WEDNESDAY

MAIN MEAL • £3.00

Roasted lemon and thyme chicken  
served with roast potatoes,  
seasonal vegetables and gravy

or

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

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

### THURSDAY

MAIN MEAL • £3.00

Beef and Pork Pasta Bolognese  
served with a bun and salad

or

Vegetarian Bolognese  
served with a bun and salad

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

### FRIDAY

MAIN MEAL • £3.00

Battered fish fillet  
served with chips, baked beans or salad

or

Cheese and onion quiche  
served with chips, baked beans or salad

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

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MAIN MEAL • £3.00  
MEAL DEAL • £4.00

# 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 • £3.00

Crispy Mac n Cheese  
served with salad

or

Tomato and basil pasta  
served with salad

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

### TUESDAY

MAIN MEAL • £3.00

Chicken goujons  
with potato wedges and salad

or

Quorn goujons  
with potato wedges and salad

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

### WEDNESDAY

MAIN MEAL • £3.00

Roast pork  
served with roast potatoes,  
seasonal vegetables and gravy

or

Carrot balls in a sweet and sour sauce  
served with roast potatoes  
and seasonal vegetables

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

### THURSDAY

MAIN MEAL • £3.00

Chilli Con Carne  
served with tacos, refried beans and rice

or

Vegetable chilli  
served with tacos, refried beans and rice

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

### FRIDAY

MAIN MEAL • £3.00

Salmon Fish Fingers  
served with Chips and Peas

or

Cheesy Bean Quesadilla  
served with chips and peas

MEAL DEAL • £4.00 Main Meal + Bake of the Day, 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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