



flourish

AUTUMN

MENU

2023

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Italian-style Pesto, Tomato & Mozzarella Sourdough Flatbread **£2.35** | Veggie Sausage Bap **£2.50**

TUESDAY

Classic Margherita Pizza **£2.35** | Spicy Cajun Chicken Quesadilla **£2.50**

WEDNESDAY

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

THURSDAY

Yummy Grilled Cheese & Tomato Panini **£2.35** | Delicious Waffles with Honey & Banana **£2.35**

FRIDAY

Margherita 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 | Veggie Meatball Panini £2.50

TUESDAY

Cheese & Tomato Focaccia £2.35 | Southern Fried Chicken Wrap with Garlic Mayo & Lettuce £2.50

WEDNESDAY

Classic Margherita Pizza £2.35 | Tasty Fish Finger Wrap with Garlic Mayo & Lettuce £2.50

THURSDAY

Crispy Garlic & Herb Potato Wedges £2.35 | Hot 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.

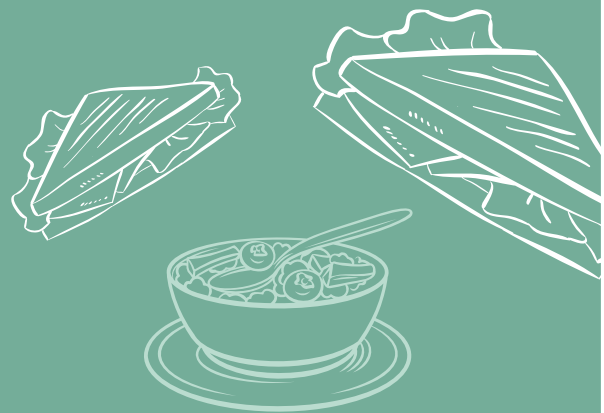
Pasta Pots

£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

Roast Vegetable & Cheese Panini £2.35 | Classic Margherita Pizza £2.35

TUESDAY

Vegetable & Mozzarella Sourdough Flatbread £2.35 | Grilled Bacon Roll £2.50

WEDNESDAY

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

THURSDAY

Tasty Veggie Sausage Bap £2.50 | Tender BBQ Pulled Pork Bap £2.50

FRIDAY

Veggie Meatball Panini £2.50 | Cajun Chicken and Cheese Sourdough Flatbread £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

£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

Delicious Beef & Pork Bolognese
with Pasta & Garlic Bread

or

Freshly baked Jacket Potato
with a selection of Cheese, Beans,
Coleslaw & Salad

MEAL DEAL • £4.25 Main Meal + Oaty Flapjack, Jelly Pot or Fruit + Bottle of Water

TUESDAY

MAIN MEAL • £3.25

Scrummy Asian Chicken
& Vegetable Noodles

or

Asian-style
Vegetable Noodles

MEAL DEAL • £4.25 Main Meal + Delicious Carrot Cake, Jelly Pot or Fruit + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.25

Roast Turkey
served with Roast Potatoes, Seasonal
Vegetables & Roast Gravy

or

Vegetable Kyiv
served with Roast Potatoes
& Seasonal Vegetables

MEAL DEAL • £4.25 Main Meal + Victoria Sponge, Jelly Pot or Fruit + Bottle of Water

THURSDAY

MAIN MEAL • £3.25

Beef Burger served in a Bun
served with Chips & Salad

or

Tasty Veggie Burger served in a Bun
served with Chips & Salad

MEAL DEAL • £4.25 Main Meal + Selection of Short Bread, Jelly Pot or Fruit + Bottle of Water

FRIDAY

MAIN MEAL • £3.25

Fish 'n' Chips
served with Beans or Peas

or

Summer Vegetable Frittata
served with freshly-baked Baguette & Salad

MEAL DEAL • £4.25 Main Meal + Yummy Chocolate Brownie, 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 • £3.25
MEAL DEAL • £4.25

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 • £3.25

Southern fried Chicken Goujons
with crispy Potato Wedges & Salad

or

Freshly baked Jacket Potato served
with selection of Cheese, Beans, Coleslaw & Salad

MEAL DEAL • £4.25 Main Meal + Oaty Flap Jack, Jelly Pot or Fruit + Bottle of Water

TUESDAY

MAIN MEAL • £3.25

Delicious Beef & Pork Bolognese
served with pasta, cheese & salad

or

Yummy Veggie Bolognese
served with pasta, cheese & salad

MEAL DEAL • £4.25 Main Meal + Delicious Carrot Cake, Jelly Pot or Fruit + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.25

Our special recipe Chicken Piri Piri
with Potato Wedges & Salad

or

Delicious Roasted Butternut Tart
served with Potato wedges and salad

MEAL DEAL • £4.25 Main Meal + Victoria Sponge, Jelly Pot or Fruit + Bottle of Water

THURSDAY

MAIN MEAL • £3.25

Tender Pulled Pork in BBQ sauce
served in a Bun with Rice & Salad

or

Vegetarian Sausage in a Bun
served with Rice & Salad

MEAL DEAL • £4.25 Main Meal + Selection of Short Bread, Jelly Pot or Fruit + Bottle of Water

FRIDAY

MAIN MEAL • £3.25

Fish 'n' Chips served
with Beans or Peas

or

Crispy Veggie Nuggets & Chips
served with 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

Creamy baked Mac & Cheese
served with Salad

or

Tasty Tomato & Basil Pasta
served with Cheese & Salad

MEAL DEAL • £4.25 Main Meal + Oaty Flap Jack, Jelly Pot or Fruit + Bottle of Water

TUESDAY

MAIN MEAL • £3.25

Crispy Chicken Goujons
with Potato Wedges & Salad

or

Yummy Veggie Goujons
with Potato Wedges & Salad

MEAL DEAL • £4.25 Main Meal + Delicious Carrot Cake, Jelly Pot or Fruit + Bottle of Water

WEDNESDAY

MAIN MEAL • £3.25

Roast Pork served with Roast Potatoes,
Seasonal Vegetables & roast Gravy

or

Carrot Balls in a Sweet & Sour Sauce
with Roast Potatoes & Seasonal Vegetables

MEAL DEAL • £4.25 Main Meal + Victoria Sponge, Jelly Pot or Fruit + Bottle of Water

THURSDAY

MAIN MEAL • £3.25

Beef Burger served in a Bun
with Chips & Salad

or

Delicious Plant Based Veggie Burger
served with Chips & Salad

MEAL DEAL • £4.25 Main Meal + Selection of Short Bread, Jelly Pot or Fruit + Bottle of Water

FRIDAY

MAIN MEAL • £3.25

Cod Goujons
served with Chips & Salad

or

Pea and Mint Fritter
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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