



AUTUMN MENU 2024

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Baked flatbread with pesto, sliced tomato & mozzarella £2.35
Tasty veggie sausage bap £2.50

TUESDAY

Classic Margherita pizza with tomato & mozzarella £2.35
Spicy Cajun chicken quesadilla with red peppers & melted cheese £2.50

WEDNESDAY

Spicy potato wedges topped with melted cheddar & mozzarella Cheese £2.35
Sweet chilli chicken served in a crispy baked panini £2.50

THURSDAY

Freshly baked cheese & tomato panini £2.35
Delicious waffles & banana drizzled with honey £2.35

FRIDAY

Authentic Italian style pesto and tomato pizza £2.35
Warm crusty Cumberland sausage baguettes £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 £1.30
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.

BREAK MENU



* WEEK 2 *

MONDAY

- Crispy garlic and herb potato wedges loaded with cheese £2.35
- Crispy fish finger wrap with garlic mayo £2.50

TUESDAY

- Delicious cheese and tomato sourdough flat bread £2.35
- Tasty veggie meatball panini £2.50

WEDNESDAY

- Classic Margherita pizza with tomato & mozzarella £2.35
- Finger licking southern fried chicken wrap with garlic mayo £2.50

THURSDAY

- Three cheese Sicilian pizza £2.35
- Delicious hot ham & cheese French toastie £2.50

FRIDAY

- Tasty vegetarian sausage bap £2.50
- Warm crusty bacon baguettes £2.50

GRAB & GO

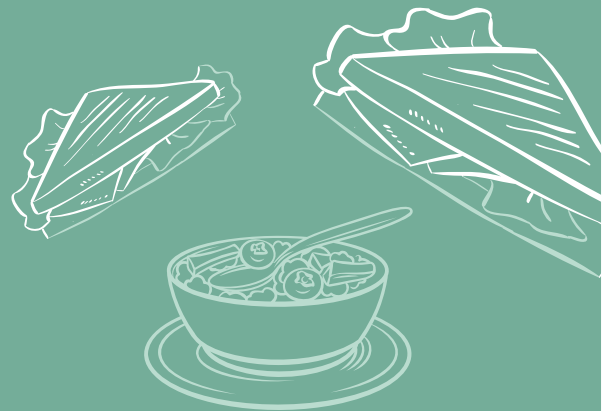
Available all day

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 £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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BREAK MENU



* WEEK 3 *

MONDAY

Roast vegetable & melted cheese panini £2.35
Classic Margherita pizza £2.35

TUESDAY

Delicious waffles & banana drizzled with honey £2.35
Warm crusty bacon baguettes £2.50

WEDNESDAY

Fresh vegetable & mozzarella sourdough flatbread £2.35
Sticky sweet chilli chicken panini £2.50

THURSDAY

Tasty veggie sausage pap £2.50
Tuna melt panini with cheese £2.50

FRIDAY

Veggie meatball panini £2.50
Cajun chicken & cheese sourdough 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	<i>from</i> £1.30
Baked goods	<i>from</i> £1.30
A selection of Grab & Go snacks	<i>from</i> £1.10

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MAIN MEAL • £3.25
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 • £3.25

Our irresistible slow cooked beef Bolognese served with pasta and garlic bread

or

Tomato and basil pasta served with garlic bread & salad

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

TUESDAY

MAIN MEAL • £3.25

Yellow chicken curry served with rice and mini naan bread

or

Yellow chickpea and vegetable curry served with rice and mini naan bread

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

WEDNESDAY

MAIN MEAL • £3.25

Roast turkey served with roast potatoes, seasonal vegetables and gravy

or

Vegetable Kiev served with roast potatoes, seasonal vegetables

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

THURSDAY

MAIN MEAL • £3.25

Juicy beef burger served in a bun with chips and salad

or

Tasty veggie burger served in a bun with crispy potatoes & salad

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

FRIDAY

MAIN MEAL • £3.25

Traditional Fish'n'chips served with your choice of baked beans or peas & salad

or

Vegetable frittata served with freshly baked baguette & salad

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

*Please ask staff for Meal Deal Drinks List. 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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SPECIALS
Check the
Specials Board
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availability

HOT LUNCHES



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MEAL DEAL • £4.50

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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

Mouthwatering Cumberland sausage served with creamy mashed potatoes, Yorkshire pudding, veggies and gravy

or

Freshly baked jacket potato served with a selection of grated cheese, baked beans, coleslaw & salad

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

TUESDAY

MAIN MEAL • £3.25

Southern fried chicken goujons served with chips and Salad

or

Sweet potato falafal served with tzaziki, chips and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Chicken piri piri served with steamed rice and Vegetables

or

Veggie Kiev served with steamed rice and salad

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

THURSDAY

MAIN MEAL • £3.25

Juicy beef burger served in a bun with chips & salad

or

Tasty veggie burger served in a bun with chips & salad

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

FRIDAY

MAIN MEAL • £3.25

Traditional Fish's n' Chips served with your choice of baked beans, peas or salad

or

Crispy veggie nuggets served with chips and beans or peas

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

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MAIN MEAL • £3.25
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 • £3.25

Creamy carbonara pasta
served with salad & garlic bread

or

Tasty tomato and roast pepper pasta
served with salad & garlic bread

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

TUESDAY

MAIN MEAL • £3.25

Southern fried chicken goujons
served with Wedges Potatoes and salad

or

Yummy veggie goujons
served with wedges potatoes and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Scrumptious homemade chilli con carne
served with rice and & tortilla chips

or

Hearty veggie chilli con carne
served with rice and & tortilla chips

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

THURSDAY

MAIN MEAL • £3.25

Chicken and vegetables stir fry
served with noodles

or

Stir fry vegetables
served with noodles

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

FRIDAY

MAIN MEAL • £3.25

Crispy scampi bites in breadcrumbs
served with baked beans and chips

or

Sweet potato falafel
served with tzatziki, chips and salad

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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