



SUMMER MENU 2024

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

- Nice'n'spicy mixed veggie wrap £2.35
- Tasty veggie sausage bap £2.50

TUESDAY

- Rustic sourdough pizza freshly baked with tomato & mozzarella £2.35
- Delicious waffles with berries & drizzled with honey £2.50

WEDNESDAY

- Spicy potato wedges topped with melted cheddar & mozzarella cheese £2.35
- Mouthwatering sweet chilli chicken served in a crispy baked panini £2.50

THURSDAY

- Freshly baked Italian-style cheese & tomato panini £2.35
- Spicy Cajun chicken quesadilla with red peppers & melted cheese £2.50

FRIDAY

- Delicious authentic Margherita pizza £2.35
- Grilled Bacon 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 £1.30
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

- Scrumptious cheese and secret recipe tomato focaccia £2.35
- Tasty veggie meatball panini £2.50

TUESDAY

- Oven baked cheddar & mozzarella potato skins £2.35
- Spicy Chicken & Vegetable Fajita £2.50

WEDNESDAY

- Classic Margherita pizza with tomato & mozzarella £2.35
- Crispy fish finger wrap with garlic mayo & lettuce £2.50

THURSDAY

- Crispy garlic & herb potato wedges loaded with cheese £2.35
- Delicious hot roast ham & cheese French toastie £2.50

FRIDAY

- Italian Style rustic sourdough pizza freshly baked with tomato & mozzarella £2.50
- Fresh chicken wrap with garlic mayo & lettuce £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 3 *

MONDAY

- Roasted Veggie and gooey cheese panini £2.35
- Classic Margherita pizza £2.35

TUESDAY

- Delicious waffles & banana drizzled with honey £2.35
- Chicken & vegetable fajita £2.50

WEDNESDAY

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

THURSDAY

- Five bean chilli wrap with cheese £2.35
- Tuna melt panini with cheddar & mozzarella cheese £2.50

FRIDAY

- Tasty 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	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.

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

Carbonara pasta with ham and cheese
& garlic bread & salad

or

Deliciously Herby tomato & basil pasta
with garlic bread & salad

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

TUESDAY

MAIN MEAL • £3.25

Mexican Spicy chicken & vegetable tacos
with coleslaw & salad

or

Mixed Vegetable Mexican taco's
with coleslaw & salad

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

WEDNESDAY

MAIN MEAL • £3.25

Succulent roast turkey with roast potatoes,
seasonal vegetables, Yorkshire pudding
& roast gravy

or

Creamy vegetable pasta bake
with roast potatoes
& seasonal vegetables

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

THURSDAY

MAIN MEAL • £3.25

Crispy fish goujons 'n' chips
served with your choice of
baked beans or peas

or

Vegetable Frittata
served with freshly-baked
baguette & salad

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

FRIDAY

MAIN MEAL • £3.25

Our irresistible slow-cooked beef bolognaise
served with pasta & salad

or

Yummy Italian veggie bolognaise
served with pasta & salad

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

SPECIALS
Check the
Specials Board
each day for
availability

*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.

from
CARING COOKS

HOT LUNCHES



MAIN MEAL • £3.25
MEAL DEAL • £4.50

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

Mouthwatering Cumberland sausage
with creamy mashed potatoes,
seasonal vegetables & gravy

or

Tasty vegetarian sausage
with creamy mashed potatoes,
seasonal vegetables & gravy

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

TUESDAY

MAIN MEAL • £3.25

Chef's special recipe Chicken Piri Piri
with vegetable rice

or

Middle Eastern inspired sweet potato falafel
with vegetable rice

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

WEDNESDAY

MAIN MEAL • £3.25

Our irresistible slow-cooked Beef Bolognese
served with pasta & salad

or

Yummy Veggie Bolognese
served with pasta & salad

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

THURSDAY

MAIN MEAL • £3.25

Stir-fry chicken, oriental vegetables
and noodles

or

Oriental stir-fry vegetables
and noodles

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

FRIDAY

MAIN MEAL • £3.25

Crispy Cod Goujons
with chips and your choice
of baked beans or peas

or

Crispy veggie nuggets
with chips and your choice
of baked beans or peas

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

SPECIALS
Check the
Specials Board
each day for
availability

*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.

from
CARING COOKS

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

Crispy fish bites
with potato bites & baked beans or peas

or

Veggie goujons
with potato bites & baked beans or peas

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

TUESDAY

MAIN MEAL • £3.25

Crispy baked chicken strips
with potato wedges & salad

or

Freshly baked Jacket potato
with grated cheese, coleslaw and salad

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

WEDNESDAY

MAIN MEAL • £3.25

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

or

Five bean chilli con carne
with rice and peas & tortilla chips

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

THURSDAY

MAIN MEAL • £3.25

Lemon & Thyme chicken
with roast potatoes, seasonal vegetables & gravy

or

Scrumptious veggie Kiev
with roast potatoes, seasonal vegetables & gravy

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

FRIDAY

MAIN MEAL • £3.25

Freshly made 100 % Beef Burger
with chips & salad

or

Meatless chicken popcorn
with chips & salad

MEAL DEAL • £4.50 Main meal + daily bake or fruit + 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.

SPECIALS
Check the
Specials Board
each day for
availability



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.

