

SPRING













* WEEK 1 *



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

TUESDAY_

Classic Margherita pizza with tomato & mozzarella £2.35Spicy Cajun chicken quesadilla with red peppers & melted cheese £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 cheese & tomato panini £2.35 Delicious waffles & banana drizzled with honey £2.35



Flavourful authentic Italian style pesto pizza £2.35 Cumberland Sausage Bap £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.

Pasta pots Chicken Tuna

Vegetarian



DRINKS



SOMETHING EXTRA

Fruit	£0.50
Fruit pots	£ 1.20
Yoghurt pots	£ 1.20
Fruit jelly pots	£1.00
Humous & crudites	£ 1.20
Breakfast items	(rom £1.20
Baked goods	(rom £1.20
A selection of Grab & Go snacks	(rom £1.00

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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.



DE BREAK MENU



* WEEK 2 *



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	(rom £1.20
Baked goods	(rom £1.20
A selection of Grab & Go snacks	(rom £1.00

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* WEEK 3 *



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

Pasta Pots Chicken Tuna £2.50

DRINKS



SOMETHING EXTRA

Fruit	£0.50
Fruit pots	£ 1.20
Yoghurt pots	£ 1.20
Fruit jelly pots	£1.00
Humous & crudites	£1.20
Breakfast items	(rom £1.20
Baked goods	(rom £1.20
A selection of Grab & Go snacks	from £1.00

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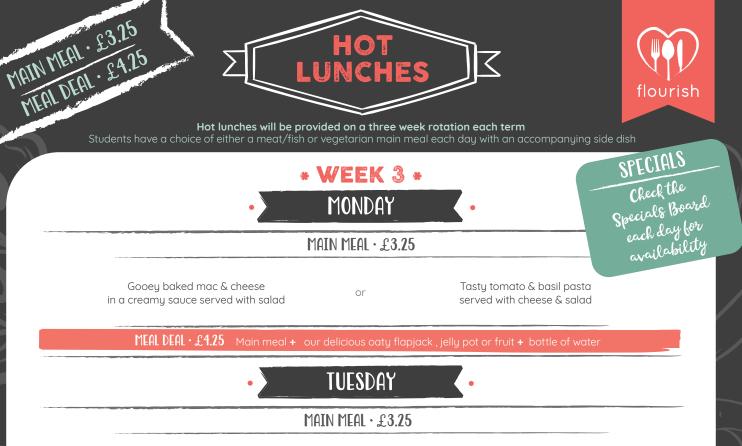
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CARING COOKS



Yummy veggie goujons

with potato wedges & salad

MEAL DEAL • £4.25
Main meal + iced carrot cake slice, jelly pot or fruit + bottle of water

Image: Image:

or

Crispy baked chicken strips

with potato wedges & salad



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> from CARING COOKS





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.



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.

