



SUMMER MENU 2025

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Baked tricolour flat bread with pesto sauce sliced tomato and mozzarella £2.35
 Southern fried chicken wrap with lettuce and mayo £2.35

TUESDAY

Margherita pizza made with our famous homemade sauce £2.35
 Spicy cajun chicken quesadilla with peppers £2.50

WEDNESDAY

Spicy potato wedges with gooey herby cheese £2.35
 Sweet chilli chicken panini £2.50

THURSDAY

Freshly baked cheese and tomato foccacia £2.35
 Waffles with honey and banana £2.35

FRIDAY

Roasted veggie pizza with pesto drizzle £2.35
 Grilled bacon in crusty wholemeal baguette £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

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 £2.35

TUESDAY

Cheese, onion & herb flatbread £2.35
Spicy chicken fajita wrap £2.50

WEDNESDAY

Spicy vegetable pizza £2.35
Crunchy fish finger wrap with garlic mayo £2.50

THURSDAY

Garlic and herb potato wedges £2.35
Crispy ham and cheese focaccia £2.50

FRIDAY

Vegetarian sausage wholemeal baguette £2.35
Cumberland sausage in a crusty wholemeal baguette £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 and cheese panini £2.35
- Tasty veggie sausage wholemeal baguette with homemade tomato sauce £2.35

TUESDAY

- Tasty mediterranean vegetable flatbread £2.35
- Crispy bacon wholemeal baguette £2.50

WEDNESDAY

- Waffles with honey and banana £2.35
- Sweet chilli chicken panini £2.50

THURSDAY

- Vegetarian sausage brioche with homemade tomato sauce £2.35
- Crispy ham and cheese focaccia £2.50

FRIDAY

- Veggie meatball panini with homemade tomato sauce £2.35
- 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 £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £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

Slow cooked beef Bolognese 50/50 pasta
served with garlic bread and salad

or

Tomato and roast red pepper 50/50 pasta
served with crunchy garlic bread and salad

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

TUESDAY

MAIN MEAL • £3.25

Mexican chicken tacos
served with 50/50 rice and salad

or

Mexican veggie bite tacos
served with 50/50 rice and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Roast turkey
served with roasties, gravy
and seasonal veggies

or

Vegetable kiev
served with roasties, veggie gravy
and seasonal vegetables

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

THURSDAY

MAIN MEAL • £3.25

Homemade beef burger
served in a bun with potato wedges and salad

or

Crispy veggie burger
served in a bun with chips and salad

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

FRIDAY

MAIN MEAL • £3.25

Cod fillet
served with chips and beans or peas

or

Jacket potato
served with cheese, beans, salad and coleslaw

MEAL DEAL • £4.50 Main meal + daily bake + 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.
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MAIN MEAL • £3.25
MEAL DEAL • £4.50

HOT LUNCHES



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* WEEK 2 *

MONDAY

MAIN MEAL • £3.25

BBQ Cumberland sausages
served with salad
and corn on the cob

or

Baked jacket potatoes
served with selection of grated cheese,
baked beans, coleslaw and salad

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

TUESDAY

MAIN MEAL • £3.25

Chefs lasagne
served with garlic bread and salad

or

Yummy veggie lasagne
served with garlic bread and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Chicken Piri Piri
served with 50/50 steamed rice with salad or veggies

or

Vegetable quiche
served with potato wedges and veggies

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

THURSDAY

MAIN MEAL • £3.25

Homemade beef burger
served in a bun with salad and diced potatoes

or

Veggie burger
served in a bun with salad and diced potatoes

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

FRIDAY

MAIN MEAL • £3.25

Crispy fish goujons
served with chips, baked beans or salad

or

Sweet potatoes falafal
served with chips, baked beans or salad

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

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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 pasta carbonara
served with garlic bread and salad

or

Tomato and basil pasta
served with garlic bread and salad

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

TUESDAY

MAIN MEAL • £3.25

Southern fried chicken
served with potato wedges and salad

or

Jacket potatoes with cheese
served with beans and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Slow cooked pulled pork
served in a bap with diced potatoes and salad

or

Slow cooked BBQ veggie strips
served in a bap with diced potatoes and salad

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

THURSDAY

MAIN MEAL • £3.25

Lemon and thyme chicken
served with 50/50 rice and mixed veggies

or

Crunchy sweet potato falafel pitta pocket
served with salad and sour cream

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

FRIDAY

MAIN MEAL • £3.25

Salmon strips
served with chips, baked beans
or peas

or

Jacket potato
served with a choice of cheese, beans,
salad and coleslaw

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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