



AUTUMN MENU 2025

from
CARING COOKS

BREAK MENU



* WEEK 1 *

MONDAY

Baked tricolour flat bread with pesto sauce sliced tomato and mozzarella £2.35
Tasty veggie sausage in a wholemeal baguette with homemade tomato sauce £2.35

TUESDAY

Margherita pizza made with our famous homemade sauce £2.35
Spicy cajun baked chicken quesadilla with mixed 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 drizzled honey and fresh 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	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

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 baked 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 in a 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



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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

- Cheese and roasted vegetables panini £2.35
- Southern baked chicken wrap with lettuce & mayo £2.35

TUESDAY

- Tasty mediterranean vegetable flatbread £2.35
- Egg & cheese english muffin (McMuffin style) £2.50

WEDNESDAY

- Waffles with drizzled honey and fresh banana £2.35
- Baked 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 wholemeal panini with homemade tomato sauce £2.35
- Baked 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 pasta
served with garlic bread and salad

or

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

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

TUESDAY

MAIN MEAL • £3.25

Yellow Chicken Curry
served with 50/50 white and
wholemeal rice and mini nan bread

or

Yellow Chicken Curry
served with 50/50 white and
wholemeal rice and mini nan bread

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

WEDNESDAY

MAIN MEAL • £3.25

Juicy 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 local beef burger
served in a bun with potato wedges and salad

or

Baked 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

Baked cod fillet
served with oven chips
and beans or peas

or

Loaded jacket potato
served with lashings of cheese,
beans, salad/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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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

Cumberland sausages
with creamy mash, gravy,
Yorkshires & veggies

or

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

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

TUESDAY

MAIN MEAL • £3.25

Rich Italian lasagne
served with garlic bread and salad

or

Veggie Bolognese 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 herby potato wedges
& seasonal beggies

or

Vegetable quiche
served with potato wedges
& seasonal beggies

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

THURSDAY

MAIN MEAL • £3.25

Chicken fillet burger
served in a bun with salad & 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

Baked 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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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

Goosey Mac and cheese
served with garlic bread & 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

Oven baked Quorn Goujons (vg)
served with potato wedges and salad

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

WEDNESDAY

MAIN MEAL • £3.25

Spicy chilli con carne
served with 50/50 rice tortilla chips
and mixed vegetables

or

Loaded jacket potatoes
with cheese, beans, salad & coleslaw

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

THURSDAY

MAIN MEAL • £3.25

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

or

BBQ veggie strips
served in a bap with diced potatoes & salad

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

FRIDAY

MAIN MEAL • £3.25

Salmon goujon
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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