

SUMMER

















* WEEK 1 *



DRINKS



SOMETHING EXTRA

£0.50
£ 1.20
£ 1.20
£1.00
£ 1.20
(rom £1.30
(rom £1.30
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.



E BREAK MENU



* WEEK 2 *



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

£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 (rom £1.90

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 £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	(rom £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.



• WEEK 3 •



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 ł.

krom £1.90

£2.50

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 £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	(rom £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.





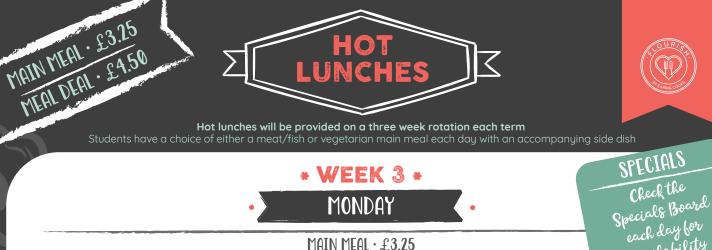
CARING COOKS

LU



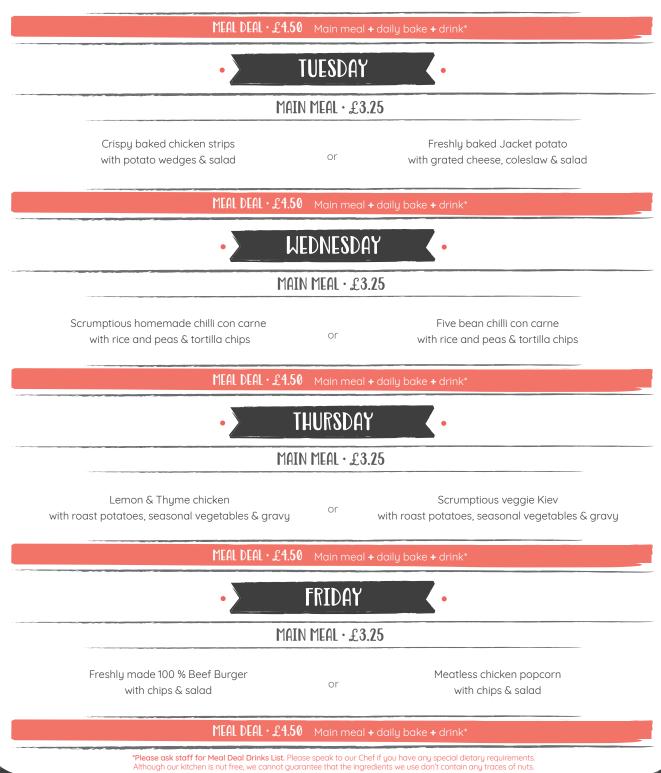


CARING COOKS



each day for availability

Crispy fish bites Veggie goujons or with potato bites & baked beans or peas with potato bites & baked beans or peas



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.

