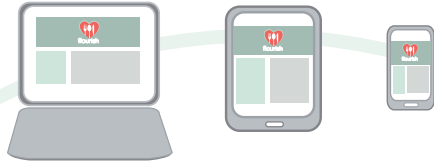




How to order your school meals online



Ordering your child's school meals online is easy!
Simply go to flourish.myschoolmealorders.com and enter your log in details.

What if I need to register?

If you haven't already registered for school meals and wish to do so, please visit flourish.myschoolmealorders.com and click 'register'. You can then enter your details, set up an account and begin ordering!

How do I order?

- Log in using the details you chose at registration, then click 'Place order'.
- Choose from the menu options available to you each day. You will need to order at least one week in advance.
- If you have more than one child, you can order for each of them using the same log in.

What if I need to change my order?

You can change or cancel your order up to 7 days before the meal is due to be served. Please note that if your child doesn't have their meal due to sickness or absence, this meal cannot be passed on to another child due to our strict policy around allergies and dietary requirements.

What if my child has an allergy?

Our school meals service is fully inclusive and ensures that all allergies and special dietary requirements can be catered for. We are happy to supply full allergen information for all our dishes on request. For more details please refer to the terms and conditions.

What should I do if I am entitled to free school meals?

If you are in receipt of Income Support, your child will qualify for free school meals. Simply register at flourish.myschoolmealorders.com and send a copy of your income support letter to flourish@caringcooksofjesey.com

SUMMER TERM 2024

SCHOOL LUNCH MENU





WEEK ONE

MEAT-FREE MONDAYS

Homemade Mac n Cheese served with crunchy cucumber sticks

Fruit Jelly
or
Fresh fruit of the day

TASTY TUESDAYS

Scrumptious pork sausages
or
Herby veggie sausages

both cooked in a tasty tomato and red onion sauce, served with a fluffy jacket potato and peas

Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Fragrant chicken and sweet potato curry
or

Creamy chickpea and sweet potato curry

both served with roasted cauliflower pieces rice and soft naan bread

Fresh fruit of the day

ROAST THURSDAYS

Sizzling stir fried turkey strips
or
Stir fried tofu

both served with egg noodles and vegetables

Fruit salad

FISHY FRIDAYS

Super Salmon fish fingers
or
Handmade tomato, basil, and mozzarella arancini balls

both served with potato wedges, tender sweetcorn, green beans and a homemade tomato ketchup

Fresh fruit of the day

WEEK TWO

MEAT-FREE MONDAYS

Homemade tomato sauce with pasta, grated cheese, crusty garlic bread and crunchy crudites

Freshly baked apricot flapjack
or
fresh fruit of the day

TASTY TUESDAYS

Bangin' Beef Burger
or

Delicious vegetable burger

both in a slider with crisp lettuce, tomato and cucumber served with potato wedges

Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Succulent Chinese chicken
or

Warm vegetable spring rolls

both served with a vegetable rice salad, cucumber and toasted pitta bread

Fresh fruit of the day

ROAST THURSDAYS

Fabulous fajitas with pork and peppers
or

Quorn and pepper fajitas

both with cheese and a carrot and cucumber salad and herby roasted potatoes

Fruit salad

FISHY FRIDAYS

Tasty popcorn fish
or

Crispy vegetable samosas

both served with crispy potato wedges, garden peas, crunchy sweetcorn and homemade tomato ketchup

Fresh fruit of the day

WEEK THREE

MEAT-FREE MONDAYS

Homemade margherita pizza with crunchy crudites

Chocolate and raspberry brownie
or
Fresh fruit of the day

TASTY TUESDAYS

Slow roasted pulled pork
or

Homemade sweet potato falafels

both in a wrap with potato wedges, Sarah's fab BBQ sauce and a fresh rainbow salad

Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Yummy Beef Bolognese
or

Delicious Quorn and Vegetable Bolognese

both served with pasta, crunchy carrot and sultana salad and crusty garlic bread

Fresh fruit of the day

ROAST THURSDAYS

Chinese chicken with sweet and sour sauce
or

Handmade carrot balls with a tasty sweet and sour sauce

both served with rice and green beans

Fruit salad

FISHY FRIDAYS

Chef Sarah's Homemade fishfingers
or

Delicious veggie nuggets

both served with potato wedges, garden peas, tender sweetcorn and homemade tomato ketchup

Fresh fruit of the day

Meet our Chef

Sarah Copp has led the way in changing children's eating habits in Jersey. Sarah is a locally renowned chef who has worked in Michelin starred kitchens and run her own business 'The Chugging Pig', which has kept lots of local people happily fed.

Sarah is now Executive Chef for our Flourish Primary service. In September 2019, Caring Cooks rolled out the first ever hot meals in state run primary schools. She led the team who cooked and served this ground-breaking new service.

Since then, Flourish Primary has grown and satisfaction rates have remained sky high! Her careful planning, ordering and sourcing of suppliers means that every child who signs up will have the opportunity to try new and wholesome foods that will fill hungry tummies and fuel learning throughout busy afternoons.

Thank you Sarah!





Our mission is to support every child and young person in Jersey, under 18, to access nutritious food at school, at home and in the community, now and for generations to come.

We do this through collaborative programmes of support and education to deliver our grow, cook, eat ethos across the Island, which has a positive impact on their eating habits and encourages a life long approach to good nutrition.

Did you know?

- All of our meals are freshly prepared every morning
- As much of our produce as possible is locally sourced through local businesses to promote local and sustainable food production
- Sourcing locally enables us to support local employment for local people, some of whose children benefit from our programmes and to ensure every penny we spend protects rather than damages our environment
- All of our meals strive to meet the Jersey School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- Our weekly dessert options are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day and an alternative dessert is offered once per week, to give your child a choice
- All of our meat is ethically sourced and our eggs are free range
- All of the fish used on our menus is Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards
- We don't use any single use plastic
- All of our meals can be adapted to accommodate allergies - just ask

If you haven't already, why don't you give our meals a try and save yourself valuable time in making packed lunches as well as ensuring your children are getting a nutritious lunch to fuel their learning in the afternoon. If you would like to discuss anything with us please get in touch at flourish@caringcooksofjersey.com or on 539009.

You may be entitled to FREE SCHOOL MEALS!

Contact us if you are in receipt of Income support or think you may qualify.

Email: flourish@caringcooksofjersey.com or Tel: 539009

If you pay for your meals, for only £2.50 we can provide your child with a delicious and nutritious lunch



Go to: flourish.myschoolmealorders.com
or scan the QR Code

