



flourish

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6th Jan Jacket potato with cheese and homemade baked beans
Apricot flapjack or fruit of the day

7th Jan Spaghetti bolognese or Quorn Spaghetti bolognese
Grated cheese and cucumber
Fruit of the day

8th Jan Spanish Omelette
Grated carrot and sweetcorn
Carrot cake with cream cheese topping or fruit of the day

9th Jan Roast chicken or Roast vegetable loaf
Roast potatoes, gravy and vegetables
Fruit of the day

10th Jan Breaded fish goujons or Butternut squash and mozzarella risotto balls
Chips and peas
Fruit of the day

13th Jan Country vegetable soup
Homemade wholemeal bread rolls
Chocolate crispy cake or fruit of the day

14th Jan Mild chicken curry or Pepper and courgette curry
Spinach rice and flat breads
Fruit of the day

15th Jan Mac'n'Cheese bake with sweetcorn
Chocolate brownie or fruit of the day

16th Jan Pork sausages or Veggie sausage
Onion gravy, mash potato and cabbage
Fruit of the day

17th Jan Cod and sweetcorn fishcakes or Sweet potato and chickpea burger
Homemade baked beans
Fruit of the day

20th Jan Tomato pasta bake
Garlic bread
Oatmeal and dried fruit cookie or fruit of the day

21st Jan Chicken and vegetable wrap or Vegetable and bean wrap
Sweet potato fries and cucumber
Fruit of the day

22nd Jan Vegetable and potato burger with homemade tomato ketchup
Sliced pepper and carrot
Pancakes with yoghurt and fruit compote

23rd Jan Chicken, bacon and leek pie or Leek, sweetcorn and chickpea pie
Mashed potato and vegetables
Fruit of the day

24th Jan Popcorn salmon or Mediterranean vegetable and cheese quiche
Potato wedges and peas
Fruit of the day

27th Jan Tomato and cheese risotto balls with chunky pepper and tomato sauce
Fruit of the day

28th Jan Spanish chicken or Spanish quorn
Diced greens and pasta
Fruit yoghurt or fruit of the day

29th Jan Stir fried egg noodles with vegetables, soy sauce, garlic and ginger
Fruit crumble and custard or fruit of the day

30th Jan Roast gammon or Vegetable bake
Cauliflower cheese and roast potatoes
Fruit of the day

31st Jan Fish pie or Winter vegetable pie
Peas
Fruit of the day

3rd Feb Cheese and tomato pizza
Carrot and raisin salad
Fruit jelly or fruit of the day

4th Feb Chicken schnitzel or Quorn schnitzel
Roasted diced potatoes and crudites
Fruit of the day

5th Feb Leek and potato soup
Cheese scone
Mini bounty bar or fruit of the day

6th Feb Lasagne or Vegetable lasagne
Tomato, lettuce and cucumber
Fruit of the day

7th Feb Roasted fish or Falafel patties
Vegetable and potato bake
Fruit of the day

10th Feb Jacket potato with cheese and homemade baked beans
Apricot flapjack or fruit of the day

11th Feb Spaghetti bolognese or Quorn Spaghetti bolognese
Grated cheese and cucumber
Fruit of the day

12th Feb Spanish Omelette
Grated carrot and sweetcorn
Carrot cake with cream cheese topping or fruit of the day

13th Feb Roast chicken or Roast vegetable loaf
Roast potatoes, gravy and vegetables
Fruit of the day

14th Feb Breaded fish goujons or Butternut squash and mozzarella risotto balls
Chips and peas
Fruit of the day

HALF TERM WEEK - FEBRUARY 17th -21st

17th Feb Country vegetable soup
Homemade wholemeal bread rolls
Chocolate crispy cake or fruit of the day

18th Feb Mild chicken curry or Pepper and courgette curry
Spinach rice and flat breads
Fruit of the day

19th Feb Mac'n'Cheese bake with sweetcorn
Chocolate brownie or fruit of the day

20th Feb Pork sausages or Veggie sausage
Onion gravy, mash potato and cabbage
Fruit of the day

21st Feb Cod and sweetcorn fishcakes or Sweet potato and chickpea burger
Homemade baked beans
Fruit of the day

2nd Mar Tomato pasta bake
Garlic bread
Oatmeal and dried fruit cookie or fruit of the day

3rd Mar Chicken and vegetable wrap or Vegetable and bean wrap
Sweet potato fries and cucumber
Fruit of the day

4th Mar Vegetable and potato burger with homemade tomato ketchup
Sliced pepper and carrot
Pancakes with yoghurt and fruit compote

5th Mar Beef and butternut squash pie or Butternut squash and cannellini pie
Mashed potato and carrots
Fruit of the day

6th Mar Popcorn salmon or Mediterranean vegetable and cheese quiche
Potato wedges and peas
Fruit of the day

9th Mar Tomato and cheese risotto balls with chunky pepper and tomato sauce
Fruit of the day

10th Mar Spanish chicken or Spanish quorn
Diced greens and pasta
Fruit yoghurt or fruit of the day

11th Mar Stir fried egg noodles with vegetables, soy sauce, garlic and ginger
Fruit crumble and custard or fruit of the day

12th Mar Roast gammon or Vegetable bake
Cauliflower cheese and roast potatoes
Fruit of the day

13th Mar Fish pie or Winter vegetable pie
Peas
Fruit of the day

16th Mar Cheese and tomato pizza
Carrot and raisin salad
Fruit of the day

17th Mar Irish Stew with colcannon or Colcannon 'hash' with a tomato and green pepper sauce
Chocolate cup cakes

18th Mar Leek and potato soup
Cheese scone
Mini bounty bar or fruit of the day

19th Mar Lasagne or Vegetable lasagne
Tomato, lettuce and cucumber
Fruit of the day

20th Mar Roasted fish or Falafel patties
Vegetable and potato bake
Fruit of the day

23rd Mar Jacket potato with cheese and homemade baked beans
Apricot flapjack or fruit of the day

24th Mar Spaghetti bolognese or Quorn Spaghetti bolognese
Grated cheese and cucumber
Fruit of the day

25th Mar Spanish Omelette
Grated carrot and sweetcorn
Carrot cake with cream cheese topping or fruit of the day

26th Mar Roast chicken or Roast vegetable loaf
Roast potatoes, gravy and vegetables
Fruit of the day

27th Mar Breaded fish goujons or Butternut squash and mozzarella risotto balls
Chips and peas
Fruit of the day

30th Mar Country vegetable soup
Homemade wholemeal bread rolls
Chocolate crispy cake or fruit of the day

23rd Mar Mild chicken curry or Pepper and courgette curry
Spinach rice and flat breads
Fruit of the day

1st Apr Mac'n'Cheese bake with sweetcorn
Chocolate brownie or fruit of the day

2nd Apr Pork sausages or Veggie sausage
Onion gravy, mash potato and cabbage
Fruit of the day

3rd Apr Cod and sweetcorn fishcakes or Sweet potato and chickpea burger
Homemade baked beans
Fruit of the day



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 HEALTH



SCHOOL LUNCH MENU

SPRING TERM 2020

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.

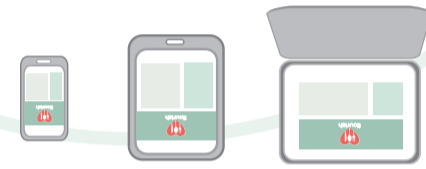
What if I need to change my order?
 You can change or cancel your order up to 7 days before the meal is due to be served. Please note that if your child doesn't have their meal due to sickness or absence, this meal cannot be passed on to another child due to our strict policy around allergies and dietary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

How do I order?

- Log in using the details given to you following registration, then click on 'Place order'.
- Choose from the menu options available to you each day and you will need to order at least one week in advance. Please ensure you select either fruit or dessert on the days where that option is available.
- If you have more than one child, you can order for each of them using the same log in.

What if I need to register?
 If you haven't already registered for school meals and wish to do so, then please speak to your school office and they can provide you with the relevant forms. Complete and return these forms in order to be registered and ready to go.

Ordering your child's school meals online is easy! Simply go to <https://flourishmyschoolmeals.com/> and enter your log in details.



How to order your school meals online



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.

In addition to our pioneering school lunch programme Flourish, we run three other programmes of support and education -

Kitchen Garden Project - An outdoor learning programme connecting children with nature and the environment and teaching them how to grow food from seed

Let's Get Cooking Programme - A cross curricular and progressive skills-based programme for primary schools in Jersey which aims to ensure children go to secondary school and beyond, with an understanding of basic nutrition, an armoury of essential life skills and are able to make positive and informed food choices

Weekly Meal Service - A service delivering a nutritious 2 course meal to vulnerable families on a Saturday for 6 weeks to enable them to eat well and eat together

For more information on our programmes please visit the website www.caringcooksofjersey.com

We rely on the generosity of Islanders, local businesses and grant givers to deliver our programmes to nearly 2,000 children each year across Jersey, and we need help to do that. Do you work for a company who may be interested in choosing us as their charity partner in 2020, or would you be willing to make a donation, either a one off donation or each month?

Please get in touch with us at info@caringcooksofjersey.com if you are able to offer any support.

Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana

For more info visit: gov.je/FoodandNutrition

