



# SUMMER MENU 2026

from  
**CARING COOKS**

# BREAK MENU



## \* WEEK 1 \*

### MONDAY

Baked Tricolour Flat Bread with Pesto Sauce sliced Tomato & Mozzarella £2.50  
 Cumberland Sausage in a Crusty Baguette £2.50

### TUESDAY

Margherita Pizza made with our famous Homemade Sauce £2.50  
 Spicy Cajun Chicken Quesadilla with Peppers £2.50

### WEDNESDAY

Spicy Potato Wedges with Goopy Cheese £2.50  
 Sweet Chilli Chicken Panini £2.50

### THURSDAY

Freshly Baked Cheese & Tomato Focaccia £2.50  
 Waffles with Honey & Banana £2.50

### FRIDAY

Roasted Veggie Pizza with Pesto Drizzle £2.50  
 Bacon in Crusty Baguette £2.50

## GRAB & GO

Available all day

**Sandwiches, rolls and wraps** *from* £2.35

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	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£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 £2.50
- Veggie Meatball Panini £2.50

### TUESDAY

- Cheese and Basil Mayonnaise Baguette £2.50
- Spicy Chicken Fajita Wrap £2.50

### WEDNESDAY

- Spicy Vegetable Pizza £2.50
- Crunchy Fish Finger Wrap with Garlic Mayo £2.50

### THURSDAY

- Garlic & Herb Potato Wedges £2.50
- Crispy Ham & Cheese Focaccia £2.50

### FRIDAY

- Vegetarian Sausage Baguette £2.50
- Cumberland Sausage in a Crusty Baguette £2.50

## GRAB & GO

Available all day

**Sandwiches, rolls and wraps** from £2.35

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	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£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 & Roast Vegetable Panini £2.50  
Crispy Bacon Baguette £2.50

### TUESDAY

Tasty Mediterranean Vegetable Flatbread £2.50  
Southern Fried Chicken Wrap with Lettuce and Garlic Mayo £2.50

### WEDNESDAY

Waffles with Honey & Banana £2.50  
Sweet Chilli Chicken Panini £2.50

### THURSDAY

Vegetarian Sausage Baguette with Homemade Tomato Sauce £2.50  
Cheese and Bacon Sourdough Muffin £2.50

### FRIDAY

Veggie Meatball Panini with Homemade Tomato Sauce £2.50  
Cajun Chicken & Cheese Flatbread £2.50

## GRAB & GO

Available all day

**Sandwiches, rolls and wraps** from £2.35

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	£0.60
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Hummus & crudités	£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 • £3.50  
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 • £3.50

Slow cooked Beef Bolognese Pasta  
served with Garlic Bread & Salad

or

Tomato and Roast Red Pepper Pasta  
served with crunchy Garlic Bread & Salad

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

### TUESDAY

MAIN MEAL • £3.50

Chicken Stir Fry  
with Fried Rice and  
Vegetables

or

Vegetables and  
Egg Fried Rice

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

### WEDNESDAY

MAIN MEAL • £3.50

Jacket potatoes  
with Chicken Korma  
and Salad

or

Jacket Potatoes  
with Cheese, Beans  
and Salad

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

### THURSDAY

MAIN MEAL • £3.50

Homemade Beef Burger  
served in a bun with Potato Wedges and Salad

or

Veggie Burger  
served in a bun with Potato Wedges and Salad

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

### FRIDAY

MAIN MEAL • £3.50

Crispy Chicken Goujon  
served with Chips and Beans or Peas

or

Quorn Nuggets  
served with Chips and Beans or Peas

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

\*Please ask staff for Meal Deal Drinks List. Please speak to our Chef if you have any special dietary requirements.  
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CARING COOKS

SPECIALS  
Check the  
Specials Board  
each day for  
availability

MAIN MEAL • £3.50  
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 2 \*

### MONDAY

MAIN MEAL • £3.50

Cumberland Sausages  
with Creamy Mash, Gravy,  
Yorkshire Pudding and Veggies

or

Veggie Sausages  
with Creamy Mash, Gravy,  
Yorkshire Pudding and Veggies

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

### TUESDAY

MAIN MEAL • £3.50

Mexican Chicken Tacos  
with Wedge Potatoes  
and Mixed Vegetables

or

Mexican Veggie Tacos  
with Wedge Potatoes  
and Mixed Vegetables

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

### WEDNESDAY

MAIN MEAL • £3.50

Beef Lasagna served  
with Garlic Bread and Salad

or

Veggie Lasagna served  
with Garlic Bread and Salad

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

### THURSDAY

MAIN MEAL • £3.50

Breaded Chicken Fillet Burger  
served in a bun  
with Salad & Diced Potatoes

or

BBQ Veggie Quorn  
served in a bun  
with Salad and Diced Potatoes

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

### FRIDAY

MAIN MEAL • £3.50

Crispy Fish Goujons  
served with Chips, Baked Beans or Salad

or

Jacket Potatoes  
with Cheese Baked Beans and Salad

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

**SPECIALS**  
Check the  
Specials Board  
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availability

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MAIN MEAL • £3.50  
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 • £3.50

Southern Fried Chicken  
served with Potato Wedges and Salad

or

Quorn Goujons (vg)  
served with Potato Wedges and Salad

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

### TUESDAY

MAIN MEAL • £3.50

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\*

### WEDNESDAY

MAIN MEAL • £3.50

Homemade Chilli Con Carne  
served with 50/50 Rice, Tortilla Chips  
and Mexican Salad

or

Veggie Chilli Con Carne  
served with 50/50 Rice, Tortilla Chips  
and Mexican Salad

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

### THURSDAY

MAIN MEAL • £3.50

Homemade Beef Burger  
served in a bap with Diced Potatoes & Salad

or

Veggie Bean Burger  
served in a bap with Diced Potatoes & Salad

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

### FRIDAY

MAIN MEAL • £3.50

Crispy Cod Goujons  
served with Chips, Baked Beans  
or Peas

or

Jacket Potatoes  
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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