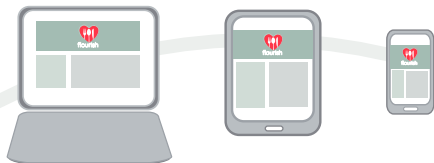




How to order your school meals online



Ordering your child's school meals online is easy!
Simply go to <https://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 <https://flourish.myschoolmealorders.com/> and click 'don't have an account?'. 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. Please ensure that 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 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, please email a copy of your income support letter to flourish@caringcooksofjersey.com so that we can authorise your free meals.

AUTUMN TERM 2021

SCHOOL LUNCH MENU



Proudly sponsored by
de
CARTERET
WEALTH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

6th Sept

Pasta with tomato, basil and pepper sauce
garlic bread and cucumber sticks
Shortbread biscuit or fruit of the day

7th Sept

Chicken curry or
Butternut squash and spinach curry with roasted cauliflower, rice and garlic and coriander naan bread
Fresh fruit salad

8th Sept

Sausage and mashed potatoes or
Veggie sausage and mashed potatoes with peas and gravy
Apple flapjack or fruit of the day

9th Sept

INSET DAY

10th Sept

Breaded fish fingers or
Vegetable quesadillas with jacket potato and baked beans
Sticky toffee cake or fruit of the day

Week 2

13th Sept

Egg fried rice with sweetcorn, peas and carrot
Banana cake or fruit of the day

14th Sept

Turkey meatballs or
Ratatouille with spaghetti, cheese and green beans
Fresh fruit salad

15th Sept

Chicken Bites or
Quorn Bites with potato wedges and rainbow salad
Fruit Jelly or fruit of the day

16th Sept

Roast beef and Yorkshire pudding with gravy or
Vegetable bake with roast potatoes and seasonal vegetables
Fruit of the day

17th Sept

Crunchy fish and tomato sauce or
veggie filo parcels with crushed potatoes and sweetcorn.
Rice crispy cake or fruit of the day

Week 3

20th Sept

Tomato soup with a cheesy wholemeal, seeded roll
Carrot cake or fruit of the day

21st Sept

Beef Bolognese or
Lentil Bolognese with spaghetti and carrot sticks
Fresh fruit salad

22nd Sept

Chinese chicken thighs or
Sweet potato falafel with vegetable noodles
Coconut and apricot cookie or fruit of the day

23rd Sept

Roast turkey with gravy or
Basil and mozzarella arancini balls with roasted potatoes and seasonal vegetables
Fruit of the day

24th Sept

Popcorn salmon or
Cheese and broccoli quiche with potato wedges and peas
Chocolate and beetroot brownie or fruit of the day

Week 4

BANK HOLIDAY

28th Sept

Chicken curry or
Butternut squash and spinach curry with roasted cauliflower, rice and garlic and coriander naan bread
Fresh fruit salad

29th Sept

Sausage and mashed potatoes or
Veggie sausage and mashed potatoes with peas and gravy
Apple flapjack or fruit of the day

30th Sept

Roast chicken with gravy or
Vegetable loaf with a tomato sauce with roast potatoes and seasonal vegetables
Fruit of the day

1st Oct

Breaded fish fingers or
Vegetable quesadillas with jacket potato and baked beans
Sticky toffee cake or fruit of the day

Week 5

4th Oct

Egg fried rice with sweetcorn, peas and carrot
Banana cake or fruit of the day

5th Oct

Turkey meatballs or
Ratatouille with spaghetti, cheese and green beans
Fresh fruit salad

6th Oct

Chicken Bites or
Quorn Bites with potato wedges and rainbow salad
Fruit Jelly or fruit of the day

7th Oct

Roast beef and Yorkshire pudding with gravy or
Vegetable bake with roast potatoes and seasonal vegetables
Fruit of the day

8th Oct

Crunchy fish and tomato sauce or
veggie filo parcels with crushed potatoes and sweetcorn.
Rice crispy cake or fruit of the day

Week 6

11th Oct

Tomato soup with a cheesy wholemeal, seeded roll
Carrot cake or fruit of the day

12th Oct

Beef Bolognese or
Lentil Bolognese with spaghetti and carrot sticks
Fresh fruit salad

13th Oct

Chinese chicken thighs or
Sweet potato falafel with vegetable noodles
Coconut and apricot cookie or fruit of the day

14th Oct

Roast turkey with gravy or
Basil and mozzarella arancini balls with roasted potatoes and seasonal vegetables
Fruit of the day

15th Oct

Popcorn salmon or
Cheese and broccoli quiche with potato wedges and peas
Chocolate and beetroot brownie or fruit of the day

Week 7

18th Oct

Pasta with tomato, basil and pepper sauce
garlic bread and cucumber sticks
Shortbread biscuit or fruit of the day

19th Oct

Chicken curry or
Butternut squash and spinach curry with roasted cauliflower, rice and garlic and coriander naan bread
Fresh fruit salad

20th Oct

Sausage and mashed potatoes or
Veggie sausage and mashed potatoes with peas and gravy
Apple flapjack or fruit of the day

21st Oct

Roast chicken with gravy or
Vegetable loaf with a tomato sauce with roast potatoes and seasonal vegetables
Fruit of the day

22nd Oct

Breaded fish fingers or
Vegetable quesadillas with jacket potato and baked beans
Sticky toffee cake or fruit of the day

HALF TERM WEEK 25TH -29TH OCTOBER

Week 8

1st Nov

Egg fried rice with sweetcorn, peas and carrot
Banana cake or fruit of the day

2nd Nov

Turkey meatballs or
Ratatouille with spaghetti, cheese and green beans
Fresh fruit salad

3rd Nov

Chicken Bites or
Quorn Bites with potato wedges and rainbow salad
Fruit Jelly or fruit of the day

4th Nov

Roast beef and Yorkshire pudding with gravy or
Vegetable bake with roast potatoes and seasonal vegetables
Fruit of the day

5th Nov

Crunchy fish and tomato sauce or
veggie filo parcels with crushed potatoes and sweetcorn
Rice crispy cake or fruit of the day

BONFIRE NIGHT

Week 9

8th Nov

Tomato soup with a cheesy wholemeal, seeded roll
Carrot cake or fruit of the day

9th Nov

Beef Bolognese or
Lentil Bolognese with spaghetti and carrot sticks
Fresh fruit salad

10th Nov

Chinese chicken thighs or
Sweet potato falafel with vegetable noodles
Coconut and apricot cookie or fruit of the day

11th Nov

Roast turkey with gravy or
Basil and mozzarella arancini balls with roasted potatoes and seasonal vegetables
Fruit of the day

12th Nov

Popcorn salmon or
Cheese and broccoli quiche with potato wedges and peas
Chocolate and beetroot brownie or fruit of the day

Week 10

15th Nov

Pasta with tomato, basil and pepper sauce
garlic bread and cucumber sticks
Shortbread biscuit or fruit of the day

16th Nov

Chicken curry or
Butternut squash and spinach curry with roasted cauliflower, rice and garlic and coriander naan bread
Fresh fruit salad

17th Nov

Sausage and mashed potatoes or
Veggie sausage and mashed potatoes with peas and gravy
Apple flapjack or fruit of the day

18th Nov

Roast chicken with gravy or
Vegetable loaf with a tomato sauce with roast potatoes and seasonal vegetables
Fruit of the day

19th Nov

Breaded fish fingers or
Vegetable quesadillas with jacket potato and baked beans
Sticky toffee cake or fruit of the day

Week 11

22nd Nov

Egg fried rice with sweetcorn, peas and carrot
Banana cake or fruit of the day

23rd Nov

Turkey meatballs or
Ratatouille with spaghetti, cheese and green beans
Fresh fruit salad

24th Nov

Chicken Bites or
Quorn Bites with potato wedges and rainbow salad
Fruit Jelly or fruit of the day

25th Nov

Roast beef and Yorkshire pudding with gravy or
Vegetable bake with roast potatoes and seasonal vegetables
Fruit of the day

26th Nov

Crunchy fish and tomato sauce or
veggie filo parcels with crushed potatoes and sweetcorn
Rice crispy cake or fruit of the day

BEGINNING OF HANUKKAH

Week 13

29th Nov

Tomato soup with a cheesy wholemeal, seeded roll
Carrot cake or fruit of the day

30th Nov

Beef Bolognese or
Lentil Bolognese with spaghetti and carrot sticks
Fresh fruit salad

1st Dec

Chinese chicken thighs or
Sweet potato falafel with vegetable noodles
Coconut and apricot cookie or fruit of the day

2nd Dec

Roast turkey with gravy or
Basil and mozzarella arancini balls with roasted potatoes and seasonal vegetables
Fruit of the day

3rd Dec

Popcorn salmon or
Cheese and broccoli quiche with potato wedges and peas
Chocolate and beetroot brownie or fruit of the day

Week 14

6th Dec

Pasta with tomato, basil and pepper sauce
garlic bread and cucumber sticks
Shortbread biscuit or fruit of the day

7th Dec

Chicken curry or
Butternut squash and spinach curry with roasted cauliflower, rice and garlic and coriander naan bread
Fresh fruit salad

8th Dec

Sausage and mashed potatoes or
Veggie sausage and mashed potatoes with peas and gravy
Apple flapjack or fruit of the day

9th Dec

Roast chicken with gravy or
Vegetable loaf with a tomato sauce with roast potatoes and seasonal vegetables
Fruit of the day

10th Dec

Breaded fish fingers or
Vegetable quesadillas with jacket potato and baked beans
Sticky toffee cake or fruit of the day

Week 14

13th Dec

Egg fried rice with sweetcorn, peas and carrot
Banana cake or fruit of the day

14th Dec

Turkey meatballs or
Ratatouille with spaghetti, cheese and green beans
Fresh fruit salad

15th Dec

Chicken Bites or
Quorn Bites with potato wedges and rainbow salad
Fruit Jelly or fruit of the day

16th Dec

Roast turkey with "pigs in blankets", homemade stuffing, cranberry sauce and gravy or
Roasted butternut squash and mozzarella tartlet with roast potatoes, honey carrots and parsnips and stir-fried sprouts
Homemade gingerbread biscuit or a juicy satsuma

17th Dec

Crunchy fish and tomato sauce or
veggie filo parcels with crushed potatoes and sweetcorn.
Rice crispy cake or fruit of the day



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.



let's get
cooking
programme



kitchen
garden
project



weekly
meal
service



flourish

Did you know?

- All of our meals are freshly prepared every morning and delivered to schools, just in time for lunch
- 100% of our produce is locally sourced through local businesses such as Valley Foods, Jersey Dairy, Homefields and Potage Farm 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 always meet, and often exceed the School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- All of our desserts are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day as an alternative to desserts, 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
- All of our meals are cooked, delivered and served in containers that are washed and reused – we don't use any single use plastic
- All of the food waste from our kitchen is composted and used to grow fruits and vegetables on local allotments
- 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 710917.

Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana