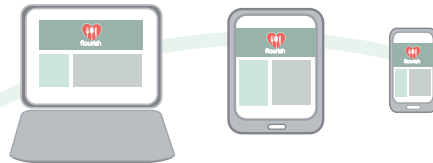




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How to order your school meals online



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 '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 <https://flourish.myschoolmealorders.com> and send a copy of your income support letter to flourish@caringcooksofjesey.com

SPRING TERM 2024

SCHOOL LUNCH MENU





WEEK ONE

WEEK TWO

WEEK THREE

MEAT-FREE MONDAYS

Homemade Margherita pizza with crunchy crudites
Freshly baked apricot and oat cookie
or
Fresh fruit of the day

TASTY TUESDAYS

Sizzling pork sausages
or
Scrummy veggie sausages
Served with mashed potato, carrots, peas and gravy
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Kickin' chicken Katsu curry
or
Tasty tofu Katsu curry
both served with roasted cauliflower, rice and soft naan bread
Fresh fruit of the day

ROAST THURSDAYS

Tender Roast turkey
or
Oven-baked vegetable loaf
both served with roast potatoes and seasonal vegetables
Fresh fruit of the day

FISHY FRIDAYS

Super salmon fish fingers
or
Delicious veggie nuggets
both served with potato wedges, tender sweetcorn, green beans and a homemade tomato ketchup
Fresh fruit of the day

MEAT-FREE MONDAYS

Homemade tomato sauce with pasta, grated cheese, crusty garlic bread and crunchy crudites
Freshly baked beetroot brownie
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 and homemade tomato ketchup
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Sarah's chicken pie
or
Homemade Vegetable pie
served with creamy mash potatoes and seasonal vegetables
Fresh fruit of the day

ROAST THURSDAYS

Juicy Roast pork with fluffy roast potatoes
or
Handmade butternut squash and mozzarella arancini balls
both served with seasonal vegetables
Fresh fruit of the day

FISHY FRIDAYS

Tasty popcorn fish
or
Tasty leek, bean and cheese quesadillas
both served with crispy potato wedges, garden peas, crunchy sweetcorn and homemade tomato ketchup
Fresh fruit of the day

MEAT-FREE MONDAYS

Vitamin packed vegetable soup with a soft wholemeal roll
Carrot cake
or
Fresh fruit of the day

TASTY TUESDAYS

Slow roasted pulled pork
or
Homemade sweet potato falafels
both in a fluffy bun 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, cheese, crunchy carrot salad and crusty garlic bread
Fresh fruit of the day

ROAST THURSDAYS

Winner, winner chicken dinner
or
Crisp Vegetable samosas with a curry sauce
both served with roast potatoes and seasonal vegetables
Fresh fruit of the day

FISHY FRIDAYS

Chef Sarah's Homemade fishfingers
or
Melted cheese and roasted vegetable quiche
both served with potato wedges, garden peas, tender sweetcorn and homemade tomato ketchup
Fresh fruit of the day

Let's celebrate...

Easter
Rice Krispy Cake

Monday 25th March



PLEASE NOTE

There is a change of menu for the first Thursday after the Christmas holidays

Thursday 4th January

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

Fresh fruit of the day

This is our fabulous Flourish Primary team, who work hard every day to feed hungry tummies and fuel learning at school. Sarah, Neli, Collette and Nicky arrive early at the kitchen every morning to begin cooking our yummy meals.

They get everything ready for delivery by mid-morning and then start preparing the meals for the following day! We are constantly amazed by what they manage to achieve for hundreds of children on a daily basis.



Thank you team!



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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.



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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

