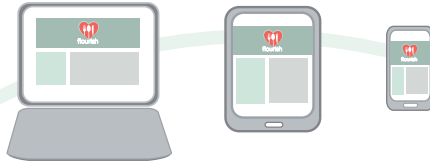




How to order your school meals online



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?

We strive to make our meal service as inclusive as we can, and will cater to allergies and special dietary requirements wherever possible. 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?

Your child will qualify for free school meals if they are;

- Children in Care
- Children from households who have recently claimed, or are in receipt of Income Support
- Children from households with 'Registered' status that would qualify to claim Income Support if they had lived in Jersey for five years
- Children who have a parent or guardian serving in the Jersey Field Squadron

Simply register at
<https://flourish.myschoolmealorders.com> and
send a copy of your income support letter to
flourish@caringcooksofjersey.com

SPRING TERM 2025

SCHOOL LUNCH MENU





WEEK ONE

WEEK TWO

WEEK THREE

PLANET-FRIENDLY MONDAYS

Melt in the mouth Mac n Cheese served with green beans
Fruit Jelly
or
Fresh fruit of the day

TASTY TUESDAYS

Bangin' Beef Burgers
or
Delicious Vegetable Burger
both in a slider with crispy lettuce, tomato and cucumber served with oven baked diced potatoes
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

Perfectly cooked pork steaks
or
Quorn Nuggets
both cooked with a Smokey tomato, pepper and olive sauce served with rice and peas
Fresh fruit salad

ROAST THURSDAYS

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

FISHY FRIDAYS

Fabulous fish fingers
or
Tasty Tacos filled with kidney beans, leeks, and cheese
both served with potato hash bites, sweetcorn and green beans and a homemade tomato ketchup
Jersey natural yoghurt with a fruit compote topped with homemade granola
or
Fresh fruit of the day



PLANET-FRIENDLY MONDAYS

Cheesy Potato Pie with baked beans and peas
Freshly baked apricot flapjack
or
Fresh fruit of the day



TASTY TUESDAYS

Kickin' Chicken Katsu curry
or
Tasty tofu Katsu curry
both served with rice, pitta bread and green beans
Fresh fruit of the day



WORLD FOOD WEDNESDAYS

Luscious beef lasagne
or
Veggie packed lasagne
both served with garlic bread and crudites
Fresh fruit salad

ROAST THURSDAYS

Tasty roast turkey
or
Roasted Mediterranean vegetables and mozzarella arancini balls
both served with roast potatoes and seasonal vegetables
Fresh fruit of the day



FISHY FRIDAYS

Homemade popcorn fish
or
Homemade veggie nuggets
both served with potato hash bites, carrots, crunchy sweetcorn and homemade tomato ketchup
Fresh fruit of the day



PLANET-FRIENDLY MONDAYS

Sarah's homemade tomato sauce with pasta, grated cheese, crusty garlic bread and crunchy crudites
Chocolate Rice Crispy Cake
or
Fresh fruit of the day

TASTY TUESDAYS

Fragrant chicken and sweet potato curry
or
Creamy chickpea and sweet potato curry
both served with green beans, rice and soft mini garlic and coriander naan bread
Fresh fruit of the day

WORLD FOOD WEDNESDAYS

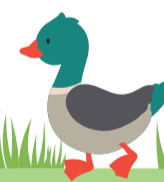
Brilliant Beef Bolognese
or
Quorn and Vegetable Bolognese
both served with pasta, cheese and a rainbow salad
Fresh fruit salad

ROAST THURSDAYS

Juicy roast pork
or
Homemade veggie loaf with a tomato sauce both served with vegetables and roast potatoes
Fresh fruit of the day

FISHY FRIDAYS

Superfood salmon fishfingers
or
Roasted vegetable croque monsieur
both served with potato hash bites, garden peas, tender sweetcorn, and homemade tomato ketchup
Jersey natural yoghurt with a fruit compote topped with homemade granola
or
Fresh fruit of the day



Let's celebrate...

Valentine's Day
Biscuit

Friday 14th
February

This is our fabulous Flourish Primary team, who work hard every day to feed hungry tummies and fuel learning at school. Sarah, Collette, Christian, Sorin and Martin 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!



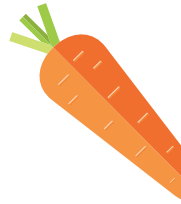


flourish



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

