

WELCOME TO NOURISH

WHAT'S ON
THE MENU
THIS WEEK?



TASTE THE COLOURS OF THE RAINBOW! **NOURISH**

GROW WITH US

WELCOME TO NOURISH

Nourish has been chosen by your school to provide the student meal service. We can't wait to welcome your child for their school lunches.

TO NEED, TO NURTURE, TO NOURISH

Nourish is a friendly family-led school caterer with bags of initiative and a love of good food.

We believe every child needs a satisfying meal at lunchtime, fuelling them for the afternoon ahead. Nurturing the importance of a healthy and balanced diet, we provide a nutritious meal every day to nourish from within.

MEET MR NOURISH

Mr Nourish is our company mascot. He is a big hit with the pupils, guiding them through menus and writing his own seasonal newsletter advising them of upcoming events, special days and seasonal foods. Mr Nourish has also visited many of our schools meeting the pupils during lunch and assemblies.



Nourish menus have been prepared in compliance with the government's School Food Standards



THE FOUR PILLARS OF THE NOURISH FAMILY



FOOD FIRST

Ensuring every pupil can access a healthy, nutritional meal each and every day.



CUSTOMER

Personal and bespoke relationships, wowing our customers and clients.



FAMILY-LED

Nourish employ like-minded, experienced, team-focused people with a desire to do their best work, every day.



RESPONSIBLE

Taking care of the world around us, local sourcing, environmentally friendly, Re-Nourish.

Welcome to **Nourish**



NOURISH MENUS

FOOD FIRST

We believe the use of good quality ingredients in homemade cooking is the real recipe for success. Our Nourish team work with the chefs in the kitchen and children in the classroom to develop new meal ideas that everyone will enjoy.

FRESHLY PREPARED

Each day, we offer a nutritious hot meal as well as a vegetarian alternative.

We also provide a jacket potato option alongside a wide variety of salads and homemade bread. Our desserts are super scrummy! From the infamous Mr Nourish biscuit to our yoghurts and fruit pots, there is something for everyone.

A WELL BALANCED DIET

We are conscious of rising obesity levels in children and promote the importance of a balanced diet to one's overall health. Our wholesome lunchtime meals guarantee the nutrients and vitamins a child needs, with a variety of carbohydrate, protein and fibre. Our menu is fully compliant with School Food Standards and we take pride in providing nutritious but tasty food.

HEALTHY CHOICES

All menus are well balanced with protein, carbohydrate, vegetables and salad followed by a choice of homemade desserts.

FOOD FOR LIFE

Nourish Contract Catering are delighted to have the Food for Life Accreditation for our menus. This recognises our commitment to using fresh, high quality and traceable ingredients, the majority of which, are sourced from the UK. Most of our fresh fruit and veg is sourced from Kent and surrounding areas, always chosen at its seasonal best. Our meat is all UK Farm Assured. Our fish is MSC certified to prove its sustainability. We believe in the importance of knowing the provenance of our food to provide the best quality for our children for today and to sustain those ingredients for their future.



Welcome to **Nourish**



ACTIVITIES AND EDUCATION



SEPTEMBER
WEEK OF HAPPINESS
GET HAPPY

OCTOBER
BLACK HISTORY

NOVEMBER
HOT DOG / DIWALI

DECEMBER
CHRISTMAS LUNCH

JANUARY
CHINESE NEW YEAR

FEBRUARY
FLIPPING FANTASTIC

MARCH
EASTER FUN

APRIL
ST GEORGE / EID

MAY
PURPLE FOR PEACE

JUNE
WIMBLEDON

JULY
EURO 24. ARE YOU GAME?

ST GEORGE'S DAY
23rd APRIL 2024
BRITISH PIE, VICTORIA SPONGE

INTERNATIONAL WOMEN'S DAY
8 MARCH

Engagement Children Workshops with Empowered Coaches L.L.
Plan a Femmes Chickpea and Spanish Curry with Rice
Quality of Queens with Mighty Muslim Women
Queenie Isabel L.L.C.

PRIMARY SCHOOLS



MR NOURISH
A TALK OF THE TOWN!

WE NEED YOUR HELP TO FIND THE VEGETABLES AND EAT THEM TO DEFEAT THEM!
LOOK OUT FOR THE VEGETABLES AT LUNCHTIME!

MR NOURISH
A TALK OF THE TOWN!

THEME DAYS
2024-2025

September: WORLD DAIL DAY, MR NOURISH BIRTHDAY
October: MR NOURISH BIRTHDAY
November: 100% WORLD VEGAN DAY, WALT DISNEY DAY
December: CHRISTMAS DINNER
January: CHINESE NEW YEAR
February: PET DAY
March: WORLD BOOK DAY, ST PATRICK'S DAY
April: EID
May: ST GEORGE'S DAY, NATIONAL SPACE DAY
June: WORLD ENVIRONMENTAL DAY, SUMMER SOLISTICS
July: TEDDY BEARS PICNIC, EURO WOMEN'S FOOTBALL

IT'S A MATCH! KICKS OFF 14 JUNE
Meatballs in Tomato Sauce
Meatball Sub

happy Diwali
festival of lights

CHICKEN CURRY + VEGETABLES AND BANJAS

PRIDE
24th-28th June

CHICKEN CURRY + VEGETABLES AND BANJAS

ROALD DAHL
THEME DAY

THE 'FRUIT' 'NOBODY BRAGGETT' RECIPE
REVOLUTIONARY RECIPES 'MAD BURGERS'
SOPHIA LOREN'S CHOICE OF SWEET POTATOES AND TOMATOES
BRUCE BOOTHBY'S BEET BICHO POTATOES
MISOZUCCHER SALADS
WHEAT POPPING PEAS
JAMES AND THE GANT PEACH COOKIES WITH CUSTARD
WILLY WONKA'S CHOCOLATE COOKIES
FRUITFUL FRESH FRUIT

BREAD MAKING
Thursday 14th (10:30am - 11:30am and 10:15am)

PLAIN BREAD
SWEETCORN BREAD

Pre Chinese NEW YEAR MENU
THURSDAY 16th JANUARY 2025

CHICKEN CHOW MEIN
STICKY TOFU AND BUNS
FRIED RICE (YOU YA CHAO FRY)
ORIENTAL STAR FRY VEGETABLES
CHINESE BUTTER TOASTIES
FIELD FIELD ROLL
FRUIT POTS

Mr Nourish's Birthday
Thursday 3rd October 2024

CHICKEN BURGER in a Bun with BBQ Sauce or Ketchup
Jacket Potatoes
Ice Cream
Mr Nourish Party Ring
Fruit Pots

COMPETITION
DESIGN A BIRTHDAY CARD FOR MR NOURISH
HAND IN TO THE CATERING TEAM
PRIZES TO BE AWARDED ON HIS BIRTHDAY

SECONDARY SCHOOLS

Welcome to **Nourish**



ALLERGENS AND DIETARY NEEDS

NOURISH GROW WITH US

Dairy Free and Gluten Free menus provided

Nourish are Allergen Accredited

Build strong working relationships with Midday supervisors working in collaboration

Ensure constant communication is had with staff and parents supporting pupil allergies

Allergens are labelled on all Nourish menus

WE ARE ALLERGEN AWARE

Tailored approach at each school, managing allergens effectively including lanyards, place mats, coloured plates

We use Phase, a dairy free fat alternative in all of our cakes and bakes

Recipes are carefully developed eliminating allergens in dishes

Nourish has a Nut Free Policy

All Cook Managers complete extensive allergen awareness training

Vegetarian and Vegan dishes available

Allergen code: (1) Wheat/Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celery/Celery (13) Nuts (14) Lupins (15) Oat/Gluten (16) Barley/Gluten

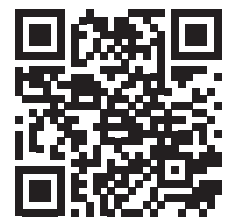
Nourish take allergens and special diets extremely seriously. We have a robust food safety procedure in place and our staff regularly attend allergen and food safety training.

We can cater for intolerances, allergies, and alternative choice due to religious beliefs and dietary requirements.

We advise parents to talk to us so that we can work together to provide safe and nutritious food for all children, no matter the need.



GROW WITH US
NOURISH



GET IN TOUCH

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