

## To Need, To Nurture, To Nourish

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.

### 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. We would like to thank the children of St Georges Primary School, Worsley Bridge Primary School and Temple Mill Primary school for their role in helping us devise the current menu.

### 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.

### Food For Life

Nourish Contract Catering are delighted to have the Gold Food for Life Catering Mark for our Primary School menus. This recognises our commitment to using fresh, high quality and traceable ingredients, the majority of which, are sourced from the UK. Much of our fresh fruit and vegetables are sourced from Kent and its surrounding counties and are chosen at their 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.

### Allergen Labelling

Nourish have highlighted all the allergens that can be found in our menu next to each dish with the key code displayed at the bottom of the page. This has been kindly produced by our Nutritionist, Georgina Ayin. We take the upmost care to cater for allergen sufferers and if you would like more information please feel free to contact our office.

### Free School Meals\*

All pupils in Reception, year 1 and 2 are entitled to free school meals. For more information please contact the school office. This excludes Independent Schools.

### Healthy Choices

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

# Mr Nourish's Birthday

Thursday 4th October

Hotdog<sup>1,5,6</sup>

Margherita Pizza<sup>1,3,7,9</sup>

Sweetcorn<sup>†</sup>

Cucumber Sticks

Herby Diced Potatoes<sup>†</sup>

Birthday Cake<sup>1,9</sup>

Fruit Pots<sup>†</sup>

Yoghurt<sup>7</sup>

If your School would like to run additional theme days in line with the curriculum please contact your Operations Manager.

A daily pasta dish is available at some of our schools. Speak to our onsite manager for more details and menu choices.



### Nourish Contract Catering

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Nourish Contract Catering's menus have been prepared in compliance with School Food Trust Nutrient Standards.  
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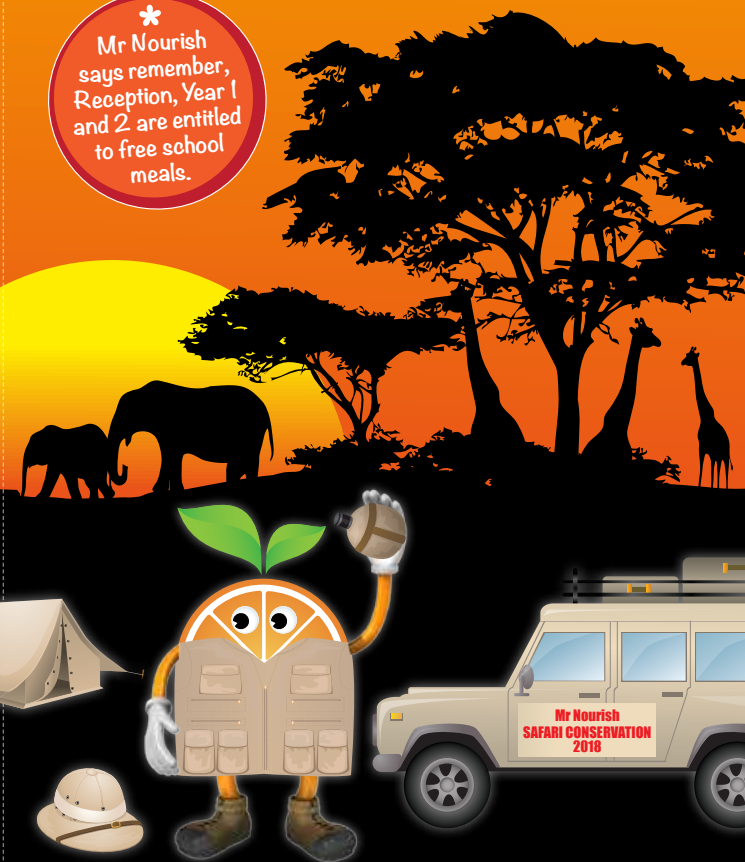
# Nourish

contract catering

## Weekly Menu

September, October,  
November & December 2018

\*  
Mr Nourish  
says remember,  
Reception, Year 1  
and 2 are entitled  
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meals.



# Week One

3rd September, 24th September,  
15th October, 12th November & 3rd December

## Monday

Mild Beef Curry  
Quorn Bolognese Penne 1,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rice ♣  
Seasonal Vegetables ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Tuesday

Chicken & Pepper Pizza 1,3,7,9  
Margherita Pizza 1,3,7,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Jacket Wedges ♣  
Sweetcorn & Coleslaw 9 ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Banana Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Wednesday

Roast Pork & Gravy  
Vegetable Sausage Roll 1,12  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Mashed Potatoes ♣  
Cabbage & Peas ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Jam & Coconut Sponge 1,6,9  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Thursday

Chicken Jambalaya  
Macaroni Cheese 1,7 ♣  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Tomato Bread 1,3,7,9 ♣  
Carrots & Broccoli ♣  
Selection of Salads 9 ♣  
Fruit Jelly  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Friday

Fish Fingers 1,8  
Roast Peppers  
& Onion Quiche 1,7,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chunky Chips  
Baked Beans &  
Cucumber Sticks  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Apricot Cookie 1,6,15  
Fruit Pots ♣ & Yoghurt 7 ♣

# Week Two

10th September, 1st October,  
29th October, 19th November & 10th December

## Monday

Brunch – Bacon, Sausage,  
Egg & Potato Hash 1,6,9  
Quorn Sausage with  
Egg & Potato Hash 1,7,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Grilled Tomatoes ♣  
& Baked Beans  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Rice Pudding & Jam 6,7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Tuesday

Minced Beef Pie 1 ♣  
Tomato & Basil Pasta 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Mashed Potatoes ♣  
Seasonal Vegetables ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Banoffee Mousse 7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Wednesday

Roast Turkey & Gravy 7  
Shepherdess Pie 1,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Roast Potatoes ♣  
Cauliflower & Carrots ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Fruit Jelly  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Thursday

Caribbean Chicken 6,7  
Cheesy Fusilli 1,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Coconut Rice 6 ♣  
Sweetcorn & Peppers ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Mandarin Drizzle Cake 1,7,9  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Friday

Salmon Fish Cakes  
or Fish Fingers 1,8  
Cheese & Pepper  
Pinwheel 1,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chunky Chips  
Peas & Coleslaw 9  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Ginger Cookie 1,15  
Fruit Pots ♣ & Yoghurt 7 ♣

# Week Three

17th September, 8th October,  
5th November, 26th November & 17th December

## Monday

Bolognese Pasta 1 ♣  
Quorn Sausage &  
Bean Hot Pot 1,7,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Garlic Bread 1,3,7,9  
Seasonal Vegetables ♣  
Selection of Salads 9 ♣  
Autumn Crumble 1  
& Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Tuesday

Pulled Pork in a Bun 1,5  
Sweet Potato Falafel  
Burger in a Bun 1,5  
Jacket Potato with a  
Choice of Toppings 7,8,9  
New Potatoes ♣  
Sweetcorn & Peppers ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Yoghurt, Honey & Fruit 7  
Mr Nourish Biscuit 1  
Fruit Pots ♣

## Wednesday

Roast Gammon & Gravy  
Mixed Bean Parcel 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rustic Roast Potatoes ♣  
Carrots & Peas ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Chocolate  
Crispy Cake 1,16  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Thursday

Chinese Chicken 1,3  
Tomato & Sweet Pepper  
Pasta Bake 1,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rice ♣  
Broccoli & Cauliflower ♣  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Fruit Jelly  
Mr Nourish Biscuit 1  
Fruit Pots ♣ & Yoghurt 7 ♣

## Friday

Battered Fish 1,8  
Bruschetta 1,3,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chunky Chips  
Baked Beans  
& Coleslaw 9  
Selection of Salads 9 ♣  
& Homemade Bread 1,3,7,9  
Flapjack 15  
Fruit Pots ♣ & Yoghurt 7 ♣

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) Celeriac/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten  
Key: ♣ Seasonal, Local Fruit & Veg ♣ Organic Foods



Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.