

WELCOME TO NOURISH

WHAT'S ON THE MENU THIS WEEK?

NOURISH

GROW WITH US

TASTE THE COLOURS OF THE RAINBOW! NOURISH



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



Welcome to **Nourish**



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.

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.

NOVEMBER TO MARCH 2026					
NOURISH					
WHAT'S ON THE MENU					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9	Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9	Roast Gammon & Gravy Broccoli Tots 1,7 V Jackets with a Choice of Toppings 7,8,9	Beef Bolognaise Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9	Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9
3 Nov					
24 Nov					
15 Dec					
19 Jan					
9 Feb					
9 March					
30 March					
WEEK TWO	Caribbean Brown Chicken Tomato Sausages 1 VG Jackets with a Choice of Toppings 7,8,9	Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9	Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9	Beef Stew & Dumpling 1 Pesto Pasta Bake 1,7 V Jackets with a Choice of Toppings 7,8,9	Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9
30 Nov					
1 Dec					
15 Jan					
26 Jan					
23 Feb					
16 March					
WEEK THREE	Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9	Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9	Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9	Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9	Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9
37 Nov					
8 Dec					
12 Jan					
2 Feb					
2 March					
23 March					

1 Wheat 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 Lupinus 15 Dst Gluten 16 Barley Gluten VG Vegan V Vegetarian

AVAILABLE DAILY

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and celery. Please discuss with your manager.



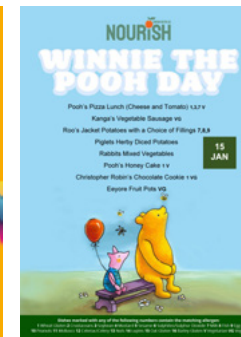
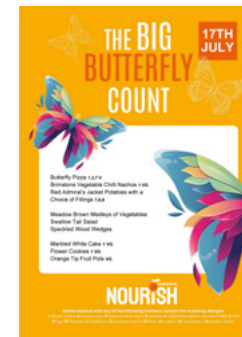
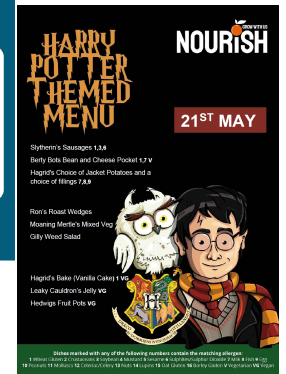
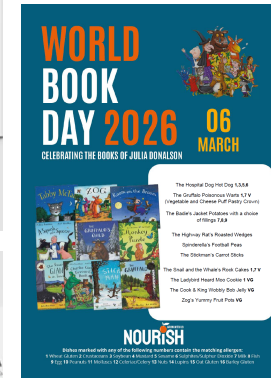
Welcome to **Nourish**



ACTIVITIES AND EDUCATION



PRIMARY SCHOOLS



Welcome to **Nourish**



ACTIVITIES AND EDUCATION



SCHOOL COUNCIL



FUN MASCOTS



THEMED EVENTS

ECO CHAMPIONS



BAKING CLASSES



EDUCATIONAL ASSEMBLIES



GROWING

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.



WHAT'S GREAT ABOUT SCHOOL MEALS?

Menus are provided in advance so you know what your child is eating and you can even plan family meals around them.



Your school's catering team are trained on food safety and enhanced cleaning, which ensures the safety of meal provision.

Our teams are experienced and have regular thorough training on special diets, meaning they are ready to cater for children with a variety of dietary requirements, including, allergens, religious and special diets.



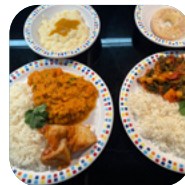
Children can be encouraged to try new foods by dining with their friends.

Not having to make packed lunches every day will save you time.



Our meals are prepared in accordance with government guidelines, ensuring they are nutritionally balanced.

A healthy nutritious meal leads to increased levels of concentration.



Our regular theme days and celebrations create an exciting atmosphere in the dining room.



GROW WITH US
NOURISH



GET IN TOUCH

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