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 Thistle Hill and St Peter's-in-Thanet Junior 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. Our wholesome lunchtime meals guarantee the nutrients 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.

Sugarwise

Nourish Contract Catering are proud to be the first to be awarded the **SUGARWISE** Catering Mark for our Primary School menus. This means that our menus are the first to provide options that are low in "free sugars". These are the sugars and sweeteners that need to be limited in the diet and are contributors to childhood obesity and tooth decay. Tuesday is now **SUGARWISE TUESDAY**, with no added free sugars in the dishes. Also, our popular Mr Nourish Biscuit, now has a reduction in the sugar content. We believe in the importance of ensuring all food served to our children meets **SUGARWISE'S** rigorous standards

Food For Life

We 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. 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. Knowing the provenance of our food, we provide the best quality for our children for today and help 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. 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.

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

A daily hot custard is available in some of our schools. Speak to our onsite manager for more details.

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

See our new website!

INVESTORS IN PEOPLE

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

January, February & March 2019

Week One

31st December, 21st January, 11th February, 11th March & 1st April

Monday

Sweet Chilli Chicken
Winter Vegetable Curry

Jacket Potato with a Choice of Toppings 7,8,9
Rice
Green Beans & Carrots
Selection of Salads 9 & Homemade Bread 1,3,7,9

Toffee Apple Cake 1,9 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Sugarwise Tuesday

Mince Beef & Onion Pie 1
Mediterranean Penne Bake 1,7

Jacket Potato with a Choice of Toppings 7,8,9
Mashed Potatoes
Sweetcorn & Peppers
Selection of Salads 9 & Homemade Bread 1,3,7,9

Cheesy Biscuit 1,7
Fruit Pots & Yoghurt 7

Wednesday

Roast Pork & Gravy
Chick Pea & Vegetable Parcel 1

Jacket Potato with a Choice of Toppings 7,8,9
Roast Potatoes
Seasonal Vegetables
Selection of Salads 9 & Homemade Bread 1,3,7,9

Fruit Jelly
Mr Nourish Biscuit 1
Fruit Pots & Yoghurt 7

Thursday

Beef Stew & Dumpling 1
Tomato Fusilli 1

Jacket Potato with a Choice of Toppings 7,8,9
Broccoli & Peas
Selection of Salads 9 & Homemade Bread 1,3,7,9

Krispy Cake 7,16
Fruit Pots, Yoghurt 7
Mr Nourish Biscuit 1

Friday

Battered Fish 1,4,7,8 or Fish Fingers 1,8
Mexican Stack 1,4,7

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

Caramel Cookie 1,7
Fruit Pots & Yoghurt 7

Week Two

7th January, 28th January, 25th February & 18th March

Monday

Beef Bolognaise Penne 1
Shepherdess Pie 9

Jacket Potato with a Choice of Toppings 7,8,9
Herby Wholemeal Bread 1,3,7,9
Seasonal Vegetables
Selection of Salads 9

Rice Pudding & Jam 6,7
Mr Nourish Biscuit 1
Fruit Pots

Sugarwise Tuesday

Cajun Chicken Pizza 1,3,4,7,9
Vegetable Biryani

Jacket Potato with a Choice of Toppings 7,8,9
Baked Wedges
Fruity Coleslaw 9
Sweetcorn
Selection of Salads 9 & Homemade Bread 1,3,7,9

Sugarwise Strawberry & Banana Muffin 1,9
Fruit Pots & Yoghurt 7

Wednesday

Roast Gammon & Gravy
Roast Quorn Fillet 9

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 Tart 1,6 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Thursday

Cottage Pie
Cheesy Twists 1,7

Jacket Potato with a Choice of Toppings 7,8,9
Green Beans & Carrots
Selection of Salads 9 & Homemade Bread 1,3,7,9

Fruit Jelly
Mr Nourish Biscuit 1
Fruit Pots & Yoghurt 7

Friday

Salmon Fish Cake 1,8 or Fish Fingers 1,8
Vegetable Sausage Roll 1,12

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

Coconut Cookie 1,6,15
Fruit Pots & Yoghurt 7

Week Three

14th January, 4th February, 4th March & 25th March

Monday

Beef Curry
Macaroni Cheese 1,7

Jacket Potato with a Choice of Toppings 7,8,9
Rice
Sliced Green Beans & Cauliflower
Selection of Salads 9 & Homemade Bread 1,3,7,9

Apple & Cinnamon Whirl 1
Mr Nourish Biscuit 1
Fruit Pots & Yoghurt 7

Sugarwise Tuesday

Sausages & Onion Gravy 1,6
Quorn Sausage & Onion Gravy 1,7,9

Jacket Potato with a Choice of Toppings 7,8,9
Mashed Potatoes
Cabbage & Baked Beans
Selection of Salads 9 & Homemade Bread 1,3,7,9

Cheesy Biscuit 1,7
Fruit Pots & Yoghurt 7

Wednesday

Roast Chicken & Gravy
Sweet Potato Burger 1,4

Jacket Potato with a Choice of Toppings 7,8,9
Rustic Roast
Carrots & Sweetcorn
Selection of Salads 9 & Homemade Bread 1,3,7,9

Fruit Jelly
Mr Nourish Biscuit 1
Fruit Pots & Yoghurt 7

Thursday

Tuna Pasta 1,7,8
Margherita Pizza 1,3,7,9

Jacket Potato with a Choice of Toppings 7,8,9
New Potatoes
Seasonal Vegetables
Selection of Salads 9 & Homemade Bread 1,3,7,9

Ginger Pudding 1,7,9 & Custard 7
Mr Nourish Biscuit 1
Fruit Pots

Friday

Fish Fingers 1,8
Sweet Pepper & Bean Wrap 1

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

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.