

# Nourish

contract catering

# YOUR SCHOOL'S CHOSEN CATERER

Nourish will be providing your children's lunches when they start school in September, a copy of the menu is attached.

## OUR COMPANY ETHOS

At Nourish we are passionate about providing nutritional food that our pupils love.

### FRESH FOOD

Fresh food is the heart of Nourish

### FRESH IDEAS

Lateral thinking creating an impact

### FRESH APPROACH

Operators at every level

Our menus are attractive, informative, nutritionally analysed and updates twice a year. We work closely with our schools and hold tasting sessions where the pupils sample a range of dishes and feedback their comments to us. We work with school councils attending meetings and acting on the children's comments and requests.

## NOURISH FAMILY TREE

Nourish is unique in that our owner directors all work in the business. We are a family that all work together building lasting relationships and understanding our school's needs.

We hope you all have a lovely summer and look forward to meeting your children at lunchtime.



## MEET MR NOURISH

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

## CONTACT US

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# Nourish

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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) Celeriac/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten.

# WEEKLY MENU

Apr to Oct 2023

REMEMBER... RECEPTION, YEAR 1 & YEAR 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.



## WEEK 1

17th April  
15th May  
19th June  
17th July  
25th Sept  
23rd Oct

Macaroni Cheese 1.7 V  
Vegetable Hot Pot 9 V  
Jackets with a Choice of Toppings 7,8,9  

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Green Beans  
Carrots  

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Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots

BBQ Pulled Pork in a Bun 1.5  
Herby Tomato Penne Pasta 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Rainbow Rice  
Sweetcorn, Courgettes  

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Chocolate Pudding 1.9  
& Chocolate Sauce 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Chicken & Gravy  
Cheesy Vegetable Burrito 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Rustic Roast Potatoes  
Cabbage, Carrots  

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Fruit Jelly  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Chicken Pie 1  
Arabiatta Pasta Twists 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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New Potatoes  
Seasonal Vegetables  

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Peach Sponge 1.9  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Fish Fingers 1.8  
Cheese & Spinach Pinwheel 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Chips, Peas  
Baked Beans, Coleslaw 9  

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Banana Bar 1.15  
Yoghurt 7  
Fruit Pots

Dishes marked with any of the following numbers contain the matching allergen:

- 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



## WEEK 2

24th April  
22nd May  
26th June  
4th Sept  
2nd Oct

Vegetable Pie 1 V 9  
Cheese & Bean Wrap Packet 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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New Potatoes  
Seasonal Vegetables  

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Banana in Chocolate Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Sweet Chicken Curry  
Cheese Topped Pasta Bake 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Rice, Carrots  
Cauliflower  

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Apple Crumble 1 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Pork & Gravy  
Caribbean Pasty 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Rustic Roast, Broccoli  
Sweetcorn  

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Crispy Cake 3,7,16  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Cottage Pie  
Cheesy Pasta Twists 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Carrots, Green Beans  

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Lemon Drizzle Cake 1.9  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Chicken Goujons 1  
Summer Frittata 9 V  
Jackets with a Choice of Toppings 7,8,9  

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Chips, Peas  
Baked Beans, Cucumber Sticks  

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Caramel Cookie 1.7  
Yoghurt 7  
Fruit Pots

## WEEK 3

1st May  
5th June  
3rd July  
11th Sept  
9th Oct

Margherita Pizza 1,3,7,9 V  
Loaded Cajun Bean Wedges 9 V  
Jackets with a Choice of Toppings 7,8,9  

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New Potatoes  
Sweetcorn  
Peppers  

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Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots

Sweet & Sour Pork  
Cheesy Pasta Bows 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Rice, Cauliflower  
Carrots  

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

Toad in the Hole 1,6,7,9  
Vegetable Toad in The Hole 1,7,9 V  
Jackets with a Choice of Toppings 7,8,9  

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Rustic Roast Potatoes  
Cabbage, Peas  

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Fruit Jelly  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Penne Bolognese 1  
Rice & Bean Burrito 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Baked Wedges  
Seasonal Vegetables  

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Beetroot Cake 1.9  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Fish Fingers 1.8  
Cheesy Bean Slice 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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Chips, Peas  
Baked Beans, Coleslaw 9  

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Brownie 1.9  
Yoghurt 7  
Fruit Pots



## WEEK 4

8th May  
12th June  
10th July  
18th Sept  
16th Oct

Meatfree Meatballs & Pasta 1 V 9  
Quorn Sausage & Bean Pie 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Cauliflower  
Carrots  

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Peach Crumble 1 & Custard 7  
Mr Nourish Biscuit 1  
Fruit Pots

Beef & Onion Pie 1  
Cheesy Pasta Twists 1.7 V  
Jackets with a Choice of Toppings 7,8,9  

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New Potatoes  
Seasonal Vegetables  

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Strawberry Pot 7  
Mr Nourish Biscuit 1  
Fruit Pots

Roast Gammon & Gravy  
Vegan Sausage Roll 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Rustic Roast Potatoes  
Green Beans, Carrots  

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Chocolate Cornflake Cake 3,7,16  
Mr Nourish Biscuit 1  
Yoghurt 7  
Fruit Pots

Chicken Fajitas 1.4  
Tomato Spaghetti 1 V 9  
Jackets with a Choice of Toppings 7,8,9  

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Rice, Sweetcorn, Side Salad  

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Traybake Pancake 1,7,9  
& Berry Sauce  
Mr Nourish Biscuit 1  
Fruit Pots, Yoghurt 7

Salmon Fish Cakes 1,7,8  
Margherita Pizza 1,3,7,9 V  
Jackets with a Choice of Toppings 7,8,9  

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Chips, Peas  
Baked Beans, Carrot Sticks  

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Oaty Biscuit 1.15  
Fruit Pots, Yoghurt 7

