

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 Egerton Primary 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 child can access a healthy, nutritional meal each and every day.



CUSTOMER

Personal and bespoke relationships, wowing our customers and clients.



FAMILY LEAD

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 Primary School 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.



ACTIVITIES AND EDUCATION



THEME DAYS 2024-2025

September
 Roald Dahl 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
 St George's Day

May
 National Space Day

June
 World Environmental Day
 Summer Solstice

July
 Teddy Bears Picnic
 UEFA Euro Women's Football

ROALD DAHL THEME DAY

THURSDAY 12th SEPT 2024

- THE TWITS "WORMY SPAGHETTI" BOLOGNAISE 1
- REVOLTING RECIPES "MUD BURGER" 1.5, 10€
- GOMPA LOOMPAS CHOICE OF JACKET POTATO AND TOPPINGS 2.0, 9
- BRUCE BOGTROTTERS HERBY DICED POTATOES
- SNOZZCUMBER SALADS
- WHIZZ POPPING PEAS
- JAMES AND THE GIANT PEACH COBBLER WITH CUSTARD 1.7
- WILLY WONKA'S CHOCOLATE COOKIE 1.0€
- FROBSCOTTLE FRUIT POT

SPACE DAY MENU

THURS 8th MAY 2025

- ROCKET DOGS (SAUSAGE IN A BUN) 1.5, 6
- MOON WALK MACARONI CHEESE 1.7 V
- ASTEROID JACKET POTATO WITH A CHOICE OF TOPPINGS 2.0, 9
- METEOROID POTATOES
- GALAXY VEGETABLES
- EARTH BISCUITS 1 V€
- NEPTUNE BAKED DOUGHNUT 1.3, 2.9
- COSMIC FRUIT POTS

Chinese NEW YEAR MENU

THURSDAY 8th FEBRUARY 2024

- SWEET & SOUR CHICKEN
- VEGETABLE SPRING ROLLS 1 V€
- CHOOSE BETWEEN SPECIAL RICE OR CHOW MEIN 1
- JACKET POTATO WITH TOPPINGS 1.5, 1.1
- SWEETCORN
- STIR FRIED VEGETABLES
- DAIRY FREE ICE CREAM
- JELLY SQUARES
- FORTUNE COOKIES
- FRUIT POTS



HEALTHY EATING INITIATIVES

SUPPORTING HEALTHY EATING AWARENESS

Our ultimate priority is to devote the necessary care and attention to your school to help educate the children around healthy eating.

We have a range of exciting initiatives that we will bring to the school in order to assist us with delivering this message. These include, healthy eating assemblies, Mr Nourish visits, cookery classes and lots more!



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 we can work together to provide safe and nutritious food for all children, no matter the need.



ALLERGENS

SPECIAL DIETS AND FOOD ALLERGENS

Rest assured that our talented and experienced teams prepare great food for all to enjoy, which is a very important part of our catering service.

We can provide food if they have an intolerance, an allergy, or require an alternative choice due to religious beliefs. Nourish caters for lots of children with many different requirements, made possible by our robust food safety procedures and regular allergen and food safety training for staff. It is important that parents talk to us so we can work together and continue to provide meals that are safe for their child to eat.



Celery



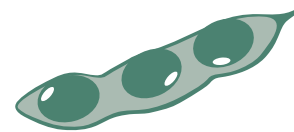
Gluten



Eggs



Fish



Soya



Sesame



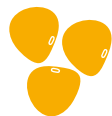
Crustaceans



Peanuts



Milk



Lupin



Tree Nuts



Sulphur Dioxide



Mustard

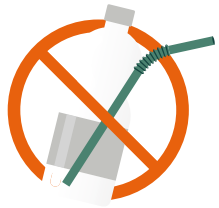


Molluscs

HELPING TO PROTECT OUR PLANET

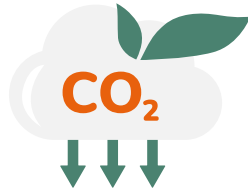
Operating responsibly is one of our core values - we recognise that our activities can affect the environment and so we do what we can to minimise our impact.

This includes phasing out single use plastics, using environmentally friendly disposables and cleaning products, offering non meat proteins and seasonal fruit and vegetables.



PLASTIC AWARE

No single use plastics, plastic straws, cups or cutlery



REDUCING CO2 IMPACT

10% reduction in the last 12 months from supplier route and vehicle changes



REDUCING FOOD MILES

175,000 annual food mile reduction by optimising delivery schedules



90% RECYCLED

Over 90% of the disposable items we use to be biodegradable or recyclable.



REUSE OF COOKING OIL

Arrange for cooking oil to be turned into biofuels for our delivery vehicles.



REUSABLE PACKAGING

Packed lunches use reusable wrappings and lunch boxes



GROW WITH US

We supply children with seeds to grow herbs and vegetables



FOOD COMPOSTING

Schools can elect to compost food waste where possible



CLEANING PRODUCTS

Use biodegradable cleaning products via Delphis Eco



RECYCLING

Work with schools to organise recycling bins

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.

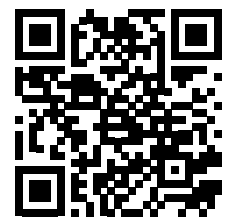
A healthy nutritious meal leads to increased levels of concentration.



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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