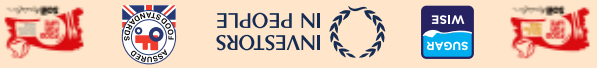


**Nourish Contract Catering**



QR code and contact information for Nourish Contract Catering, including a QR code to visit their website and contact details for the Operations Manager.

**BOARD GAMES MENU**  
**16TH MAY**

<b>START</b> A Monopoly of Meatballs & Mash <b>1</b>	Cheesy Pasta Twister 1,7 <b>2</b>	Pictionary of Jacket Potatoes with a Choice of Fillings 7,9 <b>3</b>
Chessboard Cake 1,9 <b>6</b>	Snakes & Ladders Salads 9 <b>5</b>	Tiddly Winks Mix of Vegetables <b>4</b>
Mr Nourish's Guess Who? <b>8</b>	Tasty Milkshakes <b>7</b>	FINISH Fruit Pots <b>8</b>

**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 at Farmborough Primary School, St Nicholas Primary School, Chislehurst, St Marks Primary School and Wickham Common 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. 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 THURSDAY, 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. 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.

**Nourish contract catering**

**WEEKLY MENU**

**APRIL, MAY, JUNE & JULY 2019**

That's a good score!

Meet Mr Nourish!

**DETECTION**

**HOLIDAYS**

**MUSIC**

**HOMWORK**

**GOLD FOOD FOR LIFE**

**ART**

**TOP OF THE CLASS**

**MR NOURISH**

**GEOGRAPHY**

**COMPUTER STUDIES**

**SUGARWISE THURSDAY**

**SECONDARY SCHOOL**

**EXAMS**

**TEACHERS**

**UK FARM ASSURED**

**CHEMISTRY**

**PHYSICS**

**P.E.**

**GEOMETRY**

**LUNCH BREAK**

**HOME TIME**

**PRIMARY SCHOOL**

**DETENTION**

**MAATHS**

# Week One

22nd April, 13th May, 10th June, 1st July & 22nd July

## Monday

Margherita Pizza 1,3,7,9  
Summer Frittata 7,9 ✨  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Warm Pasta Salad 1  
Sweetcorn  
Pepper Sticks ✨  
Selection of Salads 9 ✨  
Peaches & Custard 7 ✨  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Tuesday

Beef Burger 1,3,6  
Cheese, Tomato  
& Herb Penne 1,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Jacket Wedges  
Baked Beans & Green Beans  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Wednesday

Roast Chicken & Gravy  
Vegetable Sausage Roll 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Mashed Potatoes ✨  
Broccoli ✨, Swede & Carrots ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Brownie 1,9  
Mr Nourish Biscuit 1  
Fruit Pots ✨ & Yoghurt 7 ✨



## Sugarwise Thursday

Bolognese Twists 1 ✨  
Cauliflower Curry & Rice  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Wholemeal Garlic  
& Herb Bread 1,3,7,9  
Seasonal Vegetables ✨  
Selection of Salads 9 ✨  
Mandarin & Melon Medley  
Fruit Pots ✨ & Yoghurt 7 ✨

## Friday

Salmon Fish Cake 1,8  
or Fish Fingers 1,8  
Bean & Beet Burger 4  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chips  
Peas & Coleslaw 9 ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Apricot Cookie 1,6,15  
Fruit Pots ✨ & Yoghurt 7 ✨

# Week Two

29th April, 20th May, 17th June & 8th July

## Monday

Sweet Pepper &  
Tomato Pasta Bake 1,7  
Sweet & Sour  
Vegetables & Rice 6  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Garlic Bread 1,3,7,9  
Carrots ✨ & Sweetcorn  
Selection of Salads 9 ✨  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Tuesday

Homemade Sausage Roll 1,6  
Falafel Balls in Tomato Sauce 6  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Mashed Potatoes ✨,  
Peas & Baked Beans  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Banana & Chocolate  
Custard 7 ✨  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Wednesday

Roast Pork & Gravy  
Squash & Banie Turnover 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rustic Roast Potatoes ✨  
Seasonal Vegetables ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Crispie Cake 7,16  
Mr Nourish Biscuit 1  
Fruit Pots ✨ & Yoghurt 7 ✨



## Sugarwise Thursday

Chicken & Coconut Curry 6  
Cheesy Fusilli Pasta 1,7 ✨  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rice, Broccoli ✨ & Carrots ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Tropical Fruit Salad  
Fruit Pots ✨ & Yoghurt 7 ✨

## Friday

Fish Fingers 1,8  
Brushetta 1,7  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chips & Baked Beans  
Coleslaw 9 ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Fruity Flapjack 15  
Fruit Pot ✨ & Yoghurt 7 ✨

# Week Three

6th May, 3rd June, 24th June & 15th July

## Monday

Macaroni Cheese 1,7 ✨  
Chickpea Jambalaya  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Wholemeal Tomato Bread 1,3,7,9  
Peas & Carrots ✨  
Selection of Salads 9 ✨  
Ice Cream 7  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Tuesday

Meat Feast Pizza 1,3,7,9  
Stuffed Sweet Potato 7 ✨  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Warm Pasta Salad 1  
Sweetcorn  
Coleslaw 9 ✨  
Selection of Salads 9 ✨  
Strawberry Whip 7  
Mr Nourish Biscuit 1  
Fruit Pots ✨

## Wednesday

Roast Gammon & Gravy  
Quornish Pasty 1,9  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Rustic Roast Potatoes ✨  
Carrots ✨ & Cabbage ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Fruit Jelly  
Mr Nourish Biscuit 1  
Fruit Pots ✨ & Yoghurt 7 ✨



## Sugarwise Thursday

Chicken Pie 1  
Mediterranean Penne 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
New Potatoes ✨  
Seasonal Vegetables ✨  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Fruit Loaf 1,3,7,9  
Fruit Pots ✨ & Yoghurt 7 ✨

## Friday

Fish Fingers 1,8  
Rice & Bean Burrito 1  
Jacket Potato with a  
Choice of Toppings 7,8,9  
Chips  
Peas  
Baked Beans  
Selection of Salads 9 ✨  
& Homemade Bread 1,3,7,9  
Oaty Biscuit 1,15  
Fruit Pots ✨ & Yoghurt 7 ✨

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

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.