

# Nourish

A DAILY HOT CUSTARD IS AVAILABLE IN SOME OF OUR SCHOOLS. SPEAK TO OUR ONSITE MANAGER FOR MORE DETAILS.

MR NOURISH SAYS REMEMBER, RECEPTION, YEAR 1 AND 2 ARE ENTITLED TO FREE SCHOOL MEALS. THIS EXCLUDES INDEPENDENT SCHOOLS.

# WEEKLY MENU SEPTEMBER, OCTOBER, NOVEMBER & DECEMBER 2019

## FOOD FOR LIFE

Nourish provides Gold Food for Life Catering Mark for our Primary School menus using local fresh fruit and vegetables. This recognises our commitment to using fresh, high quality and traceable ingredients. 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.

## SUGARWISE

The Sugarwise Catering Mark shows that our menus provide options that are low in 'free sugars'. Thursday is now **SUGARWISE THURSDAY** with no added free sugars in the dishes. Also, our popular Mr Nourish Biscuit has a reduction in sugar content.



SEE OUR NEW WEBSITE!



## MEAT FREE MONDAYS

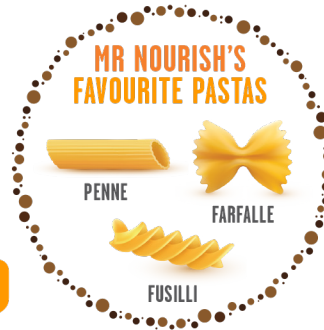
Mondays are now meat free to encourage the children to eat alternative proteins such as fish, eggs, cheese, beans, chickpeas and pulses.

## ALLERGEN LABELLING

Nourish have highlighted all the allergens on our menu next to each dish with the key code displayed at the bottom of the page.

## FOOD FIRST

We would like to thank the children at Royal Rise Primary School, Temple Ewell Primary School and Wrotham Rd Primary School for their assistance.



## Mr Nourish's Birthday

THURSDAY 3<sup>RD</sup> OCTOBER 2019

Hotdog 1.56 Herby Diced Potatoes 1

Margherita Pizza 1.379 Birthday Cake 19

Sweetcorn Fruit Pots

Cucumber Sticks Yoghurt 7

## Competition

Design a birthday card for Mr Nourish!

Hand it in to the catering team.

Prizes to be awarded on his birthday.




Meet Mr Nourish!



INVESTORS IN PEOPLE



	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	 SUGARWISE THURSDAY	FRIDAY
<b>WEEK 1</b>	<p>Macaroni Cheese <sup>17</sup> 🍃 Chick Pea &amp; Sweet Potato Curry <sup>12,17</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Rice 🌱 &amp; Seasonal Vegetables 🌱</p> <hr/> <p>Peaches &amp; Ice Cream <sup>17</sup> Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Chicken &amp; Pepper Pizza <sup>1,3,7,9</sup> Vegetable Biryani <sup>12,17</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Warm Pasta Salad 1 🌱 Sweetcorn &amp; Coleslaw 9 🌱</p> <hr/> <p>Banoffee Mousse 7 Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Roast Chicken &amp; Gravy Quorn Sausage &amp; Bean Cowboy Pie <sup>1,2,9,15</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Rustic Roast Potatoes 🌱 Cabbage 🌱 &amp; Peas 🌱</p> <hr/> <p>Jam &amp; Coconut Sponge <sup>1,6,9</sup> Mr Nourish Biscuit 1 Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>	<p>Minced Beef &amp; Onion Pie <sup>1,12</sup> 🍃 Quorn &amp; Tomato Tri Colour Pasta <sup>1,9,12</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Mashed Potatoes 🌱, Carrots 🌱 &amp; Broccoli 🌱</p> <hr/> <p>Sugarwise Fruit Loaf <sup>1,3,6,7,9</sup> Fruit Pots 🌱, Yoghurt 7 🌱 &amp; Sugar Free Milkshake 7</p>	<p>Fish Fingers <sup>1,8</sup> Cheese &amp; Onion Quiche <sup>1,9</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Chips 🌱, Baked Beans &amp; Cucumber Sticks 🌱</p> <hr/> <p>Oaty Fruit Cookie <sup>1,6,15</sup> Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>
<b>WEEK 2</b>	<p>Cheese Topped Tomato Pasta Bake <sup>1,12</sup> Shepherdess Pie <sup>9,12</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Seasonal Vegetables 🌱</p> <hr/> <p>Rice Pudding &amp; Jam <sup>6,7</sup> 🍃 Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Brunch - Bacon, Sausage, Egg &amp; Potato Hash <sup>1,3,6,9,15</sup> Tomato &amp; Basil Pasta Bows <sup>1,12</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Grilled Tomatoes 🌱 &amp; Baked Beans</p> <hr/> <p>Nourish Mess <sup>1,9</sup> Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Roast Turkey &amp; Gravy 7 Vegetable Sausage Roll 1 Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Rustic Roast Potatoes 🌱 Cauliflower 🌱 &amp; Carrots 🌱</p> <hr/> <p>Mandarin Drizzle Cake <sup>1,9</sup> Mr Nourish Biscuit 1 Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>	<p>Mild Chicken Curry <sup>12,17</sup> Cheesy Fusilli <sup>1,7</sup> 🍃 Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Rice 🌱, Sweetcorn &amp; Peppers 🌱</p> <hr/> <p>Sugarwise Chocolate Banana Bread <sup>1,9</sup> Fruit Pots 🌱, Yoghurt 7 🌱 &amp; Sugar Free Milkshake 7</p>	<p>Fish Fingers <sup>1,8</sup> Cheese &amp; Spinach Pinwheel <sup>1,7</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Chips 🌱, Peas 🌱 &amp; Coleslaw 9 🌱</p> <hr/> <p>Ginger Biscuit <sup>1,15</sup> Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>
<b>WEEK 3</b>	<p>Margherita Pizza <sup>1,3,7,9</sup> Salmon &amp; Broccoli Risotto <sup>6,12</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Warm Pasta Salad 1 🌱 Seasonal Vegetables 🌱</p> <hr/> <p>Autumn Crumble 1 &amp; Custard 7 🍃 Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Bolognese Twists 1 🍃 Sweet Potato Falafel Burger &amp; Baked Wedges <sup>6,17</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Wholemeal Garlic Bread <sup>1,3,7,9</sup> Sweetcorn &amp; Peppers 🌱</p> <hr/> <p>Cinnamon Whirl 1 &amp; Custard 7 🍃 Mr Nourish Biscuit 1 &amp; Fruit Pots 🌱</p>	<p>Roast Gammon &amp; Gravy Mixed Bean Parcel 1 Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Rustic Roast Potatoes 🌱, Carrots 🌱 &amp; Peas 🌱</p> <hr/> <p>Chocolate Crispy Cake <sup>1,16</sup> Mr Nourish Biscuit 1 Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>	<p>Chicken Jambalaya <sup>12,17</sup> Tomato &amp; Sweet Pepper Pasta Bake <sup>1,12</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Broccoli 🌱 &amp; Cauliflower 🌱</p> <hr/> <p>Sugarwise Fruit Jelly <sup>1,2,9</sup> Fruit Pots 🌱, Yoghurt 7 🌱 &amp; Sugar Free Milkshake 7</p>	<p>Fish Fingers <sup>1,8</sup> Bruschetta <sup>1,3,7</sup> Jacket Potato with a Choice of Toppings <sup>7,8,9</sup></p> <hr/> <p>Chips 🌱, Baked Beans &amp; Coleslaw 9 🌱</p> <hr/> <p>Flapjack <sup>1,5</sup> Fruit Pots 🌱 &amp; Yoghurt 7 🌱</p>

**Key:**  
🌱 Seasonal, Local Fruit & Veg  
🍃 Organic Foods

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 17 Chickpea



Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager. Homemade Bread <sup>1,3,7,9</sup> and a Selection of Salads <sup>9</sup> 🌱 available daily.