

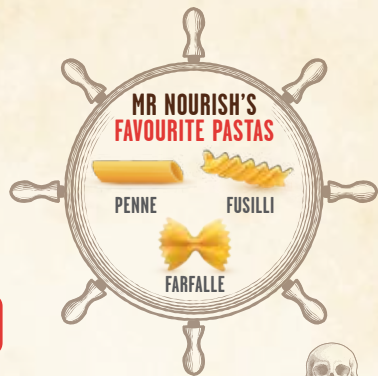
Nourish

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

JANUARY, FEBRUARY, MARCH & APRIL 2020



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.

MEAT FREE MONDAYS

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

THANK YOU

We would like to thank the children at Great Chart Primary School and Turner Free School for their assistance in compiling this menu.

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Nourish Contract Catering's menus have been prepared in compliance with School Food Trust Nutrient Standards. All menus © Nourish Contract Catering Ltd, January 2020.

**SUPPORTING
GUARDIANS
- OF GRUB -**



Nourish are dedicated to reducing our food waste from the school kitchens and dining rooms.



SEE OUR WEBSITE!

PIRATE DAY

THURSDAY 16TH JANUARY

Jolly Rogers Burger in a Bun 1.35/6.12

Margherita 'Pizza' of Eight 1.37/9

The Crew's Favourite Cheese & Spring Onion Pasta 17

Jackets Potato - Look Out for the Topping 7/8.9

Scurvy Avoiding Seasonal Vegetables

Baked Potato Planks to Walk

Chest of Jammy Treasure 1/6

Captain Nourish's Biscuit 1

First Mates Fruit Pots

Yo-ho-ho Yoghurt 7

COMPETITION

















































































Make a Pirate Hat to wear to lunch. The best ones will win a prize.



Meet the new and improved Mr Nourish!

WEEKLY MENU

**JANUARY, FEBRUARY,
MARCH & APRIL 2020**


	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	 SUGARWISE THURSDAY	FRIDAY
WEEK 1					
6th January	Tomato & Cheese Penne Bake 1.7   Chick Pea & Cauliflower Curry 6  Jacket Potato with a Choice of Toppings 78.9	Chicken Pie 1 Cheese & Broccoli Fusilli 1.7   Jacket Potato with a Choice of Toppings 78.9	Roast Gammon & Gravy Quornish Pasty 1.9  Jacket Potato with a Choice of Toppings 78.9	Meat Feast Pizza 1.37.9  Bean Hotpot 6  Jacket Potato with a Choice of Toppings 78.9	Fish Cakes 1.47.8 Mexican Stack 1.47  Jacket Potato with a Choice of Toppings 78.9
27th January	Rice Green Beans & Carrots 	New Potatoes  Cauliflower  & Peas	Rustic Roast Potatoes  Seasonal Vegetables 	Warm Pasta Salad 1  Sweetcorn & Peppers	Chips Baked Beans & Coleslaw 9 
24th February	Ice Cream 7 Mr Nourish Biscuit 1, Fruit Pots 	Toffee Apple Cake 1.9 & Custard 7 Mr Nourish Biscuit 1, Fruit Pots 	Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots  , Yoghurt 7 	Chocolate Orange Shortbread 1.29 Apple & Orange Fruit Pots  , Yoghurt 7 	Caramel Cookie 17 Fruit Pots  , Yoghurt 7 
16th March					
WEEK 2					
13th January	Margherita Pizza 1.37.9  Vegetable Meatballs  Jacket Potato with a Choice of Toppings 78.9	Peri Peri Chicken 4 Cheesy Twists 1.7   Jacket Potato with a Choice of Toppings 78.9	Roast Pork & Gravy Sweet Potato Burger 1   Jacket Potato with a Choice of Toppings 78.9	Bolognese Penne 1  Loaded Potato Wedges 7  Jacket Potato with a Choice of Toppings 78.9	Fish Fingers 1.8 or Salmon Fish Cakes 1.8 Vegetable Puff Slice 1   Jacket Potato with a Choice of Toppings 78.9
3rd February	Warm Pasta Salad 1  Sweetcorn & Coleslaw 9 	Rice Peas & Carrots 	Rustic Roast Potatoes  Cabbage  & Green Beans	Garlic Bread 1.37.9 Seasonal Vegetables 	Chips Baked Beans & Cucumber Sticks 
2nd March	Rice Pudding  & Jam 6.7 Mr Nourish Biscuit 1, Fruit Pots 	Ginger Pudding 1.9 & Custard 7  Mr Nourish Biscuit 1, Fruit Pots 	Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots  , Yoghurt 7 	Sultana Whirl 1 Apple & Orange Fruit Pots  , Yoghurt 7 	Flapjack 1.15 Fruit Pots  , Yoghurt 7 
23rd March					
WEEK 3					
20th January	Macaroni Cheese 1.7   Shepherdess Pie 9  Jacket Potato with a Choice of Toppings 78.9	Sausages & Onion Gravy 1.6 Vegetable Biryani 6   Jacket Potato with a Choice of Toppings 78.9	Roast Chicken & Gravy Spanish Omelette 7.9  Jacket Potato with a Choice of Toppings 78.9	Beef Stew & Dumpling 1.6 Mediterranean Penne Bake 1.7    Jacket Potato with a Choice of Toppings 78.9	Fish Fingers 1.8 Sweet Pepper & Bean Wrap 1   Jacket Potato with a Choice of Toppings 78.9
10th February	Wholemeal Tomato Bread 1.37.9 Sliced Green Beans & Cauliflower 	Mashed Potato  Cabbage  & Baked Beans	Rustic Roast Potatoes  Carrots  & Sweetcorn	Seasonal Vegetables 	Chips, Peas & Coleslaw 9 
9th March	Peach Pie 1 & Custard 7  Mr Nourish Biscuit 1, Fruit Pots 	Jam Tart 1.6 & Custard 7  Mr Nourish Biscuit 1, Fruit Pots 	Krispy Cake 1.21.6 Mr Nourish Biscuit 1, Fruit Pots  , Yoghurt 7 	Chocolate Cake 1.6.9 Apple & Orange Fruit Pots  , Yoghurt 7 	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots  , Yoghurt 7 
30th March					

KEY:
 Seasonal, Local Fruit & Veg  Organic Foods
 Vegetarian  Vegan

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



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 1.37.9 and a Selection of Salads 9  available daily.