

# TO NEED TO NURTURE TO NOURISH!



**Nourish**  
contract catering

Mr Nourish  
is an  
orange!

Mr Nourish and his team believe every child needs a satisfying meal at lunchtime, fuelling them for the afternoon ahead. Educating them in the importance of healthy eating and encouraging them to have a balanced diet is one of our top priorities providing them with a nutritious meal every day to nourish from within.

## FACT FINDER:

Oranges are a great source of Vitamin C. This is vital for your immune system keeping you healthy!



## ALL YOUR FAVOURITE DISHES AND MORE!

Mr Nourish and his team have been working hard to create an exciting and healthy menu giving your children a variety of dishes every day to choose from. Including some of their favourites; Roast dinners, Pasta, Pizza, Curries, Jacket Potatoes and Fish Fingers & Chips! He has also included some really yummy vegetarian dishes for those pupils who don't eat meat.

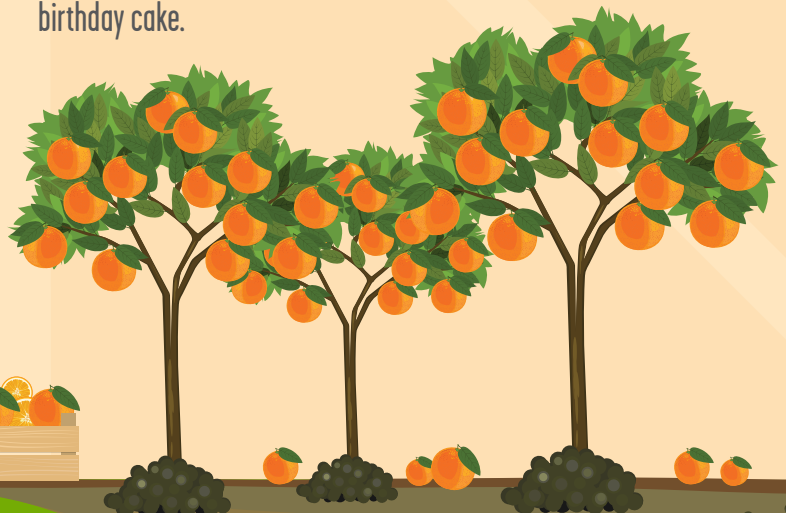
There's a bright and colourful salad bar to keep you healthy as well as homemade bread everyday.

And for dessert... there's a choice of puddings everyday - fresh fruit pots, ice cream, cakes, jelly, flapjacks and Mr Nourish's most popular biscuits.



## MR NOURISH'S BIRTHDAY

It's Mr Nourish's Birthday in October and he is inviting you all to celebrate with him - so keep your eyes peeled for Mr Nourish's Birthday menu and get ready to get creative to perhaps make Mr Nourish a birthday card or even design him a birthday cake.



Nourish Contract Catering, Unit 27, Metro Business Centre, Kangley Bridge Road, Sydenham, London SE26 5BW.

T. 020 8778 1111 F. 020 8778 0637 E. [office@nourishcontractcatering.co.uk](mailto:office@nourishcontractcatering.co.uk) W. [www.nourishcontractcatering.co.uk](http://www.nourishcontractcatering.co.uk)

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



# TO NEED. TO NURTURE. TO NOURISH!

**Nourish**  
contract catering

## THEME DAYS

Theme days are a popular feature on our menus, these coincide with the curriculum or special calendar events. This gives the children an opportunity to try dishes they are not used to having whilst creating an exciting atmosphere in the dining rooms. The Nourish team are always willing to make these days extra special by dressing up and decorating the counter for all to enjoy!



## SUGARWISE

Nourish have formed an alliance with SugarWise to make significant changes to the sugar we have in our menus.



Working with SugarWise, the Nourish Food Development Team introduced a SugarWise day a week with no free sugars in any of the dishes.

We hope the campaign will influence School Food regulators as well as children, schools and parents, bringing attention to the amount of sugar our children are consuming. We are proud to have led the way in this.

## SCHOOL COUNCIL

We encourage interaction between the Nourish team and the School councils, this is to strengthen the relationship between the pupils and encourage them to make the correct meal choices.

We use this platform to introduce new dishes featuring on the menu through tasting sessions. We also gain immediate and valuable feedback by speaking to school councils which enable us to plan special theme days and future menu dishes, in line with the student's preferences.

## MR NOURISH COOKERY CLUB

Mr Nourish's cooking club aims to give pupils the opportunity to learn about food preparation and how to safely make delicious healthy recipes in a fun and safe kitchen environment.

Cooking in accordance with the season, our team teach children about the changing availability of certain crops and how this affects the costs of products.

The children have great fun tasting new foods and trying out new recipes and are rewarded with a recipe folder and certificate at the end of the course which they are very proud of!



## GET IN CONTACT

If you have any questions or require any further information regarding your child's school meals please do not hesitate to get in contact or visit our webpage

[www.nourishcontractcatering.co.uk](http://www.nourishcontractcatering.co.uk)

