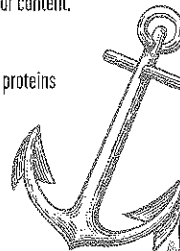
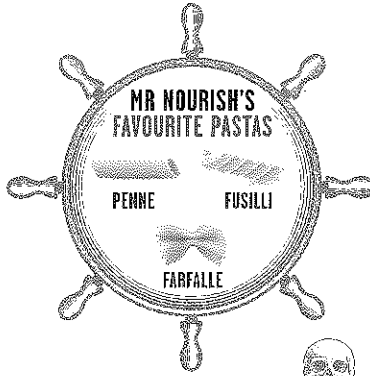


A DAILY HOT CUSTARD IS AVAILABLE IN SOME OF OUR SCHOOLS. SPEAK TO OUR ONSITE MANAGER FOR MORE DETAILS.

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

WEEKLY MENU

JANUARY, FEBRUARY, MARCH & APRIL 2020



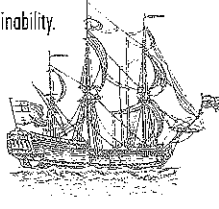
PIRATE DAY

THURSDAY 16TH JANUARY

- Jolly Rogers Burger in a Bun 1.35/6.12
- Margherita 'Pizzad' of Eight 1.37/9
- The Crew's Favourite Cheese & Spring Onion Pasta 1.7
- Jackets Potato - Look Out for the Topping 2.8/9
- 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

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 Chort Primary School and Turner Free School for their assistance in compiling this menu.

COMPETITION

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

Meet the new and improved Mr Nourish!

Nourish Contract Catering, Unit 27, Metro Business Centre, Romley Bridge Road, Sydenham, London SE26 5BN
 T: 020 8778 1111 F: 020 8778 0637
 E: office@nourishcontractcatering.co.uk
 M: 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, January 2020.

SUPPORTING GUARDIANS OF GRUB

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

INVESTORS IN PEOPLE

SUGAR WISE

SEE OUR WEBSITE!

WEEKLY MENU JANUARY, FEBRUARY, MARCH & APRIL 2020

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	SUGARWISE THURSDAY	FRIDAY
WEEK 1	Tomato & Cheese Penne Bake 1.74 € Chick Pea & Cauliflower Curry 1.95 € Jacket Potato with a Choice of Toppings 2.8/9 Rice Green Beans & Carrots € Ice Cream 7 Mr Nourish Biscuit 1, Fruit Pots €	Chicken Pie 1 Cheese & Broccoli Fusilli 1.77 € Jacket Potato with a Choice of Toppings 2.8/9 New Potatoes € Cauliflower € & Peas Toffee Apple Cake 1.9 & Custard 7 Mr Nourish Biscuit 1, Fruit Pots €	Roast Gammon & Gravy Quornish Pasty 1.9 V Jacket Potato with a Choice of Toppings 2.8/9 Rustic Roast Potatoes € Seasonal Vegetables € Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots €, Yoghurt 7 €	Meat Feast Pizza 1.37/9 € Bean Hotpot 1.49 € Jacket Potato with a Choice of Toppings 2.8/9 Warm Pasta Salad 1 € Sweetcorn & Peppers Chocolate Orange Shortbread 1.2/9 Apple & Orange Fruit Pots €, Yoghurt 7 €	Fish Cakes 1.8/28 Mexican Stack 1.47 V Jacket Potato with a Choice of Toppings 2.8/9 Chips Baked Beans & Coleslaw 9 € Caramel Cookie 1.7 Fruit Pots €, Yoghurt 7 €
WEEK 2	Margherita Pizza 1.37/9 V Vegetable Meatballs 9 € Jacket Potato with a Choice of Toppings 2.8/9 Warm Pasta Salad 1 € Sweetcorn & Coleslaw 9 € Rice Pudding € & Jam 5.7 Mr Nourish Biscuit 1, Fruit Pots €	Peri Peri Chicken 4 Cheesy Twists 1.7/9 € Jacket Potato with a Choice of Toppings 2.8/9 Rice Peas & Carrots € Ginger Pudding 1.9 & Custard 7 € Mr Nourish Biscuit 1, Fruit Pots €	Roast Pork & Gravy Sweet Potato Burger 1.9 € Jacket Potato with a Choice of Toppings 2.8/9 Rustic Roast Potatoes € Cabbage € & Green Beans Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots €, Yoghurt 7 €	Bolognaise Penne 1 € Loaded Potato Wedges 7 V Jacket Potato with a Choice of Toppings 2.8/9 Garlic Bread 1.3/29 Seasonal Vegetables € Sultan's Whirl 1 Apple & Orange Fruit Pots €, Yoghurt 7 €	Fish Fingers 1.9 or Salmon Fish Cakes 1.9 Vegetable Puff Slice 1.9 € Jacket Potato with a Choice of Toppings 2.8/9 Chips Baked Beans & Cucumber Sticks € Flapjack 1.15 Fruit Pots €, Yoghurt 7 €
WEEK 3	Macaroni Cheese 1.7 V € Shepherdess Pie 9 V Jacket Potato with a Choice of Toppings 2.8/9 Wholemeal Tomato Bread 1.3/29 Sliced Green Beans & Cauliflower € Peach Pie 1.8 & Custard 7 € Mr Nourish Biscuit 1, Fruit Pots €	Sausages & Onion Gravy 1.6 Vegetable Biryani 1.9 € Jacket Potato with a Choice of Toppings 2.8/9 Mashed Potato € Cabbage € & Baked Beans Jam Tart 1.6 & Custard 7 € Mr Nourish Biscuit 1, Fruit Pots €	Roast Chicken & Gravy Spanish Omelette 2.9 V Jacket Potato with a Choice of Toppings 2.8/9 Rustic Roast Potatoes € Carrots € & Sweetcorn Krispy Cake 1.2/16 Mr Nourish Biscuit 1, Fruit Pots €, Yoghurt 7 €	Beef Stew & Dumpling 1.6 Mediterranean Penne Bake 1.7 V € Jacket Potato with a Choice of Toppings 2.8/9 Seasonal Vegetables € Chocolate Cake 1.6/9 Apple & Orange Fruit Pots €, Yoghurt 7 €	Fish Fingers 1.9 Sweet Pepper & Bean Wrap 1.9 € Jacket Potato with a Choice of Toppings 2.8/9 Chips, Peas & Coleslaw 9 € Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots €, Yoghurt 7 €

KEY:
 € Seasonal, Local Fruit & Veg
 € Organic Foods
 V Vegetarian
 Vegg 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 1.3/29 and a Selection of Salads 9 € available daily.