



Meet Mr Nourish!

Week One

1st January,
22nd January,
19th February &
12th March

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Chilli Chicken 6,12 Vegetable Curry 6,12 Jacket Potato with a Choice of Toppings 7,8,9 Rice Green Beans & Carrots 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Krispy Cake 7,16 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Meatloaf 1,3,7,9 Mediterranean Penne Bake 1,6,7,12 Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato 🌱 Sweetcorn & Peppers 🌱 Selection of Salads 9 🌱 & Tomato Bread 1,3,7,9 Toffee Apple Cake 1,7,9 & Custard 7 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Roast Chicken & Gravy Chick Pea & Vegetable Parcel 1 Jacket Potato with a Choice of Toppings 7,8,9 Roast Potatoes 🌱 Seasonal Vegetables 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Chocolate Pot 7 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Beef Stew & Dumpling 1,6 Tomato Fusilli 1,6,12 Jacket Potato with a Choice of Toppings 7,8,9 Broccoli & Peas 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Fruit Jelly Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Breaded Fish 1,8 Savoury Crumpet 1,7 Jacket Potato with a Choice of Toppings 7,8,9 Chunky Chips 🌱 Baked Beans & Coleslaw 9 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Coconut Cookie 1,6,15 Fruit & Yoghurt 7 🍌

Week Two

8th January,
29th January,
26th February &
19th March

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese Penne 1 Shepherdess Pie 6,9,12 Jacket Potato with a Choice of Toppings 7,8,9 Herby Bread 1,3,7,9 Seasonal Vegetables 🌱 Selection of Salads 9 🌱 Jam & Coconut Tart 1,6 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Cajun Chicken Pizza 1,3,4,7,9 Vegetable Biryani 6,12 Jacket Potato with a Choice of Toppings 7,8,9 Baked Wedges 🌱 Fruity Coleslaw 9 Sweetcorn 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Fruit Jelly Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Savoury Mince & Yorkshire Pudding Roast Quorn Fillet 9 Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potatoes 🌱 Cabbage & Peas 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Rice Pudding & Jam 6,7 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Cottage Pie 6,12 Cheesy Twists 1,7 🍌 Jacket Potato with a Choice of Toppings 7,8,9 Green Beans & Carrots 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Chocolate & Pear Sponge 1,7,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Fish Fingers 1,8 or Salmon Fish Cake 1,8 Vegetarian Sausage Roll 1,12 Jacket Potato with a Choice of Toppings 7,8,9 Chunky Chips 🌱 Baked Beans & Cucumber Sticks Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Caramel Cookie 1,7 Fruit & Yoghurt 7 🍌

Week Three

15th January,
5th February,
5th March &
26th March

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Curry Macaroni Cheese 1,7 🍌 Jacket Potato with a Choice of Toppings 7,8,9 Rice Broccoli & Cauliflower 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Cinnamon Whirls 1 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Chicken Sausages & Onion Gravy 1,3,6 Quorn Sausage 1,7,9 Jacket Potato with a Choice of Toppings 7,8,9 Mashed Potato 🌱 Cabbage 🌱 & Baked Beans Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Apple Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Roast Turkey & Gravy Sweet Potato Burger 1,4 Jacket Potato with a Choice of Toppings 7,8,9 Rustic Roast Carrots 🌱 & Sweetcorn 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Fruit Jelly Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Tuna Pasta 1,7,8 Margherita Pizza 1,3,7,9 Jacket Potato with a Choice of Toppings 7,8,9 New Potatoes 🌱 Seasonal Vegetables 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Flapjack 15 Mr Nourish Biscuit 1 Fruit & Yoghurt 7 🍌	Fish Finger 1,8 Sweet Pepper & Tomato Wrap 1 Jacket Potato with a Choice of Toppings 7,8,9 🌱 Chunky Chips 🌱 Peas & Coleslaw 9 🌱 Selection of Salads 9 🌱 & Homemade Bread 1,3,7,9 Iced Bun 1,3,7,9 Fruit & Yoghurt 7 🍌

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 of Wickham Common, Miers Court and Thames View for their role in helping us devise the current menu.

Seasonal Local Foods

Our menus change in line with the seasons to bring fresh and vibrant options whatever the weather. We source local ingredients to create wholesome meals, offering a fruit and vegetable option every day from Kent and East Sussex.

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 deserts are super scrummy! From the infamous Mr Nourish biscuit to our yogurts and fruit pots, there is something for everyone.

A Balanced Diet

We are conscious of rising obesity levels in children and promote the importance of a balanced diet to one's overall health. Our wholesome lunchtime meals guarantee the nutrients and vitamins 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.

Food For Life

Nourish Contract Catering are delighted to have the Silver Food for Life catering mark in all of our Primary Schools. This menu has been written to the Gold standard.

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. This has been kindly produced by our Nutritionist, Georgina Ajin. We take the upmost care to cater for allergen suffers and 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.

Healthy Choices

All menus are well balanced with protein, carbohydrate, vegetables and salad followed by a choice of homemade desserts.