GROW WITH US

NOURISH

WELCOME

Nourish menus have been prepared in compliance with the government's School Food Standards

# WELCOME TO NOURISH

Nourish is delighted to have recently been awarded the catering contract for the Vine Trust commencing in March.

**Established in 2003 by Annette Ryan Murphy, Nourish Contract Catering was driven by the desire to introduce healthy, fresh and wholesome meals into schools, against the backdrop of the poor quality, unhealthy options being offered at the time.**

We are proud of our personal and client-focused approach, Nourish has several clients who have been with us since our inception more than twenty years ago.

Our mission is to provide quality meals to school children and students, ensuring that every child can access a balanced, healthy and nutritious meal served by people who share our passion and commitment to delighting customers. Nourish meets those objectives by employing like-minded, experienced people with a team-focused approach; being part of the Nourish family is more than just a job.

## THE FOUR PILLARS OF THE NOURISH FAMILY

**FOOD FIRST**

Ensuring every child can access a healthy, nutritional meal each and every day.

**CUSTOMER**

Personal and bespoke relationships, wowing our customers and clients.

**FAMILY LEAD**

Nourish employ like-minded, experienced, team-focused people with a desire to do their best work, every day.

**RESPONSIBLE**

Taking care of the world around us, local sourcing, environmentally friendly, Re-Nourish.

# OUR FOOD

We believe using high-quality ingredients in homemade cooking is the real recipe for success. Our Nourish team works with kitchen chefs and children in the classroom to develop new meals everyone will enjoy.

Our menu is fully compliant with School Food Standards and we take great pride in providing nutritious but tasty food. We don't compromise on the great favourites that children love either; we have included your new menu, which includes our famous Nourish Biscuit!

**For our Primaries we currently offer;**

A three-week menu cycle, which changes twice a year and follows the seasons.

Each day, there is a selection of;

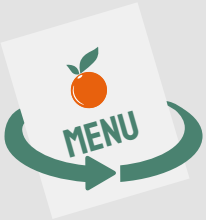
- Three hot homemade dishes, at least one of which is always vegetarian. This includes a meat option, vegetarian, pasta or jacket potato option. All options are available to each pupil as a meal choice.
- Freshly made bread,
- A minimum of two vegetables
- A salad bar daily, which includes a selection of at least 6 individual salads

We currently use 15% organic food and 86% fresh produce. In doing so, we use limited frozen vegetables and all fruit and fresh vegetables come in from our local suppliers to ensure freshness, some of which will have been picked as little as 12 hours before being delivered to our kitchens.

You can see the new menu **here**.

## BEYOND THE COUNTER...

POPULAR MR NOURISH MASCOT




TAILORED, BRANDED MARKETING AND MENUS

REGULAR THEME DAYS

COOKERY CLASSES SUGARWISE AND SALUTE TO FRUIT

Complementing and enhancing our approach to food, we offer a wide variety of added value propositions for our clients some of which include; Our very own Mr Nourish Mascot and recently introduced Chef Nourish and Gardener Nourish, school assemblies focused on healthy eating, cooking classes, theme days, parent tasters, and most importantly engagement with the school council to meet our customers needs and educating them about what a healthy plate looks like.

# ALLERGIES

Nourish holds its responsibility for keeping our customers safe in the highest regard. We have a robust allergens and intolerances policy in place. All of our team members are trained on the importance of our procedures.

Julie Watson, our Food Development Executive, uses a system called Saffron for the nutritional analysis of all of our recipes. Nourish train and fully brief all members of staff on the importance of special diets and ensure safe working practices are in place to prevent any cross-contamination.

We provide each school with a gluten-free and dairy-free version of our menu for parents requiring this.

## SPECIAL DIETS

For pupils with high-risk allergens that require an Epi Pen we suggest a meeting with the parent to discuss the menu.

## ALLERGEN LABELLING

All of our menus displayed or not show any allergies contained in each dish using our simple-to-read key code system. Throughout our menu design process, our Food Development Team work together to reduce the allergens within the dishes we use by sourcing new products and simplifying recipes.