

Week One

4th September, 25th September, 16th October, 13th November & 4th December

Monday

Organic Beef Burger in a Bun (1,5) 🌱
 Bean Enchiladas (1,4,7)
 Herby Diced Potatoes (1) 🌱
 Sweetcorn & Coleslaw (4,9) 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Coconut Bar (1,6,15)
 Jelly, Fruit Pots 🌱 & Yoghurt (7) 🌱

Tuesday

BBQ Pork (6,12)
 Falafel with a Tomato Sauce (6,12)
 Rice, Green Beans & Peppers 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Iced Chocolate Sponge (1,9)
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Wednesday

Roast Turkey & Onion Gravy
 Quorn, Spinach & Tomato Pasta (1,9)
 Mashed Potato 🌱
 Seasonal Vegetables 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Fruit Jelly
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Thursday

Chicken Jambalaya (6,12)
 Macaroni Cheese (1,7) 🌱
 Carrots & Broccoli 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 Tomato Bread (1,3,7,9)
 Apple Pie (1) & Custard (7) 🌱
 Cheese & Biscuits (1,7)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Friday

Fish Fingers (1,8)
 Bruschetta (1,3,7)
 Chunky Chips
 Baked Beans & Peas
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Apricot Cookie (1,6,15)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Week Two

11th September, 2nd October, 30th October, 20th November & 11th December

Monday

Pasta Bolognese (1)
 Spanish Omelette (7,9)
 Green Beans & Peas 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9)
 Garlic Bread (1,3,7,9)
 Rice Pudding & Jam (6,7)
 Fruit Pots 🌱, Yoghurt (7) 🌱
 Mr Nourish Biscuit (1)

Tuesday

Chicken & Vegetable Pie (1)
 Tomato & Basil Pasta (1,6,12)
 Mashed Potato 🌱
 Seasonal Vegetables 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Fruit Jelly
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Wednesday

Roast Gammon
 Shepherdess Pie (6,9,12,16)
 Roast Potatoes 🌱
 Cabbage & Carrots 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Jam Tart (1,6)
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Thursday

Caribbean Chicken (6,7)
 Quorn Strips in a Tomato Sauce (6,9,12)
 Coconut Rice (6)
 Sweetcorn & Peppers 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Iced Mandarin Sponge (1,9)
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Friday

Salmon Fish Cakes or Fish Fingers (1,8)
 Roast Veg Pinwheel (1,7)
 Chunky Chips
 Baked Beans & Peas
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Ginger Biscuit (1,15)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Week Three

18th September, 9th October, 6th November, 27th November & 18th December

Monday

Meatballs & Penne (1,6,12)
 Sweet Potato Boat
 Seasonal Vegetables 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 Herby Bread (1,3,7,9)
 Autumn Crumble (1) & Custard (7) 🌱
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Tuesday

Chicken Pizza (1,3,7,9)
 Margherita Pizza (1,3,7,9)
 New Potatoes 🌱
 Sweetcorn & Peppers 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Fruit Jelly
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Wednesday

Roast Pork
 Vegetable Pattie
 Roast Potatoes 🌱
 Carrots & Peas 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Mousse (7)
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Thursday

Sticky Chicken (1,3,6,12)
 Tomato & Sweet Pepper Pasta (1,6,12)
 Rice, Broccoli & Cauliflower 🌱
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Chocolate Ice Cream (7)
 Mr Nourish Biscuit (1)
 Fruit Pots 🌱 & Yoghurt (7) 🌱

Friday

Battered Fish (1,8)
 Cheese & Onion Quiche (1,7,9)
 Chunky Chips
 Baked Beans & Coleslaw (4,9)
 Jacket Potato with a Choice of Toppings (4,7,8,9)
 Selection of Salads (4,9) 🌱
 & Homemade Bread (1,3,7,9)
 Flapjack (15)
 Fruit Pots 🌱 & 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 Alexandra Infants School 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 which we are looking to be awarded in October.

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 Ayin. We take the utmost care to cater for allergen sufferers 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

Each day we offer a selection of homemade dishes, of which one is vegetarian. All menus are well balanced with protein, carbohydrate, vegetables and salad followed by a choice of homemade desserts.

