



GROW WITH US

NOURISH

NEWSLETTER

MARCH 2025

OPTIONS
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CONTRACT Catering Awards

2025 WINNER

WE'VE WON BIG AT THE 2025 CONTRACT CATERING AWARDS

We are absolutely thrilled to share that Nourish has been recognised in a big way at the 2025 Contract Catering Awards!

A huge congratulations to our incredible founder, Annette Ryan Murphy, for winning:

Education Award Senior Executive of the Year Award

The ceremony celebrated 15 outstanding winners, honouring their dedication and hard work in the industry. We are so proud to be part of this achievement and to see Annette's passion and leadership recognised at such a prestigious level.

This is a huge moment for Nourish, and we couldn't have done it without our amazing team. Here's to continued success!



DELICIOUS FUN WITH OUR THEMED MENUS!

We recently had an amazing time celebrating with our Pet Day and Chinese New Year themed menus!

Pet Day Menu brought smiles with Bunny Carrot Cake, Harry Hamster's Choice of Jacket Potato & Fillings, Pawty Ring Biscuits, and other creative, animal-inspired treats. It was a fun and delicious way to honor our furry friends!

Chinese New Year Menu was a huge hit, featuring Chicken Chow Mein, Sticky Tofu Bao Buns, Fried Rice, and more! The flavors were fantastic, and it was the perfect way to welcome the Year of the Dragon with excitement.

A big thank you to everyone who joined in—our team loved bringing these imaginative and flavourful menus to life, and we hope you enjoyed every bite!

Happy Easter from Nourish



EXCITING NEWS FOR OUR TALENTED CHEFS!

We are incredibly proud to announce that two of our amazing chefs reached the Regional Finals of the **LACA School Chef of the Year (SCOTY)** competition!

Ushane Royal – Chef at St Thomas Beckett

Lisa Molloy – Chef at Chatsworth Infant School

This is a fantastic achievement, and we couldn't be prouder of them for representing the company.



EXCITING NEWS OUR NEW APP IS HERE

We're thrilled to be rolling out our new app to six schools, bringing a fresh and convenient way to stay connected with Nourish! This exciting development will allow parents, students, and staff to view menus and receive live updates directly from us.

While we're starting with a handful of schools, our goal is to expand this to all schools in the future, making it easier than ever to stay informed about delicious meals and important updates.



WELCOME, TOBI!

We're thrilled to welcome Tobi Luczak to the Nourish Food Development Team! With experience from Cucina and Impact Food Group, Tobi is our latest Food Development Executive, he brings with him fantastic expertise to support our growing schools portfolio.



INSPIRING HEALTHY EATING ASSEMBLIES!

We recently had the pleasure of hosting some fantastic assemblies to educate children about the importance of healthy eating and where their food comes from.

- **Healthy Eating Assemblies** took place at Broadmead and Crescent, where we explored the benefits of making nutritious choices and how healthy food fuels our bodies.
- **Field to Fork Assembly** at St James Bromley helped children understand the journey of food from farms to their plates, highlighting the importance of fresh, locally sourced ingredients.

It was wonderful to see the enthusiasm and curiosity from the students! A big thank you to everyone who took part—we love sharing knowledge that inspires healthier habits for life.



APRIL TO OCTOBER 2025 WEEKLY MENU 					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK ONE 21 st APRIL 22 nd MAY 30 th JUNE 21 st JULY 1 st SEPTEMBER 22 nd SEPTEMBER 13 th OCTOBER	Mild Chili Beef Tomato & Herb Penne Pasta 1 VG Jacket with a Choice of Toppings 7,8,9 Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Chicken Sausage Roll & Gravy 5,6 Vegetable Sausage & Gravy VG Jacket with a Choice of Toppings 7,8,9 Rustic Roast Potatoes, Green Beans, Carrots Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Margherita Pizza 3,3,7 V Loaded Cajun Bean Wedges VG Jacket with a Choice of Toppings 7,8,9 Rainbow Pasta 1, Sweetcorn, Cauliflower 9 Sultana Cake 2VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Fish Fingers 1,8 or Salmon Fish Cake 1,7,8 Cheese & Tomato Pinwheel 3,7 V Jacket with a Choice of Toppings 7,8,9 Chips, Peas, Baked Beans, Cucumber Caramel Cookie 1,7 Yoghurt 3,7 Fruit Pots VG	
WEEK TWO 28 th APRIL 19 th MAY 16 th JUNE 7 th JULY 8 th SEPTEMBER 29 th SEPTEMBER 20 th OCTOBER	Vegetable Nuggets with Katsu Sauce 2VG Onion Bhajis with Katsu Sauce VG Jacket with a Choice of Toppings 7,8,9 Rainbow Rice, Carrots, Peas Vanilla Sponge 2VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Roasted Vegetable Hot Pot VG Jacket with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice Broccoli, Carrots Cornflake Cookie 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	BBQ Pulled Chicken Loaded Wedges Tomato Soup 1 VG Jacket with a Choice of Toppings 7,8,9 Cauliflower, Cauliflower 9 Spiced Apple Focaccia 3,3 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Tuna Penne Pasta 1,7,8 Margherita Pizza 3,3,7 V Jacket with a Choice of Toppings 7,8,9 Chips, Peas, Grated Carrot Oaty Biscuit 1,3 VG Yoghurt 3,7 Fruit Pots VG	
WEEK THREE 5 th MAY 2 nd JUNE 23 rd JUNE 14 th JULY 15 th SEPTEMBER 6 th OCTOBER	Beef Bolognese Pasta Shells 1 Cheese & Pasta Swirl 1,7 V Jacket with a Choice of Toppings 7,8,9 Baked Wedges Seasonal Vegetables Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Caribbean Chicken Curry Herby Tomato Penne Pasta 1 VG Jacket with a Choice of Toppings 7,8,9 Rice, Green Beans, Carrots Peach Sponge 2VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG	Roast Chicken & Gravy Sausage Pull 1 VG Jacket with a Choice of Toppings 7,8,9 Rustic Roast Potatoes or Jollof Rice, Cabbage, Seaweed Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Macaroni Cheese 1,7 V Coconut & Spinach Biryani 6 VG Jacket with a Choice of Toppings 7,8,9 Cauliflower, Mixed Peppers Chocolate Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG	Chicken Bites 1 Cheese & Cauliflower Nuggets 7 V Jacket with a Choice of Toppings 7,8,9 Chips, Peas, Sweetcorn, Cauliflower 9 Ginger Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG
AVAILABLE DAILY 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 Celery/Celery 13 Nuts 14 Lupines 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian *Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre-prepared potatoes or vegetables on occasions. These may contain sulphites and celeries. Please discuss with your manager.					

DELICIOUS NEW MENU

After Easter, we're launching a brand-new menu, and we can't wait for everyone to try it! Our incredible Chefs at Nourish and dedicated Craft Ambassadors have been working hard behind the scenes to create delicious, nutritious meals that students will love.

We're always listening to feedback and making improvements, so this menu is all about bringing fresh, tasty, and balanced options to the table. Stay tuned for the big reveal—it's going to be a treat!

CELEBRATING CREATIVITY, TASTY TREATS & SPECIAL EVENTS!

Broadmead's Talented Designers – Students at Broadmead School recently put their creativity to the test by designing an outfit for Mr Nourish! It was an exciting challenge, and we were blown away by their talent and imagination.

Valentine's Bakes – Love (and delicious smells!) filled the air with some incredible Valentine's bakes. Holy Trinity Crawley crowned their Star Baker, while Fairford put a creative twist on Jaffa Biscuits—and they looked absolutely amazing!

Breakfast Buffet in Croydon – A fantastic breakfast buffet was recently organised by Aimee & Keighley for a group of Croydon schools. It was a wonderful way to bring everyone together over a delicious and nutritious start to the day!

A huge well done to all involved—we love seeing creativity, passion, and great food come to life!



EXCITING NEW BEGINNINGS

We're thrilled to share that the start of the year has brought fantastic new opportunities! With successful openings at Lingfield Primary, Heathfields, Egerton, and Eden—plus an incredible 60 schools in Norfolk—we couldn't be more excited for what's ahead. It's been a great start, and we're looking forward to making a real impact in these communities. Here's to a year of growth and success!

Stay tuned for more updates!



Eden
Primary



Happy Easter from Nourish

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EAT THEM TO DEFEAT THEM 2024 WAS A HUGE SUCCESS!

We were thrilled to bring back Eat Them to Defeat Them 2025 during the week of 10th March!

After a fantastic partnership in 2024, Nourish once again teamed up with VEGPOWER to make this campaign a fun and engaging experience for children.

A selection of schools—including yours—took part, and we loved seeing everyone get involved! We provided resource packs filled with exciting materials, including:

- Reward charts & sticker packs for each child
- Posters & decorations to brighten up the dining hall and kitchen
- Plastic-free stickers to celebrate each featured veggie

Throughout the week, Nourish showcased a different star vegetable each day on our menus, offering tastings and fun promotions to encourage kids to enjoy more veggies.

A huge thank you to everyone who participated—we loved working with you and your children on this fantastic initiative. Together, we truly ate them to defeat them!



HAPPY EASTER FROM ALL OF US AT NOURISH!

As we welcome the Easter season, we want to take a moment to wish all of our schools, staff, students, and families a joyful and relaxing Easter break! May your days be filled with laughter, happiness, and of course, plenty of delicious treats!

Thank you for being part of the Nourish family—we appreciate each and every one of you. Have a wonderful Easter, and we look forward to seeing you all soon!

FOLLOW US ON:



YOUR VOICE MATTERS!

We love hearing from the children and parents in our schools, and their feedback through surveys is invaluable! These insights help us understand what's working well and where we can improve, ensuring we create the best possible learning environment. From small tweaks to big ideas, every suggestion makes a difference.

A huge thank you to everyone who has taken the time to share their thoughts—it's amazing to see the community come together to shape the future of our schools. Keep the ideas coming!

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