Date: 6.3.26

Here is the parents evening link for Tuesday 24th and Thursday 26th March - https://forms.gle/sRULmBwzBKt7oiYd8

CLICK ON ME

Message from Mrs Berthoud

After Easter we will be switching caterers to Nourish - used by all schools in the trust. https://www.nourishcontractcatering.co.uk/primary/

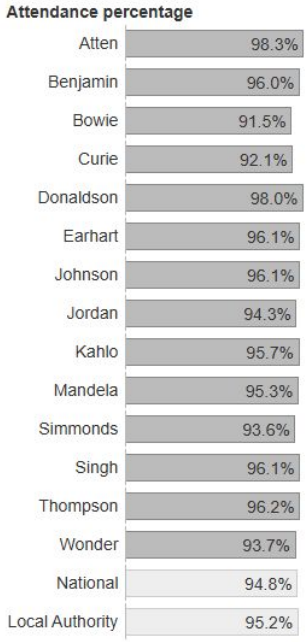
They offer a halal menu, will be offering samples at parents evening and will be providing the breakfast and tea for galaxy too.

An example 3 week lunch menu is on the next page.

A reminder that we are a water school no squash in bottles please. Also no nuts please - eg 'pick up' and nutella bars have hazelnuts in.

Attendance Matters

Who is 96%+?



HAPPY

Year 6 have had the most amazing week at PGL Marchants Hill.

It was a joy to spend the day with them all on Wednesday, full of chatter, stories and giggles.

A huge thanks to all the staff involved.



Diary Dates

Friday 20th March - own clothes day - donate and Easter Egg

Tuesday 24th March - Parents Evening

Wednesday 25th March - Y5 steel pan concert 2:45

Thursday 26th March - Parents evening

Friday 27th March - last day of term

SAFE

Bromley Children Project Parenting Course handbook for parents - this lists all of the Programmes available through Early Intervention: https://issuu.com/bromleychildrenproject/docs/myname_5c13fd502a4ece

LEARNING

Mrs Berthoud took a team of 4 children from Y3, Y4 and Y5 to the first 'Brain of Bromley' quiz at Harris Primary Shortlands on Friday afternoon.

Children answered questions on history, geography, music, science, maths and English such as:

What is 7 squared?,

Who was Edward VII's mum?

What is parenthesis?

We had a blast!



APRIL TO OCTOBER 2025

WEEKLY MENU

NOURISH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 21ST APRIL 12TH MAY 9TH JUNE 30TH JUNE 21ST JULY 1ST SEPTEMBER 22ND SEPTEMBER 13TH OCTOBER	Mild Chilli Beef Tomato & Herb Penne Pasta **1 VG** Jacket with a Choice Of Toppings **7,8,9** Rice, Mixed Peppers, Peas Jammy Finger **1,6 VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Chicken Pesto Pasta Shells **1,7** Rice & Bean Burrito & Wedges **1 VG** Jackets with a Choice of Toppings **7,8,9** Seasonal Vegetables Ice Cream **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Sausage Roll & Gravy **1,6** Vegetable Sausage & Gravy **VG** Jackets 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 **1,3,7 V** Loaded Cajun Bean Wedges **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Pasta **1,** Sweetcorn, Coleslaw **9** Sultana Cake **1VG** 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 **1,7 V** Jackets 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 28TH APRIL 19TH MAY 16TH JUNE 7TH JULY 8TH SEPTEMBER 29TH SEPTEMBER 20TH OCTOBER	Vegetable Nuggets with Katsu Sauce **1VG** Onion Bhajis with Katsu Sauce **VG** Jackets with a Choice of Toppings **7,8,9** Rainbow Rice, Carrots, Peas Vanilla Sponge **1VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Beef & Onion Pie **1** Cheesy Pasta Twists **1,7 V** Jackets with a Choice of Toppings **7,8,9** Crushed Potatoes Seasonal Vegetables Chocolate & Mandarin Mousse **7,3** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Chicken & Gravy Roasted Vegetable Hot Pot **VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes Broccoli, Carrots Cornflake Cookie **1,3,7,16** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	BBQ Pulled Pork Loaded Wedges Tomato Spaghetti **1 VG** Jackets with a Choice of Toppings **7,8,9** Cauliflower, Coleslaw **9** Spiced Apple Focaccia **1,3 VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Tuna Penne Pasta **1,7,8** Margherita Pizza **1,3,7 V** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Grated Carrot Oaty Biscuit **1,15 VG** Yoghurt **3,7** Fruit Pots **VG**
WEEK THREE 5TH MAY 2ND JUNE 23rd JUNE 14TH JULY 15TH SEPTEMBER 6TH OCTOBER	Pork & Beef Bolognaise Pasta Shells **1** Cheese & Pesto Swirl **1,7 V** Jackets 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** Jackets with a Choice of Toppings **7,8,9** Rice, Green Beans, Carrots Peach Sponge **1VG** & Custard **7** Mr Nourish Biscuit **1 VG** Fruit Pots **VG**	Roast Gammon & Gravy Samosa Puff **1 VG** Jackets with a Choice of Toppings **7,8,9** Rustic Roast Potatoes, Cabbage, Swede Fruit Jelly **VG** Mr Nourish Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**	Macaroni Cheese **1,7 V** Coconut & Spinach Biryani **6 VG** Jackets 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** Jackets with a Choice of Toppings **7,8,9** Chips, Peas, Sweetcorn, Coleslaw **9** Ginger Biscuit **1 VG** Yoghurt **3,7**, Fruit Pots **VG**

Example menu

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 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

WE ♥ VEGGIES





GROW WITH US

NOURISH WELCOME

LEARN MORE

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



WELCOME TO NOURISH

Nourish is your school's chosen caterer. We can't wait to welcome your child for their school lunches.

TO NEED, TO NURTURE, TO NOURISH

Nourish is a friendly family-led school caterer with bags of initiative and a love of good food.

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.

Our menus are attractive, informative, nutritionally balanced and updated twice a year.

MEET MR NOURISH

Mr Nourish is our company mascot. He is a big hit with the pupils, guiding them through menus and attending food presentations and theme days at Nourish schools. Mr Nourish has recently made some new friends, Chef Nourish and Gardener Nourish who have also visited many of our schools meeting the pupils during lunch and assemblies.

Mr Nourish is looking forward to visiting your school soon!

AWARD-WINNING CATERING SERVICES

CONTRACT CATERING Awards
2025 WINNER







MORE ABOUT NOURISH

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

ALLERGEN AWARE
We have a robust allergens policy in place. All of our team members are trained and allergen-aware.

MENU
We offer a 3-week revolving menu with a variety of foods to suit all tastes. Check your school's website for the current menu.

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

WELCOME TO NOURISH CONTRACT CATERING

CONTACT US **E:** offfice@nourish.co.uk www.nourishcontractcatering.co.uk **T:** 020 8778 1111