NOURISH GROW WITH US

BENEFITS OF SCHOOL MEALS VS PACKED LUNCHES

Balanced Nutrition: School meals must meet specific nutritional standards, including servings of fruit, vegetables, protein, dairy, whole grains, and an 'all you can eat' salad bar.

Convenience for Parents: No need to prep lunches daily—saves time, especially in busy households.

Cost-Effective: School meals are free for reception and infants, which saves approx. £551 per child per year rather than buying ingredients for packed lunches.

Exposure to New Foods: Kids may try a wider variety of foods at school than they would at home.

Supports Routine & Equality: Everyone eats the same type of meal, which can reduce lunchbox comparisons

Food Safety: Meals are stored and served under proper conditions—less risk of spoilage compared to a packed lunch sitting in a backpack for hours.








CONTACT US E. office@nourishcc.co.uk www.nourishcontractcatering.co.uk T. 020 8778 1111

LEARN MORE

GROW WITH US
NOURISH

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



2025 LACA AWARDS FOR EXCELLENCE WINNER

YOUR SCHOOL'S CHOSEN CATERER

Nourish is your school's chosen caterer. We can't wait to welcome your child for their school lunches when they start in September.

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

OPTIONS FOR EDUCATION CONTRACT CATERING Awards 2025 WINNER

CATERING AWARDS 2025 WINNER







MORE ABOUT NOURISH CATERING SERVICE

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
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