

Hello and welcome to the Easter edition of Mr Nourish's News!

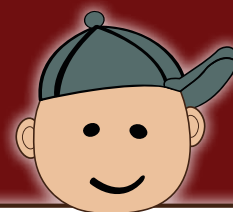


You know it must be Easter soon when all the shops are full of chocolate eggs! But why do we eat chocolate eggs at Easter?

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Nexus Education Schools Trust



Easter Nests Recipe



TO MAKE 10 EASTER NESTS YOU WILL NEED

- 225g (8oz) milk chocolate
- 50g (2oz) butter
- 2 tablespoons of golden syrup
- 100g (4oz) cornflakes
- Packet of candy-coated mini eggs
- Paper baking cases
- A baking tray
- A large saucepan

WHAT YOU DO:

- Place ten of the paper baking cases into the hollows of the baking tray.
- Break the chocolate into pieces and place these into a large saucepan.
- Add the butter into the pan. Dip a tablespoon into hot water to warm it up before using it to add the golden syrup into the pan.
- Heat the pan stirring the mixture all the time until the chocolate and the butter have melted.
- Turn off the heat. Add the cornflakes to the mixture gently stirring them until they are covered with the chocolate. Be careful not to crush the cornflakes too much.
- Put the cornflake mixture into each of the paper baking cases. Make a small hollow in the centre of each nest with the back of a teaspoon.
- Place a few eggs in each nest and then place the tray into the fridge to allow the nests to set. Remove after about an hour.

Your nests are best stored in an airtight container in the fridge but need to be eaten within three days (if they last that long!).

There are many different customs associated with Easter Day which involve eggs and in fact Easter Day was once known long ago as Egg Sunday. For the last two hundred years in Britain it has been the tradition to give children chocolate eggs on Easter Sunday. The giving of eggs at Easter celebrates new life and Christians all around the world remember that Jesus, after dying on the cross, rose from the dead. The egg is a symbol of Jesus' resurrection, as when they are cracked open they represent the empty tomb. This miracle showed that life could win over death.

Although this is now how the eggs are seen by Christians it is thought that they were first used as symbols at festival times long before Jesus' time. Eggs were always thought to be special because although they do not seem alive, they have life within them especially at springtime when chicks hatch out. They are seen as a traditional symbol of fertility and rebirth.

In lots of countries children are told the Easter Bunny has hidden chocolate eggs and they race to find them round the house or garden. Children in other countries decorate hard-boiled eggs at Easter time by painting or dyeing them.

WHEN IS EASTER?

Easter Day is always on a Sunday but the date can change each year unlike Christmas, which is always on 25 December. Many years ago Christians decided that Easter Day should always be on the Sunday following the first full moon after the first day of Spring, around 21 March. This means that Easter can be as early as 22 March or as late as 25 April. This year Easter Sunday is the 1st April.

I hope you all have a lovely Easter Break and don't eat all your chocolate eggs at once. If you make the Easter nests at home I would love to see a picture of them so please email me at: MrNourish@nourishcontractcatering.co.uk

Your School's Chosen Caterer

Nourish are looking forward to April where we will be providing your children's school lunches.

Our Company Ethos

At Nourish we are passionate about providing nutritional food that our pupils love.

Fresh Food

Fresh food is the heart of Nourish

Fresh Ideas

Lateral thinking creating an impact

Fresh Approach

Operators at every level

Our menus are attractive, informative, nutritionally analysed and up dated every term. We work closely with our schools and hold tasting sessions where the pupils sample a range of dishes and feedback their comments to us. We work with school councils attending meetings and acting on the children's comments and requests.

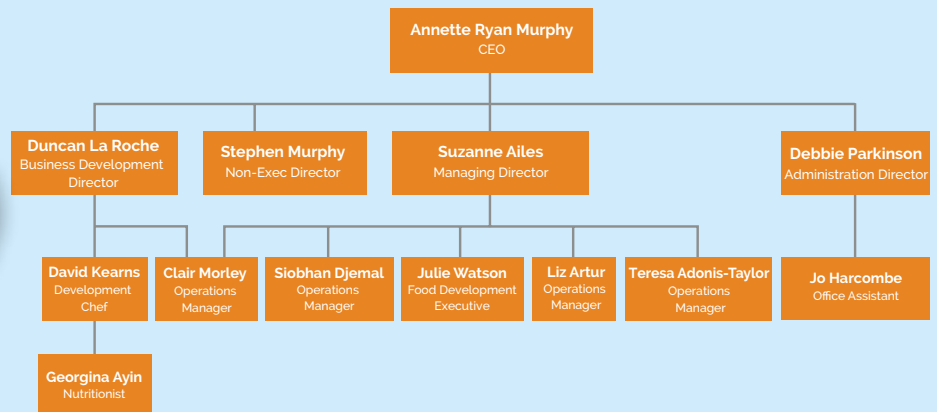
Meet Mr Nourish

Mr Nourish is our company mascot. He has been a big hit with the pupils, guiding them through menus and writing his own monthly newsletter advising them of upcoming events, specials days and seasonal foods. Mr Nourish has also visited many of our schools meeting the pupils during lunch and assemblies.



Nourish Family Tree

Nourish is unique in that our owner directors all work in the business. We are a family that all work together building lasting relationships and understanding our school's needs.



Contact us office@nourishcontractcatering.co.uk
www.nourishcontractcatering.co.uk T. 020 8778 1111
 We hope you all have a lovely Easter break and look forward to meeting your children at lunchtime in April.