



Fresh Ideas Feeding Minds



School Lunch Menu

We hope you enjoy our School Lunch Menu, offering high quality, varied dishes using local and seasonal ingredients where possible. These dishes have been created by our Menu Development Team to allow a flexible approach to eating a school lunch; whether that is in the dining room, in the classroom or even in an outside space!



All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from **East Anglian** suppliers. We use wholewheat flour in our bread and pastry recipes!



A full allergen list for this menu can be found on our website –

www.norsecatering.co.uk

Should your child have a medically-diagnosed allergy or health condition and needs an alternative menu, please complete our Allergen Aware Registration Form which can be found in the school office or on our website.



Safety is of upmost importance when providing a nutritious meal for your child. Please be assured, **enhanced measures and risk assessments** are in place in all of our kitchens in line with Public Health England and Food Standards Agency guidelines.



If you think you may be eligible for a free school meal visit www.schools.norfolk.gov.uk



norsecatering.co.uk

Please note the menu may be subject to change to meet local needs.

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza Potato Wedges Rainbow Salad	Oriental Beef Meatballs Noodles Green Beans Sweetcorn	Roast Chicken with Stuffing Roast Potatoes, Carrots Garden Peas and Gravy	Beef Bolognese Pasta Grated Cheese Broccoli	Breaded Fish Fingers Chips Garden Peas or Baked Beans
Option 2	(v) Veggie Mince Bolognese Pasta Vegetable Medley	(v) Jacket Potato with Grated Cheese and Baked Beans Rainbow Salad	(v) Vegetarian Cottage Pie Carrots, Garden Peas and Gravy	(v) Sweet Potato and Lentil Curry Steamed Rice Broccoli	(v) Vegetable Goujons Chips Garden Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Grated Cheese or Baked Beans	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese or Tuna Mayo	Jacket Potato with Grated Cheese	Jacket Potato with Grated Cheese or Baked Beans
Dessert of the Day	Ice Cream Tub	Beetroot Brownie	Apple Flapjack	Berry Muffin	Cocoa Oatcake
Packed Lunch Option	Cheese or Ham Sandwich Carrot Batons Orange Wedges Ice Cream Tub	Cheese or Egg Sandwich Cucumber Sticks Sultana Bag Melon Wedge Beetroot Brownie	Cheese or Tuna Roll Carrot Batons Orange Wedges Apple Flapjack	Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Apple Wedges Berry Muffin	Cheese and Tomato Pasta Pot or Cheese or Ham Roll Carrot Batons Cocoa Oatcake

Week One: 7 Dec / 4 Jan / 18 Jan / 1 Feb / 22 Feb / 8 Mar / 22 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken in a Wrap with Garlic Mayo Potato Wedges Lettuce and Cucumber	(v) Margherita Pizza Couscous Coleslaw	Sausages with Yorkshire Pudding Roast Potatoes, Carrots, Garden Peas and Gravy	Chicken Curry Steamed Rice Rainbow Salad	Breaded Fish Fingers Chips Garden Peas or Baked Beans
Option 2	(v) Jacket Potato with Grated Cheese and Baked Beans Rainbow Salad	(v) Veggie Mince Chilli Steamed Rice Vegetable Medley	(v) Veggie Sausage with Yorkshire Pudding Roast Potatoes, Carrots, Garden Peas and Gravy	(v) Cheesy Pasta Broccoli Sweetcorn	(v) Vegetable Goujons Chips Garden Peas or Baked Beans
Jacket Potato Option		(v) Jacket Potato with Grated Cheese	(v) Jacket Potato with Grated Cheese or Tuna Mayo	(v) Jacket Potato with Grated Cheese	(v) Jacket Potato with Grated Cheese or Baked Beans
Dessert of the Day	Oaty Bar	Dinky Doughnuts	Ice Cream Tub	Orange Cupcake	Mini Shortbread
Packed Lunch Option	Cheese or Ham Sandwich Carrot Batons Oaty Bar	Cheese or Egg Sandwich Cucumber Sticks Sultana Bag Melon Wedge Dinky Doughnuts	Cheese or Tuna Roll Carrot Batons Apple Wedges Ice Cream Tub	Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Orange Wedges Orange Cupcake	Cheese and Tomato Pasta Pot or Cheese or Ham Roll Carrot Batons Mini Shortbread

Week Two : 30 Nov / 14 Dec / 11 Jan / 25 Jan / 8 Feb / 1 Mar / 15 Mar

Introducing our RAINBOW Salad!

As we are not able to offer our 'help yourself' salad bars at present, we are pleased to offer our new **Rainbow Salad** that accompanies some of our dishes and provides a variety of textures, tastes and colours for children to try something new!

