




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!



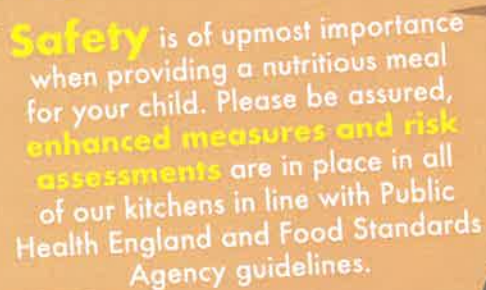
All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from **East Anglian** suppliers. We use wholewheat flour in our bread and pastry recipes!



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

[www.norsecatering.co.uk](http://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](http://www.schools.norfolk.gov.uk)



[norsecatering.co.uk](http://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	Jacket Potato with Beef Bolognese Grated Cheese Broccoli	Breaded Fish Fingers Chips Garden Peas or Baked Beans
Option 2	(v) Jacket Potato with Veggie Mince Bolognese Vegetable Medley	(v) Jacket Potato with Grated Cheese and Baked Beans Rainbow Salad	(v) Lentil Roast with Roast Potatoes Carrots, Garden Peas and Gravy	(v) Sweet Potato and Lentil Curry Steamed Rice Broccoli	(v) Vegetable Goujons Chips Garden Peas or Baked Beans
Dessert of the Day	Ice Cream Tub	Beetroot Brownie	Apple Flapjack	Berry Muffin	Bitesize Cocoa Oatcake with Orange Wedges
Packed Lunch Option	Cheese or Ham Sandwich Carrot Batons Popcorn Orange Wedges Ice Cream Tub	Cheese or Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Beetroot Brownie	Cheese or Tuna Mayo Roll Carrot Batons Popcorn Orange Wedges Apple Flapjack	Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Apple Wedges Berry Muffin	Cheese and Tomato Pasta Pot Carrot Batons Popcorn Orange Wedges Bitesize Cocoa Oatcake

Week One: 7 Sept / 21 Sept / 5 Oct / 19 Oct / 9 Nov / 23 Nov / 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	Jacket Potato with Chicken Curry 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) Jacket Potato with Veggie Mince Chilli 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
Dessert of the Day	Bitesize Oaty Bar with Orange Wedges	Dinky Doughnuts	Ice Cream Tub	Orange Cupcake	Mini Shortbread with a Melon Wedge
Packed Lunch Option	Cheese or Ham Sandwich Carrot Batons Popcorn Orange Wedges Bitesize Oaty Bar	Cheese or Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Dinky Doughnuts	Cheese or Tuna Mayo Roll Carrot Batons Popcorn Apple Wedges Ice Cream Tub	Cheese or Ham Sandwich Cucumber Sticks Sultana Bag Orange Wedges Orange Cupcake	Cheese and Tomato Pasta Pot Carrot Batons Popcorn Melon Wedge Mini Shortbread

Week Two : 14 Sept / 28 Sept / 12 Oct / 2 Nov / 16 Nov / 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!

