



# 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)

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Potato Wedges and Rainbow Salad (v)	Oriental Beef Meatballs with Noodles, Green Beans and Sweetcorn	Roast Chicken with Stuffing, Roast Potatoes, Carrots, Garden Peas and Gravy	Jacket Potato with Beef Bolognese, Grated Cheese and Broccoli	Fish Fingers with Chips and Garden Peas or Baked Beans
Option 2	Jacket Potato with Veggie Mince Bolognese and Vegetable Medley (v)	Jacket Potato with Grated Cheese, Beans and Rainbow Salad (v)	Lentil Roast with Roast Potatoes, Carrots, Garden Peas and Gravy (v)	Sweet Potato and Lentil Curry with Steamed Rice and Broccoli (v)	Vegetable Goujons with Chips and Garden Peas or Baked Beans (v)
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 and Ice Cream Tub	Cheese or Egg Mayo Sandwich, Cucumber Sticks, Sultana Bag, Melon Wedge and Beetroot Brownie	Cheese or Tuna Mayo Roll, Carrot Batons, Popcorn, Orange Wedges and Apple Flapjack	Cheese or Ham Sandwich, Cucumber Sticks, Sultana Bag, Apple Wedges and Berry Muffin	Cheese and Tomato Pasta Pot, Carrot Batons, Popcorn, Orange Wedges and 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	Margherita Pizza with Couscous and Coleslaw (v)	Sausages with Yorkshire Pudding Roast Potatoes, Carrots, Garden Peas and Gravy	Jacket Potato with Chicken Curry and Rainbow Salad	Fish Fingers with Chips and Garden Peas or Baked Beans
Option 2	Jacket Potato with Grated Cheese, Beans and Rainbow Salad (v)	Jacket Potato with Veggie Mince Chilli and Vegetable Medley (v)	Veggie Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Garden Peas and Gravy (v)	Cheesy Pasta with Broccoli and Sweetcorn (v)	Vegetable Goujons with Chips and Garden Peas or Baked Beans (v)
Dessert of the Day	Bitesize Oaty Bar with Orange Wedges	Dinky Doughnuts	Ice Cream Tub	Orange Cupcake	Mini Shortbread and Melon Wedge
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Batons, Popcorn, Orange Wedges and Bitesize Oaty Bar	Cheese or Egg Mayo Sandwich, Cucumber Sticks, Sultana Bag, Melon Wedge and Dinky Doughnuts	Cheese or Tuna Mayo Roll, Carrot Batons, Popcorn, Apple Wedges and Ice Cream Tub	Cheese or Ham Sandwich, Cucumber Sticks, Sultana Bag, Orange Wedges and Orange Cupcake	Cheese and Tomato Pasta Pot, Carrot Batons, Popcorn, Melon Wedge and 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!

