




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 utmost 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
<b>Option 1</b>	(v) Margherita Pizza Potato Wedges Vegetable Batons	Cheese Sandwich or Egg Mayo Sandwich	Cheese Roll or Tuna Mayo Roll	Cheese Sandwich or Ham Sandwich	Breaded Fish Fingers or (v) Vegetable Goujons Chips Vegetable Batons
<b>Dessert of the Day</b>	Ice Cream Tub	Cucumber Sticks Sultana Bag	Carrot Batons Popcorn	Cucumber Sticks Sultana Bag	Bitesize Cocoa Oatcake with Orange Wedges
<b>Packed Lunch Option</b>	Cheese Sandwich or Ham Sandwich Carrot Batons Popcorn Orange Wedges Ice Cream Tub	Melon Wedge Beetroot Brownie	Orange Wedges Apple Flapjack	Apple Wedges Berry Muffin	Cheese and Tomato Pasta Pot Carrot Batons Popcorn Orange Wedges Bitesize Cocoa Oatcake

Week One: 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
<b>Option 1</b>	Breaded Chicken or (v) Vegetable Goujons in a Wrap with Garlic Mayo Potato Wedges Vegetable Batons	Cheese Sandwich or Egg Mayo Sandwich	Cheese Roll or Tuna Mayo Roll	Cheese Sandwich or Ham Sandwich	Breaded Fish Fingers or (v) Vegetable Goujons Chips Vegetable Batons
<b>Dessert of the Day</b>	Bitesize Oaty Bar with Orange Wedges	Cucumber Sticks Sultana Bag	Carrot Batons Popcorn	Cucumber Sticks Sultana Bag	Mini Shortbread with a Melon Wedge
<b>Packed Lunch Option</b>	Cheese Sandwich or Ham Sandwich Carrot Batons Popcorn Orange Wedges Bitesize Oaty Bar	Melon Wedge Dinky Doughnuts	Apple Wedges Ice Cream Tub	Orange Wedges Orange Cupcake	Cheese and Tomato Pasta Pot Carrot Batons Popcorn Melon Wedge Mini Shortbread

Week Two : 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!

