



- **Fresh Herbs and Spices** – dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system
- **Informed Choices** – an increase in options for plant-based diets

We also plan to offer weekly specials that may be on a seasonal theme, event or take inspiration from around the World!

We made a commitment to students in 2020 that we will work closely with schools to promote recycling and the eventual elimination of plastic bottles. Unfortunately, our progress on this has been impacted by some of the measures we have implemented for the safe return to school and, for a short time, will be using more packaging than we would like to. We will continue to review this and hope to make positive changes as the year progresses.

### Special Diets

A breakdown of the 14 recognised allergens in our current menu is available on our website – [www.norsecatering.co.uk](http://www.norsecatering.co.uk).

### The Ingredients We Use

We are proud to work with several **local suppliers** and all poultry, pork and beef is traceable right back to the farm and are sourced from East Anglian suppliers. Our fresh fruit and veg is called Barsby Produce and is based in King's Lynn and our fresh meat supplier is H G Blake and they are based in Norwich.



### Free School Meals

Please do speak to the school office if you think your child/children may be entitled to a free school meal. Having a free school meal could save you over £440 a year. The criteria for this can be found at [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals).

We hope this information has been helpful and we really hope your child/children enjoy their school lunches with us.

Best wishes,

Norse Catering