

# norse

CATERING

# FREGUI

**AUTUMN/WINTER MENU 2023/24** 



Introducing our Fresssh Autumn/Winter Lunch Menu, providing students with a tempting food offer using local and seasonal ingredients wherever possible. Each day we offer a combination of traditional dishes and world-flavours either as plated or street food allowing for speedy service and flexible eating. There are also filled Jacket Potatoes, weekly specials and a daily break menu available (please check with your school).

#### SOME OF THE KEY NUTRITION PRINCIPLES FRESSSH FOLLOWS ARE:

#### **LOADED WITH VEG**

Dishes that support eating at least five portions of fruit and veg a day

#### **INFORMED CHOICES**

Increase in options for plant-based diets

#### PACKED WITH PROTEIN

Dishes that have lean protein to help fuel the body

#### **SUSTAINED ENERGY**

Dishes containing grains and rice acting as slow-releasing carbohydrates for energy

#### FRESSSH HERBS AND SPICES

Dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

Our fresh fruit and veg supplier is based in King's Lynn. All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers

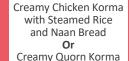
If you think you may be eligible for free school meals visit www.gov.uk/apply-free-school-meals

LOCAL TASTY FRESSSH









with Steamed Rice

and Naan Bread (v)

**MONDAY** 

Or Mediterranean Vegetable Al Forno with Garlic Bread and Mixed Salad (v)

Fresh Fruit Selection

**TUESDAY** 

Meatballs in Tomato

Sauce with Pasta,

Garlic Bread and

Mixed Salad

Roast Gammon with Mashed Potato, Seasonal Vegetables and Gravy Or **PLANT POWERED** 

Sausage and Red Lentil

Stew with Mashed

Potato and Seasonal

Vegetables (Ve)

Mixed Berry

Meringue Mess

WEDNESDAY

Teriyaki Chicken with Shredded Vegetables and Egg Noodles Or

Teriyaki Vegetables

with Egg Noodles (v)

**THURSDAY** 

Battered Fish with Chunky Chips, Mushy Peas or Baked Beans Or Sweet Potato and

**FRIDAY** 

Vegetable Fitter with Chunky Chips, Mushy Peas or Baked Beans (v)





PLANT POWERED Homemade Roasted Falafel Burger Vegetable Pizza (v)

Tandoori Chicken Topped Flatbread in a Bun (Ve)

Mozzarella Topped Tomato and Basil Pasta (v)

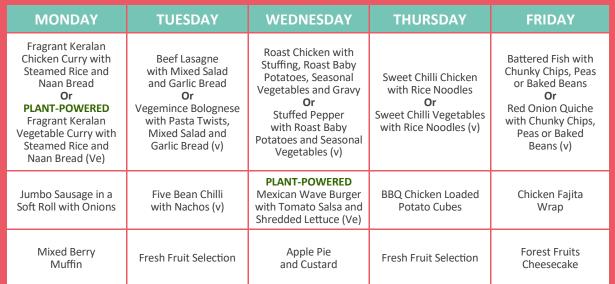
Fresh Fruit Selection

Pork Chilli Nachos with a Sweetcorn and Tomato Salsa

> Zestv Lemon Cheesecake



### WEEK COMMENCING 11 SEPT | 2 OCT 30 OCT | 20 NOV | 11 DEC | 8 JAN | 29 JAN









## **WEEK COMMENCING 18 SEPT | 9 OCT** 6 NOV | 27 NOV | 18 DEC | 15 JAN | 5 FEB

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| Chicken Tikka Masala<br>Curry with Steamed<br>Rice and Naan Bread<br>Or<br>PLANT-POWERED<br>Butternut Squash and<br>Courgette Tikka Curry<br>with Steamed Rice and<br>Naan Bread (Ve) | Southern-Baked<br>Chicken with Potato<br>Cubes and Mixed Salad<br><b>Or</b><br>Mediterranean<br>Vegetable Wrap with<br>Potato Cubes and<br>Mixed Salad (v) | Slow-Roasted Pork<br>with Creamy Mash,<br>Seasonal Vegetables<br>and Gravy<br>Or<br>Lentil Roast<br>with Creamy Mash,<br>Seasonal Vegetables<br>and Gravy (v) | Beef Enchilada Bake<br>with Mexican Rice<br><b>Or</b><br>Vegemince and Lentil<br>Enchilada Bake with<br>Mexican Rice (v) | Battered Fish with<br>Chunky Chips, Peas<br>or Baked Beans<br><b>Or</b><br>Five Bean Burger<br>with Chunky Chips,<br>Peas or Baked<br>Beans (v) |
| Ham and Cheese<br>Quesadilla  | PLANT-POWERED Plant Balls with Pasta and Tomato Sauce (Ve)   | Mango and Lime<br>Chicken Wrap with<br>Shredded Lettuce   | Mac 'n' Cheese (v)   | Breaded Chicken<br>Burger with Katsu<br>Sauce   |
| Lemon Curd<br>Muffin  | Fresh Fruit Selection  | Winter Fruit Crumble<br>with Custard  | Fresh Fruit Selection  | Vanilla<br>Cheesecake   |







