



# Fresh Ideas Feeding Minds

# Spring / Summer

## Menu 2021

Introducing our Spring/Summer 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 your child/children may be eligible for free school meals visit

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



### Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Oriental Beef Meatballs with Steamed Rice	(v) Margherita Pizza with Potato Wedges	Roast Chicken with Stuffing	<b>Chicken and Sweetcorn Carbonara</b> <span style="color: red;">new</span>	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	Italian Bean Bake	Vegemince Bolognese with Pasta	Vegetarian Roast	Tomato and Courgette Frittata with Baby New Potatoes	Vegetable Goujons
Served with	Garden Peas and Sweetcorn	<b>Rainbow Salad</b>	Roast Potatoes, Carrots, Green Beans and Gravy	Vegetable Medley	Chips, Garden Peas <b>or</b> Baked Beans
And for Pudding	Apple Crumble with Custard	Fresh Fruit Salad	Beetroot Brownie	Dinky Doughnuts	Shortbread with a Melon Wedge

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 13 Sept / 4 Oct

### Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Baby New Potatoes	Chicken Curry with Steamed Rice and Naan Bread	Sausages with Yorkshire Pudding	Beef Bolognese with Pasta and Garlic Bread	Breaded Fish Fingers
Option 2 (v)	Vegemince and Bean Chilli with Steamed Rice	Cheesy Pasta	Veggie Sausage with Yorkshire Pudding	<b>Vegetarian Enchilada with Garlic Bread</b> <span style="color: red;">new</span>	Cheese and Tomato Quiche
Served with	<b>Rainbow Salad</b>	Vegetable Medley	Mashed Potatoes, Carrots, Garden Peas and Gravy	Broccoli	Chips, Garden Peas <b>or</b> Baked Beans
And for Pudding	Oaty Bar with Orange Wedges	Lemon Cupcake	<b>Toffee Cream Shortbread</b> <span style="color: red;">new</span>	Fresh Fruit Salad	Fruit Jelly

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 20 Sept / 11 Oct

### Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken in a Wrap with BBQ Sauce and Potato Wedges	Beef Lasagne with Herby Bread	Roast Chicken with Stuffing	(v) Margherita Pizza with Pasta Salad	Breaded Fish Fingers <span style="color: red;">new</span>
Option 2 (v)	Vegemince Bolognese with Pasta	Sweet Potato and Lentil Curry with Steamed Rice and Naan Bread	Lentil Roast	<b>Sweet and Sour Vegeballs with Steamed Rice</b> <span style="color: red;">new</span>	<b>Cheese and Onion Pastry Parcel</b> <span style="color: red;">new</span>
Served with	<b>Rainbow Salad</b>	Garden Peas and Cauliflower	Roast Potatoes, Spring Greens, Carrots and Gravy	Sweetcorn	Chips, Garden Peas <b>or</b> Baked Beans
And for Pudding	Fresh Fruit Salad	Ice Cream Tub	Flapjack with Apple Wedges	Cocoa Krispie Bar	<b>Cherry Bakewell Cupcake</b> <span style="color: red;">new</span>

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 27 Sept / 18 Oct