

Fresh Ideas Feeding Minds

Spring / Summer

Menu 2022

Introducing our Spring/Summer School Lunch Menu, offering high quality, varied dishes using local and seasonal ingredients where possible!

All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers.

A full allergen list for this menu can be found on our website
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.

We use **wholewheat flour** in our bread and pastry recipes!

In addition to this menu, we offer a number of **themed menus** to celebrate holidays and seasonal events — please check details with your school.

If you think your child/children may be eligible for a **free school meal visit**

www.gov.uk/apply-free-school-meals

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Potato Wedges	NEW Spanish Chicken with Steamed Rice	Roast Chicken with Stuffing	Beef Bolognese with Pasta Twists	Breaded Fish Fingers
Option 2 (v)	Oriental Quorn with Noodles	Vegemince Bolognese with Pasta Twists	Quorn Fillet with Stuffing	Sweet Potato and Lentil Curry with Steamed Rice	Baked Tomato and Courgette Omelette
Served with	Sweetcorn	Mixed Salad	Roast Potatoes, Carrots, Green Beans and Gravy	Mixed Vegetables	Chips and Garden Peas or Baked Beans
And for pudding	Vanilla Ice Cream	Beetroot Brownie	Oaty Bar with Apple Wedges	NEW Banana Cupcake	Fresh Fruit Selection

Week One: 18 Apr | 9 May | 6 June | 27 June | 18 July | 19 Sept | 10 Oct

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken with Mayo and Lettuce in a Wrap with Potato Wedges	(v) Margherita Pizza with Pasta Salad	NEW Roast Beef with Yorkshire Pudding and Mashed Potato	Chicken Curry with Steamed Rice	Breaded Fish Fingers
Option 2 (v)	Quorn and Tomato Pasta Bake	Veggie Bean Chilli with Steamed Rice	Vegemince Cottage Pie	Italian Bean Bake	Cheese and Onion Pastry Pinwheel
Served with	Crunchy Vegetable Sticks	Sweetcorn	Carrots, Garden Peas and Gravy	Broccoli and Herby Bread	Chips and Garden Peas or Baked Beans
And for pudding	Apple Flapjack	Fruit Jelly	Fresh Fruit Selection	NEW Summer Berry Muffin	Cocoa Shortbread with a Melon Wedge

Week Two: 25 Apr | 16 May | 13 June | 4 July | 5 Sept | 26 Sept | 17 Oct

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	NEW All Day Breakfast Local Pork Sausages	(v) Mac 'n' Cheese	Roast Chicken with Stuffing	(v) Margherita Pizza	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	NEW Vegetarian All Day Breakfast Vegetarian Sausage	BBQ Quorn Strips in a Wrap with Potato Wedges	Vegetarian Roast	Vegetarian Enchilada	Garden Vegetable Goujons
Served with	Hash Browns, Omelette and Baked Beans	Mixed Vegetables	Mashed Potato, Spring Greens, Carrots and Gravy	Sunshine Couscous and Mixed Salad	Chips and Garden Peas or Baked Beans
And for pudding	Iced Lemon Cupcake	Fresh Fruit Selection	NEW Marble Cake	NEW Fruit Smoothie Ice Cream	Cocoa Krispie Bar with Orange Wedges

Week Three: 2 May | 23 May | 20 June | 11 July | 12 Sept | 3 Oct