



# 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 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 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
Jacket Potato Option	Jacket Potato with Cheese Rainbow Salad Ice Cream Tub	Jacket Potato with Tuna Mayo Rainbow Salad Beetroot Brownie	Jacket Potato with Cheese and Baked Beans Rainbow Salad Apple Flapjack	Jacket Potato with Cheese and Coleslaw Rainbow Salad Berry Muffin	Jacket Potato with Baked Beans Rainbow Salad Bitesize Cocoa Oatcake with Orange Wedges
Packed Lunch Option	Cheese <b>or</b> Ham Sandwich Carrot Batons Popcorn Orange Wedges Ice Cream Tub	Cheese <b>or</b> Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Beetroot Brownie	Cheese <b>or</b> Tuna Mayo Roll Carrot Batons Popcorn Orange Wedges Apple Flapjack	Cheese <b>or</b> Ham Sandwich Cucumber Sticks Sultana Bag Apple Wedges Berry Muffin	Cheese and Tomato Pasta Pot <b>or</b> Ham Sandwich Carrot Batons Popcorn Orange Wedges Bitesize Cocoa Oatcake

Week One: 23 Nov / 7 Dec / 4 Jan / 18 Jan / 1 Feb / 22 Feb / 8 Mar / 22 Mar

**Week Two**

	Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato Option	Jacket Potato with Cheese Rainbow Salad Bitesize Oaty Bar with Orange Wedges	Jacket Potato with Tuna Mayo Rainbow Salad Dinky Doughnuts	Jacket Potato with Cheese and Baked Beans Rainbow Salad Ice Cream Tub	Jacket Potato with Cheese and Coleslaw Rainbow Salad Orange Cupcake	Jacket Potato with Baked Beans Rainbow Salad Mini Shortbread with a Melon Wedge
Packed Lunch Option	Cheese <b>or</b> Ham Sandwich Carrot Batons Popcorn Orange Wedges Bitesize Oaty Bar	Cheese <b>or</b> Egg Mayo Sandwich Cucumber Sticks Sultana Bag Melon Wedge Dinky Doughnuts	Cheese <b>or</b> Tuna Mayo Roll Carrot Batons Popcorn Apple Wedges Ice Cream Tub	Cheese <b>or</b> Ham Sandwich Cucumber Sticks Sultana Bag Orange Wedges Orange Cupcake	Cheese and Tomato Pasta Pot <b>or</b> Ham Sandwich Carrot Batons Popcorn Melon Wedge Mini Shortbread

Week Two : 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!

