



Fresh Ideas Feeding Minds

Autumn / Winter

Menu 2019/20



We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using seasonal produce. All of our dishes are perfected by our talented Menu Team and Development Chef and then trialled in a number of schools to gain genuine feedback from our customers – this is just one of the things that makes us truly unique!

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.

Fresh Bread, Salad, Fruit, Milk Drink and Water are available daily!

If you think you may be eligible for a **free school meal**, visit www.schools.norfolk.gov.uk



Week
One

Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheese Wrap Popcorn</p> <p>Fruit Bag Orange Cupcake</p>	<p>Ham Roll Cucumber Sticks</p> <p>Sultana Bag Apple Flapjack</p>	<p>Tuna Sandwich Carrot Batons</p> <p>Popcorn Fruit Bag</p>	<p>Cheese Topped Pasta Pot Cucumber Sticks</p> <p>Fruit Bag Beetroot Brownie</p>	<p>Egg Mayo Roll Carrot Batons</p> <p>Fruit Pot Pot of Yoghurt</p>

Week One: 28 Oct / 18 Nov / 9 Dec / 13 Jan / 3 Feb / 2 Mar / 23 Mar

Week
Two

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheese Wrap Popcorn</p> <p>Fruit Bag Pot of Yoghurt</p>	<p>Ham Roll Cucumber Sticks</p> <p>Ice Cream Fruit Salad</p>	<p>Tuna Sandwich Carrot Batons</p> <p>Popcorn Apple Flapjack</p>	<p>Cheese Topped Pasta Pot Cucumber Sticks</p> <p>Fruit Bag Cupcake</p>	<p>Egg Mayo Roll Carrot Batons</p> <p>Fruit Pot Pot of Yoghurt</p>

Week Two: 4 Nov / 25 Nov / 16 Dec / 20 Jan / 10 Feb / 9 Mar / 30 Mar

Week
Three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheese Wrap Popcorn</p> <p>Fruit Bag Pot of Yoghurt</p>	<p>Ham Roll Cucumber Sticks</p> <p>Sultana Bag Cocoa Oatcake</p>	<p>Cheese Sandwich Carrot Batons</p> <p>Popcorn Fruit Bag</p>	<p>Tuna Mayo Pasta Pot Popcorn</p> <p>Fruit Bag Jam Tart</p>	<p>Egg Mayo Roll Carrot Batons</p> <p>Fruit Pot Chewy Popcorn Bar</p>

Week Three: 11 Nov / 2 Dec / 6 Jan / 27 Jan / 24 Feb / 16 Mar