



# Week One

**Meat Free Monday**  
**Option 1** Vegetarian Bolognese with Pasta Twists  
**NEW** Mac 'n' Veg Slice  
**Option 2 (v)** Hand-Made Herby Bread, Garden Peas and Sweetcorn  
**Served With** Jacket Potato with Tuna Mayonnaise  
**And for Pudding** Mini Shortbread with Seasonal Fruit Wedges

**Tuesday** Butcher's Choice Local Pork Sausages  
 Quorn Sausage  
**NEW** Italian Bean Bake  
 Omelette, Hash Brown and Baked Beans  
 Jacket Potato with Coleslaw  
 Fruity Jelly with Cream

**Roast Wednesday** Roast Chicken with Stuffing and Gravy  
 Savoury Potatoes, Spring Greens and Carrots  
 Jacket Potato with Baked Beans  
 Peach Crunch with Natural Yoghurt

**Thursday** Mild Beef Enchilada Bake  
 Vegetarian Korma  
 Steamed Rice and Broccoli  
 Jacket Potato with Cheese  
 Apple Flapjack

**Fishy Friday** Breaded Fish Fingers  
 Vegetable Burger  
 Chips with Garden Peas or Baked Beans  
 Jacket Potato with Cheese and Beans  
 Brownie Slice

**Did you know?**  
 Our Breaded Fish Fingers have lots of Omega 3 for extra brainpower - just what you need during the school day!

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 20 Feb • 13 Mar • 17 Apr • 8 May • 5 Jun • 26 Jun • 17 Jul



# Week Two

**Meat Free Monday**  
**Option 1** Roasted Pepper Pizza with Baby New Potatoes  
**Option 2 (v)** Quorn and Sweet Potato Curry with Rice  
**Served With** Mixed Salad  
**Jacket Potato Option** Jacket Potato with Tuna Mayonnaise  
**And for Pudding** Mini Oaty Biscuit with Seasonal Fruit Wedges

**Tuesday** Chicken Korma with Naan Bread  
 Veggie Balls in Mediterranean Sauce  
 Steamed Rice and Broccoli  
 Jacket Potato with Coleslaw  
 Superfood Blueberry Muffin

**Roast Wednesday** Traditional Roast Beef with Yorkshire Pudding, Mashed Potatoes and Gravy  
 Vegemince Cottage Pie  
 Green Beans and Cauliflower  
 Jacket Potato with Baked Beans  
 Apple Crunch with Natural Yoghurt

**Thursday** BBQ Pork Meatballs with Pasta Twists  
 Cheesy Pasta with Hand-Made Garlic Bread  
 Carrot and Pea Medley  
 Jacket Potato with Cheese  
 Pancake with Peaches and Cream

**Fishy Friday** Breaded Fish Fingers or Salmon Fish Fingers  
 Quorn Sausage  
 Chips with Garden Peas or Baked Beans  
 Jacket Potato with Cheese and Beans  
 Hummingbird Cake

Week starting: 27 Feb • 20 Mar • 24 Apr • 15 May • 12 Jun • 3 Jul

**Did you know?**  
 Our recipe for Italian Bean Bake is packed with Protein and Fibre. Protein is used for your muscles and immune system, while Fibre helps your digestion!

# Week Three

**Meat Free Monday**  
**Option 1** Cheese and Tomato Whirl with Tossed Pasta Salad  
**Option 2 (v)** Vegetarian Bolognese with Pasta  
**Served With** Garden Peas and Sweetcorn  
**Jacket Potato Option** Jacket Potato with Tuna Mayonnaise  
**And for Pudding** Mini Flapjack with Seasonal Fruit Wedges

**Tuesday** Ranch Pie with Gravy  
**NEW** Vegetable Chilli with Rice  
 Spring Greens and Carrots  
 Jacket Potato with Coleslaw  
 'All Time Favourite' Toffee Cream Tart

**Roast Wednesday** Succulent Roast Pork with Apple Sauce and Gravy  
 Quorn Fillet  
 Roast Potatoes and Mixed Vegetables  
 Jacket Potato with Baked Beans  
 Summer Berry Crunch with Natural Yoghurt

**Thursday** Smokey Joe's Chicken with Pasta Twists  
 Vegetable Lasagne  
 Green Beans and Sweetcorn  
 Jacket Potato with Cheese  
 Chewy Bar

**Fishy Friday** Krispy Fish  
**NEW** Spanish Omelette  
 Chips with Garden Peas or Baked Beans  
 Jacket Potato with Cheese and Beans  
 Fruit Gateau

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 6 Mar • 27 Mar • 1 May • 22 May • 19 Jun • 10 Jul

**Did you know?**  
 The Summer Berry Crunch with Natural Yoghurt has berries bursting with Vitamin A which is good for your eyesight and the yoghurt is full of Calcium to help keep your bones strong!







# What's New?



Our Spring/Summer Menu is made up of delicious dishes that are nutritionally balanced and will help fuel your child for learning! New dishes include the wholesome **Ranch Pie** consisting of minced beef and a five-bean medley flavoured with smoked paprika in a tomato sauce topped with mashed potato; **Krispy Fish** is an innovative new product we have sourced which consists of a fish fillet coated with puffed rice – making it really crispy and gluten free; another new dish is our take on a **Hummingbird Cake** which includes mashed banana and pineapple to keep it naturally sweet and super tasty! During the summer term, we will also be offering a varied **packed lunch option** consisting of five tasty and nutritious options for children to choose from which, we believe, will help encourage independent choice.



## SPECIAL DIETS

If your child has a medically diagnosed allergy, intolerance or health condition, we can work with parents/guardians and health professionals to develop an individual menu for them. In order for us to provide a suitable menu, please complete our Special Diet Request Form which is available on our website – [www.norsecatering.co.uk](http://www.norsecatering.co.uk) – or from the school office.

## FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School meals the school can also get additional funding but you must apply for Norfolk County Council to confirm this to the Headteacher.

You may be eligible for a free school meal if as a parent or guardian you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

## FOOD SUPPLIERS

We are proud to work with a number of **local suppliers**. All poultry, pork and beef we use is traceable right back to the farm and are sourced from East Anglian suppliers.



## CONTACT DETAILS

**Norse Commercial Services, 280 Fifers Lane, Norwich, NR6 6EQ.**



Visit our fun and interactive website – [www.norsecatering.co.uk](http://www.norsecatering.co.uk) to see more information on our menus, allergen and nutrition information, where we get our ingredients from, our monthly downloadable recipes and, of course, our insightful monthly blog! You can also send us feedback, queries and menu suggestions on the enquiry page.



# Food Facts did you know?

## MENU INFORMATION

- We are very proud of our SILVER Food for Life accreditation – meaning over 75% of our menus are cooked from scratch! We are the only education caterer in East Anglia to have achieved this!
- Jacket Potatoes and a meat free alternative are available to pre-order daily. Please liaise with your school to check if this option is offered.
- Fresh Fruit, Salad and Milk Drink available daily.
- Please note that the menu may be subject to change to meet local needs.
- Our lunches provide your child with a healthy and nutritious two course meal that also engages and interests them.
- Our Spring/Summer menu has a breakdown of the main nutrients e.g. Protein, Fat, Carbohydrate and Saturated Fat as well as a full list of the 14 recognised allergens on our website [www.norsecatering.co.uk](http://www.norsecatering.co.uk). If you are unable to access the website, please ask your school for a hard copy.

Our dietician runs a special diet advice clinic between 4.30pm and 6pm, Tuesday's and Thursday's in term time – see our website for more information!

