



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.



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.

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.

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
Cheese Wrap Popcorn	Ham Roll Cucumber Sticks	Tuna Sandwich Carrot Batons	Cheese Topped Pasta Pot Cucumber Sticks	Egg Mayo Roll Carrot Batons
Fruit Bag Orange Cupcake	Sultana Bag Apple Flapjack	Popcorn Fruit Bag	Fruit Bag Beetroot Brownie	Fruit Pot Pot of Yoghurt

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

Week Two

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

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

Week Three

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

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