



# 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](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.

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](http://www.schools.norfolk.gov.uk)



Week One

# Jacket Potato Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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