




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 Fruit Bag Orange Cupcake	Ham Roll Cucumber Sticks Sultana Bag Apple Flapjack	Tuna Sandwich Carrot Batons Popcorn Fruit Bag	Cheese Topped Pasta Pot Cucumber Sticks Fruit Bag Beetroot Brownie	Egg Mayo Roll Carrot Batons 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 Fruit Bag Pot of Yoghurt	Ham Roll Cucumber Sticks Ice Cream Fruit Salad	Tuna Sandwich Carrot Batons Popcorn Apple Flapjack	Cheese Topped Pasta Pot Cucumber Sticks Fruit Bag Cupcake	Egg Mayo Roll Carrot Batons 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 Fruit Bag Pot of Yoghurt	Ham Roll Cucumber Sticks Sultana Bag Cocoa Oatcake	Cheese Sandwich Carrot Batons Popcorn Fruit Bag	Tuna Mayo Pasta Pot Popcorn Fruit Bag Jam Tart	Egg Mayo Roll Carrot Batons Fruit Pot Chewy Popcorn Bar

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