



Norse



Fresh Ideas Feeding Minds

# Autumn / Winter

## Menu 2021/22

We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible!

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](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.

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.

If you think you may be eligible for a **free school meal**, visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



[norsecatering.co.uk](http://norsecatering.co.uk)

Please note the menu may be subject to change to meet local needs.

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	(v) Margherita Pizza with Pasta Salad	<b>Mexican Beef and Baked Bean Chilli with Steamed Rice</b> <i>new</i>	Roast Chicken with Stuffing	<b>BBQ Chicken in a Tortilla Wrap with Potato Wedges</b> <i>new</i>	Breaded Fish Fingers
<b>Option 2 (v)</b>	Vegemince Curry with Steamed Rice	Cheesy Pasta	Quorn Fillet with Stuffing	<b>Vegemince Lasagne</b> <i>new</i>	Garden Vegetable Goujons
<b>Served with</b>	Sweetcorn	Vegetable Medley	Roast Potatoes Carrots, Cabbage and Gravy	Rainbow Salad	Chips Garden Peas or Baked Beans
<b>And for Pudding</b>	Jambuster Muffin	Cocoa Shortbread	Oaty Apple Crunch with Custard	Jelly with Fruit	Fresh Fruit Selection

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 1 Nov / 22 Nov / 13 Dec / 17 Jan / 7 Feb / 7 Mar / 28 Mar

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Breaded Chicken with Curry Dip and Savoury Rice	(v) Margherita Pizza with Pasta Salad	Sausages with Yorkshire Pudding	Beef Bolognese with Pasta	Breaded Fish Fingers
<b>Option 2 (v)</b>	<b>BBQ Quorn in a Tortilla Wrap with Potato Wedges</b> <i>new</i>	Mexican Veggie Bean Chilli with Steamed Rice	Vegetarian Sausage with Yorkshire Pudding	<b>Potato, Broccoli and Cauliflower Cheese Bake</b> <i>new</i>	Vegetarian Enchilada
<b>Served with</b>	Crunchy Vegetable Sticks	Sweetcorn	Mashed Potatoes Carrots, Green Beans and Gravy	Vegetable Medley	Chips Garden Peas or Baked Beans
<b>And for Pudding</b>	Flapjack with Apple Wedges	Fresh Fruit Selection	Pear and Ginger Sponge with Custard	Cornflake Tart	Lemon Cupcake

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 8 Nov / 29 Nov / 3 Jan / 24 Jan / 21 Feb / 14 Mar

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	(v) Margherita Pizza with Potato Wedges	Sweet and Sour Chicken with Steamed Rice	Roast Chicken with Stuffing and Gravy	Cottage Pie	Breaded Fish Fingers or Salmon Fingers
<b>Option 2 (v)</b>	Sweet Potato and Lentil Curry with Steamed Rice	<b>Quorn and Tomato Pasta Bake</b> <i>new</i>	Veggie Balls with Gravy	Italian Bean Bake	Cheese and Tomato Quiche
<b>Served with</b>	Crunchy Vegetable Sticks	Broccoli and Sweetcorn	Roast Potatoes and Vegetable Medley	Garden Peas and Carrots	Chips Garden Peas or Baked Beans
<b>And for Pudding</b>	Ice Cream Tub	Chewy Krispie Bar with Orange Wedges	Fresh Fruit Selection	Cocoa Pudding with Cocoa Sauce	Autumn Feast Muffin

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 15 Nov / 6 Dec / 10 Jan / 31 Jan / 28 Feb / 21 Mar