



Fresh Ideas Feeding Minds

Spring / Summer

Menu 2020

We hope you enjoy our Spring/Summer Menu, offering high quality, varied dishes that reflect the changing season. 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.

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.

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.

Fresh Bread, Salad, Fruit 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

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken with Lettuce and Garlic Mayo in a Wrap with Potato Wedges	Beef Bolognese with Pasta Twists	Roast Chicken with Stuffing	Margherita Pizza with Cous Cous	Breaded Fish Fingers
Option 2 (v)	Cheesy Pasta with Broccoli	Vegeballs in Tomato Sauce with Steamed Rice	Lentil Roast	Vegemince and Bean Chilli with Steamed Rice	Cheese and Tomato Quiche
Served with	Sweetcorn	Mixed Salad and Garlic Bread	Roast Potatoes, Spring Greens, Carrots and Gravy	Mixed Salad and Coleslaw	Chips Garden Peas or Baked Beans
And for Pudding	Bitesize Oaty Bar with Orange Segments	Dinky Doughnuts with Cocoa Dipping Sauce	Summer Berry and Apple Slice	Cherry Bakewell Cupcake	Fresh Fruit Salad

Jacket Potato with Choice of Fillings are available daily. **Please check with your school.**

Week One: 20 Apr / 11 May / 8 Jun / 29 Jun / 20 Jul / 21 Sept / 12 Oct

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza	Chicken and Sweetcorn Carbonara	Sausages with Yorkshire Pudding	Chicken Curry with Steamed Rice and Naan Bread	Crispy Fish Fillet
Option 2 (v)	Tomato and Courgette Frittata	Sweet Potato and Lentil Curry with Steamed Rice	Veggie Sausage with Yorkshire Pudding	Vegemince Bolognese with Pasta Twists	Cheese and Onion Pastry Parcel
Served with	Diced Potatoes and Mixed Salad	Broccoli and Carrots	Mashed Potatoes, Cauliflower, Garden Peas and Gravy	Vegetable Medley	Chips Garden Peas or Baked Beans
And for Pudding	Fresh Fruit Salad	Fruit and Jelly	Bitesize Flapjack with Apple Wedges	Toffee Cream Shortcake	Berry Muffin

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Week Two: 27 Apr / 18 May / 15 Jun / 6 Jul / 7 Sept / 28 Sept / 19 Oct

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Oriental Beef Meatballs with Steamed Rice	Margherita Pizza with Potato Wedges	Roast Chicken with Stuffing	Lasagne with Garlic Bread	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	Italian Bean Bake	Vegemince Curry with Steamed Rice	Vegetarian Roast	Vegetable Goujons with Potato Wedges	Falafel Burger
Served with	Vegetable Medley	Mixed Salad	Roast Potatoes Carrots, Green Beans and Gravy	Mixed Salad	Chips Garden Peas or Baked Beans
And for Pudding	Chewy Popcorn Bar	Fresh Fruit Salad	Beetroot Brownie	Ice Cream	Bitesize Shortbread with Melon Wedges

Jacket Potato with Choice of Fillings are available daily. **Please check with your school.**

Week Three: 4 May / 1 Jun / 22 Jun / 13 Jul / 14 Sept / 5 Oct