



# Fresh Ideas Feeding Minds

# Autumn / Winter

## Menu 2023/24

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 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 your child/children may be eligible for free school meals visit

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



## Week ONE

|                     | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---------------------|---|--|--|--|---|
| Option 1            | Margherita Pizza with Tomato Pasta (v)                          | Breaded Chicken Wrap with Potato Wedges and a Dip  | Roast Chicken with Stuffing and Roast Potatoes                     | Beef Burrito Bake with Steamed Rice                              | Breaded Fish Fingers  |
| Option 2            | Sweet Potato and Lentil Curry with Steamed Rice (v)             |  Plant Balls with Tomato Sauce and Pasta (Ve) | Vegemince Cottage Pie (v)  | Loaded Tomato and Bean Bake (v)                                  | Garden Vegetable Goujons (v)  |
| Served with         | Mixed Salad   | Peas and Sweetcorn   | Carrots, Cabbage and Gravy   | Mixed Vegetables   | Chips and Peas<br>or Baked Beans  |
| Jacket Potato       | With Baked Beans  | With Tuna Mayo   | With Cheese  | With Cheese and Baked Beans                                      | With Cheese and Baked Beans   |
| Pudding of the Day  | Mixed Berry Mousse<br>or Frozen Strawberry Smoothie             | Cocoa Sponge with Cocoa Sauce  | Shortbread with Fruit Wedges                                       | Fresh Fruit Selection  | Lemon Drizzle Cake  |
| Packed Lunch Option | Cheese Wrap<br>Plus a selection of sides and Pudding of the Day | Cheese and Tomato Pasta Pot<br>Plus a selection of sides and Pudding of the Day  | Tuna Mayo Wrap<br>Plus a selection of sides and Pudding of the Day | Ham sandwich<br>Plus a selection of sides and Pudding of the Day | Vegetable Goujons in a home-made roll<br>Plus a selection of sides and Pudding of the Day |

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

## Week TWO

|                     | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------------|---|---|--|--|---|
| Option 1            | Margherita Pizza with Potato Wedges (v)                         | Chipolata Sausages  | Chicken Pie with Mashed Potato                                     | Chicken and Pesto Pasta  | Breaded Fish Fingers  |
| Option 2            | Tex Mex Chilli with Steamed Rice (v)                            |  Plant-Powered Sausages (Ve) | Cheese and Potato Pie (v)  | BBQ Quorn Loaded Wedges (v)                                      | Baked Vegetable Burger (v)  |
| Served with         | Sweetcorn   | Hash Browns and Baked Beans or Peas   | Green Beans, Carrots and Gravy                                     | Mixed Vegetables   | Chips and Peas<br>or Baked Beans  |
| Jacket Potato       | With Baked Beans  | With Tuna Mayo  | With Cheese  | With Cheese and Baked Beans                                      | With Cheese and Baked Beans   |
| Pudding of the Day  | Cocoa Krispie Cake  | Fresh Fruit Selection   | Fruit Jelly  | Oaty Apple Crunch  | Iced Sprinkle Cake  |
| Packed Lunch Option | Cheese Wrap<br>Plus a selection of sides and Pudding of the Day | Cheese and Tomato Pasta Pot<br>Plus a selection of sides and Pudding of the Day                               | Tuna Mayo Wrap<br>Plus a selection of sides and Pudding of the Day | Ham Sandwich<br>Plus a selection of sides and Pudding of the Day | Vegetable Goujons in a home-made roll<br>Plus a selection of sides and Pudding of the Day |

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

## Week THREE

|                     | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---------------------|---|---|--|--|---|
| Option 1            | Margherita Pizza with Pesto Pasta (v)                           | Chicken Curry with Steamed Rice   | Roast Beef with Yorkshire Pudding                                  | Pork and Carrot Meatballs with Tomato Sauce and Pasta            | Breaded Fish Fingers  |
| Option 2            | Sweet and Sour Quorn with Noodles (v)                           | Cheesy Pasta (v)  | Plant Sausages with Yorkshire Pudding (v)                          | Quorn Fajita Wrap with Steamed Rice (v)                          | Cheese and Potato Pastry Pinwheel (v)   |
| Served with         | Mixed Salad   | Mixed Vegetables  | Mashed Potato, Peas, Carrots and Gravy                             | Sweetcorn  | Chips and Peas<br>or Baked Beans  |
| Jacket Potato       | With Baked Beans  | With Tuna Mayo  | With Cheese  | With Cheese and Baked Beans                                      | With Cheese and Baked Beans   |
| Pudding of the Day  | Cocoa Cupcake   | Vanilla Ice Cream   | Fresh Fruit Selection  | Autumn Apple Cake with Custard                                   | Flapjack with Fruit Wedges  |
| Packed Lunch Option | Cheese Wrap<br>Plus a selection of sides and Pudding of the Day | Cheese and Tomato Pasta Pot<br>Plus a selection of sides and Pudding of the Day | Tuna Mayo Wrap<br>Plus a selection of sides and Pudding of the Day | Ham Sandwich<br>Plus a selection of sides and Pudding of the Day | Vegetable Goujons in a home-made roll<br>Plus a selection of sides and Pudding of the Day |

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar