

Fresh Ideas Feeding Minds

Spring / Summer Menu 2022

Introducing our Spring/Summer School Lunch Menu,
offering high quality, 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

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 a
free school meal visit

www.gov.uk/apply-free-school-meals

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Potato Wedges	NEW Spanish Chicken with Steamed Rice	Roast Chicken with Stuffing	Beef Bolognese with Pasta Twists	Breaded Fish Fingers
Option 2 (v)	Oriental Quorn with Noodles	Vegemince Bolognese with Pasta Twists	Quorn Fillet with Stuffing	Sweet Potato and Lentil Curry with Steamed Rice	Baked Tomato and Courgette Omelette
Served with	Sweetcorn	Mixed Salad	Roast Potatoes, Carrots, Green Beans and Gravy	Mixed Vegetables	Chips and Garden Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Baked Beans and Salad or Vegetables of the Day	Jacket Potato with Cheese and Salad or Vegetables of the Day	Jacket Potato with Tuna Mayo and Salad or Vegetables of the Day	Jacket Potato with Cheese and Beans and Salad or Vegetables of the Day	Jacket Potato with Cheese and Salad or Vegetables of the Day
And for pudding	Vanilla Ice Cream	Beetroot Brownie	Oaty Bar with Apple Wedges	Fresh Fruit Selection	NEW Banana Cupcake

Week One: 18 Apr | 9 May | 6 June | 27 June | 18 July | 19 Sept | 10 Oct

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken with Mayo and Lettuce in a Wrap with Potato Wedges	(v) Margherita Pizza with Pasta Salad	NEW Roast Beef with Yorkshire Pudding and Mashed Potato	Chicken Curry with Steamed Rice	Breaded Fish Fingers
Option 2 (v)	Quorn and Tomato Pasta Bake	Veggie Bean Chilli with Steamed Rice	Vegemince Cottage Pie	Italian Bean Bake	Cheese and Onion Pastry Pinwheel
Served with	Crunchy Vegetable Sticks	Sweetcorn	Carrots, Garden Peas and Gravy	Broccoli and Herby Bread	Chips and Garden Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Cheese and Salad or Vegetables of the Day	Jacket Potato with Baked Beans and Salad or Vegetables of the Day	Jacket Potato with Tuna Mayo and Salad or Vegetables of the Day	Jacket Potato with Cheese and Beans and Salad or Vegetables of the Day	Jacket Potato with Cheese and Salad or Vegetables of the Day
And for pudding	Apple Flapjack	Fruit Jelly	Fresh Fruit Selection	NEW Summer Berry Muffin	Cocoa Shortbread with a Melon Wedge

Week Two: 25 Apr | 16 May | 13 June | 4 July | 5 Sept | 26 Sept | 17 Oct

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	NEW All Day Breakfast Local Pork Sausages	(v) Mac 'n' Cheese	Roast Chicken with Stuffing	(v) Margherita Pizza	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	NEW Vegetarian All Day Breakfast Vegetarian Sausage	BBQ Quorn Strips in a Wrap with Potato Wedges	Vegetarian Roast	Vegetarian Enchilada	Garden Vegetable Goujons
Served with	Hash Browns, Omelette and Baked Beans	Mixed Vegetables	Mashed Potato, Spring Greens, Carrots and Gravy	Sunshine Couscous and Mixed Salad	Chips and Garden Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Cheese and Salad or Vegetables of the Day	Jacket Potato with Baked Beans and Salad or Vegetables of the Day	Jacket Potato with Tuna Mayo and Salad or Vegetables of the Day	Jacket Potato with Cheese and Beans and Salad or Vegetables of the Day	Jacket Potato with Cheese and Salad or Vegetables of the Day
And for pudding	Iced Lemon Cupcake	NEW Fruit Smoothie Ice Cream	NEW Marble Cake	Fresh Fruit Selection	Cocoa Krispie Bar with Orange Wedges

Week Three: 2 May | 23 May | 20 June | 11 July | 12 Sept | 3 Oct