

Feeding Minds

Autumn / Winter

Menu 2016 / 17

By **Norse**

Food Facts

MENU INFORMATION

We are very proud of our **SILVER** Food for Life accreditation – meaning over 75% of our menus are cooked from scratch! We are the only education caterer in East Anglia to have achieved this!

Jacket Potatoes and a meat free alternative are available to pre-order daily. Please liaise with your school to check if this option is offered.

Fresh Fruit, Salad and Milk Drink available daily.

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

Our lunches provide your child with a healthy and nutritious two course meal that also engages and interests them.

Our Autumn/Winter menu has a breakdown of the main nutrients e.g. Protein, Fat, Carbohydrate and Saturated Fat as well as a full list of the 14 recognised allergens on our website www.norsecatering.co.uk. If you are unable to access the website, please ask your school for a hard copy.

Printed on recycled paper

What's New?

We hope you enjoy our Autumn/Winter Menu, offering high quality products with variety and choice that reflects the changing season. Our menu includes some delicious dishes that are nutritionally balanced and will help fuel your child for learning! Our Menu includes; succulent **Roast Pork with all the Trimmings**, a tasty **Chicken Pitta Pocket with Red Cabbage Slaw**, flavoursome **Sweet and Sour Veggie Strips** and the Winter-warming **Pear and Ginger Sponge**!

**change
4 life**
Eat well Move more Live longer

In support of the '**Change4Life**' programme, our menu team have been working with our Nutritionist to assess and reduce the sugar content in our recipes. We are pleased to report that we have achieved a reduction in sugar of over 25% without impacting the taste or appeal of our delicious desserts.

SPECIAL DIETS

If your child has a medically diagnosed allergy, intolerance or health condition, we can work with parents/guardians and health professionals to develop an individual menu for them. In order for us to provide a suitable menu, please complete our Special Diet Request Form which is available on our website – www.norsecatering.co.uk – or from the school office.

FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School meals the school can also get additional funding but you must apply for Norfolk County Council to confirm this to the Headteacher.

You may be eligible for a free school meal if as a parent or guardian you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

FOOD SUPPLIERS

We are proud to work with a number of **local suppliers**. All poultry, pork and beef we use is traceable right back to the farm and are sourced from East Anglian suppliers.



CONTACT DETAILS

Norse Commercial Services, 280 Fifers Lane, Norwich, NR6 6EQ.



Visit our new fun and interactive website – www.norsecatering.co.uk to see more information on our menus, allergen and nutrition information, where we get our ingredients from, our monthly downloadable recipes and, of course, our insightful monthly blog! You can also send us feedback, queries and menu suggestions on the enquiry page.



Week One

Monday

Option 1

NEW

Breaded Chicken Strips with a Dip and Baked Jacket Wedges

Option 2 (v)

Served With

Sweet and Sour Veggie Strips with Steamed Rice

NEW RECIPE

Garden Peas and Sweetcorn

Tasty Cheesy Pasta

Broccoli and Sweetcorn

And for Pudding

Mini Krispie Bar with Seasonal Fruit Wedges

Available Each Day

Tuesday

Mild Beef Enchilada Bake with Steamed Rice

Wednesday

Delicious Roast Chicken with Stuffing and Gravy

Golden Vegemince Pasty

Roast Potatoes, Cabbage and Carrots

Fruity Wednesday with Yoghurt Dip

Thursday

Sausage with Tomato Pasta and Hand-Made Herby Bread

Mild Lentil and Sweet Potato Curry with Steamed Rice

Crunchy Mixed Salad

Seasonal Fruit Crumble with Custard

Friday

Breaded Fish Fingers

Oven-Baked Cheese Omelette

Chips with Garden Peas or Baked Beans

Carrot Cake

Did you know?
Norse serves over 4.8 million school meals every year – that's a lot of happy customers!

Option 1

Option 2 (v)

Served With

And for Pudding

Available Each Day

Week starting: 12 Sep • 3 Oct • 31 Oct • 21 Nov • 12 Dec • 23 Jan



Week Two

Monday

Chicken Korma with Steamed Rice and Hand-Made Naan Bread

Vegetarian Bolognese with Pasta

Broccoli

Mini Oaty Bar with Seasonal Fruit Wedges

Pear and Ginger Sponge with Vanilla Custard

Tuesday

Tasty Pork Meatballs with Onion Gravy and Creamy Mash

Country Vegetable Flan with a Jacket Potato Half

Mixed Winter Vegetables

NEW

Sliced Potato Bake, Cauliflower and Carrots

Fruity Wednesday with Yoghurt Dip

Wednesday

Traditional Roast Beef with Yorkshire Pudding and Gravy

Quorn Fillet

NEW

Mild Vegetarian Enchilada with Steamed Rice

Sweetcorn

Thursday

Mediterranean Chicken with Pasta Twists

NEW

Harry Ramsden's Fish Fillet

Veggie Fingers

Friday

Chips with Garden Peas or Baked Beans

Zesty Lemon Muffin

Bakewell Tart with Custard

Fresh fruit, salad, bread, milk and water
Jacket potato option (please check with your school for availability)

Week Three

Monday

Option 1

Hand-Made Margherita Pizza

Option 2 (v)

BBQ Quorn Fillet

Served With

Tossed Pasta Salad, Garden Peas and Sweetcorn

And for Pudding

Mini Shortbread with Seasonal Fruit Wedges

Available Each Day

Tuesday

Hearty Beef and Vegetable Pie with Gravy and Mashed Potatoes

Cheese and Potato Pie

Carrot and Green Bean Medley

Fruit Yoghurt

Wednesday

Succulent Roast Pork Loin with Apple Sauce and Gravy

Tasty Lentil Roast

Roast Potatoes, Cauliflower and Carrots

Fruity Wednesday with Yoghurt Dip

Thursday

Chicken Pitta Pocket with Steamed Rice

Vegeballs in Tomato Sauce with Pasta

Red Cabbage Slaw

Sponge Pudding with Sauce

Friday

Breaded Fish Fingers or Salmon Fingers

Quorn Sausage

Chips with Garden Peas or Baked Beans

Fruity Flapjack

Fresh fruit, salad, bread, milk and water
Jacket potato option (please check with your school for availability)

Week starting: 19 Sep • 10 Oct • 7 Nov • 28 Nov • 9 Jan • 30 Jan

Did you know?

Working with our Nutritionist, we have reduced the sugar content in all of our dessert recipes by over 25%!



Did you know?

We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in fibre!

