




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](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.



Fresh Bread, Salad, Fruit, Milk Drink and Water are available daily!

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



[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
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 Jelly	Bitesize Flapjack with Apple Wedges	Toffee Cream Shortcake	Berry Muffin

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

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 Noodles	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 Savoury 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

**Week One**

# Jacket Potato Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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

**Week Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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

**Week Three**

Monday	Tuesday	Wednesday	Thursday	Friday
Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese and Coleslaw	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese and Baked Beans	Jacket Potato with Cheese
Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day	Salad or Vegetables of the Day
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day

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

**Week One**

# Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Roll	Tuna Sandwich	Egg Mayo Roll	Cheese Topped Pasta Pot
Carrot Batons	Popcorn	Cucumber Batons	Carrot Batons	Popcorn
Bitesize Oaty Bar	Dinky Doughnuts	Fruit Bag	Sultana Bag	Fruit Bag
Orange Wedges	Apple Wedges	Fruit Yoghurt	Cherry Bakewell Cupcake	Shortbread

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

**Week Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Roll	Tuna Sandwich	Egg Mayo Roll	Cheese Topped Pasta Pot
Carrot Batons	Popcorn	Cucumber Batons	Carrot Batons	Popcorn
Melon Wedge	Fruit Bag	Fruit Bag	Sultana Bag	Fruit Bag
Fruit Yoghurt	Fruit Jelly	Flapjack	Shortbread	Berry Muffin

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

**Week Three**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap	Ham Roll	Tuna Pasta Pot	Egg Mayo Roll	Cheese Sandwich
Carrot Batons	Popcorn	Cucumber Batons	Carrot Batons	Popcorn
Chewy Popcorn Bar	Fruit Bag	Fruit Bag	Sultana Bag	Fruit Bag
Apple Wedges	Fruit Yoghurt	Beetroot Brownie	Ice Cream Tub	Shortbread

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