



Fresh Ideas Feeding Minds

Spring / Summer

Menu 2023

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	Margherita Pizza with Potato Wedges	Pork and Carrot Meatballs in Tomato Sauce with Pasta	Roast Chicken with Stuffing	Sticky Chicken with Savoury Rice	Fish Fingers
Option 2 (v)	Vegemince Chilli with Steamed Rice	Italian Bean Bake	Lentil Roast	Cheesy Pasta	Cheese and Potato Pastry Pinwheel
Served with	Sweetcorn	Mixed Vegetables	Roast Potatoes, Peas, Carrots and Gravy	Mixed Salad	Chips, Peas or Baked Beans
And for Pudding	Cocoa Cupcake	Fresh Fruit Selection	Summer Berry Muffin	Vanilla Ice Cream	Zesty Lemon Shortbread with Orange Wedges
Packed Lunch Option	Ham or Cheese Sandwich, Cucumber Sticks, Sultanas, Fruit Portion and Cocoa Cupcake	Ham or Cheese Sandwich, Pizza Finger, Carrot Sticks, Fruit Portion and Fruit Yogurt	Tuna Mayo or Cheese Wrap, Cucumber Sticks, Sultanas, Apple Wedges and Summer Berry Muffin	Cheese and Tomato Pasta Pot, Carrot Sticks, Sultanas, Fruit Portion and Ice Cream Tub	Ham Salad or Cheese Salad Wrap, Cucumber Sticks, Cheese Straw, Orange Wedges and Lemon Shortbread

Week One: 17 Apr | 8 May | 5 Jun | 26 June | 17 Jul | 18 Sept | 9 Oct

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Pasta Salad	BBQ Chicken Loaded Wedges	Chipolata Sausages and Yorkshire Pudding	Beef Bolognese with Pasta Twists	Fish Fingers
Option 2 (v)	Sweet Potato and Lentil Curry with Steamed Rice	Vegemince Bolognese with Pasta Twists	Vegetarian Sausage and Yorkshire Pudding	Quorn Fajita Wrap with Savoury Rice	Garden Vegetable Goujons
Served with	Vegetable Sticks	Peas and Sweetcorn	Mashed Potatoes, Mixed Vegetables and Gravy	Mixed Salad	Chips, Peas or Baked Beans
And for Pudding	Fruit Yoghurt	Beetroot Brownie	Fresh Fruit Selection	Toffee Cream Shortcake	Flapjack with Apple Wedges
Packed Lunch Option	Ham or Cheese Sandwich, Cucumber Sticks, Sultanas, Fruit Portion and Fruit Yogurt	Ham or Cheese Sandwich, Pizza Finger, Carrot Sticks, Fruit Portion and Beetroot Brownie	Tuna Mayo or Cheese Wrap, Cucumber Sticks, Sultanas, Fruit Portion and Fruit Yogurt	Cheese and Tomato Pasta Pot, Carrot Sticks, Sultanas, Fruit Portion and Toffee Cream Shortcake	Ham Salad or Cheese Salad Wrap, Cucumber Sticks, Cheese Straw, Apple Wedges and Flapjack

Week Two: 24 Apr | 15 May | 12 Jun | 3 Jul | 4 Sept | 25 Sept | 16 Oct

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Tomato Pasta Salad	Pork Sausage in a Homemade Roll	Roast Chicken with Stuffing and Roast Potatoes	Chicken Fajita Wrap with Steamed Rice	Fish Fingers or Salmon Fingers
Option 2 (v)	Mild Teriyaki Quorn with Noodles	Vegetarian Sausage in a Homemade Roll	Cheese and Potato Pie	Summer Vegetable Omelette with Pasta Salad	Homemade Veggie Burger
Served with	Sweetcorn	Potato Wedges and Baked Beans	Green Beans, Carrots and Gravy	Mixed Salad	Chips, Peas or Baked Beans
And for Pudding	Orange Cupcake	Fresh Fruit Selection	Cocoa Crunch	Strawberry Mousse	Chewy Krispie Bar with a Melon Wedge
Packed Lunch Option	Ham or Cheese Sandwich, Cucumber Sticks, Sultanas, Fruit Portion and Orange Cupcake	Ham or Cheese Sandwich, Pizza Finger, Carrot Sticks, Fruit Portion and Fruit Yogurt	Tuna Mayo or Cheese Wrap, Cucumber Sticks, Sultanas, Fruit Portion and Cocoa Crunch	Cheese and Tomato Pasta Pot, Carrot Sticks, Sultanas, Fruit Portion and Strawberry Mousse	Ham Salad or Cheese Salad Wrap, Cucumber Sticks, Cheese Straw, Melon Wedge and Chewy Krispie Bar

Week Three: 1 May | 22 May | 19 Jun | 10 Jul | 11 Sept | 2 Oct