

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](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 a  
**free school meal 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 Potato Wedges	Pork and Carrot Meatballs in Tomato Sauce with Pasta Bows	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	Garden Vegetable Goujons
Served with	Baked Beans	Mixed Vegetables	Roast Potatoes, Peas, Carrots and Gravy	Mixed Salad	Chips, Peas <b>or</b> Baked Beans
And for pudding	Cocoa Cupcake	Fresh Fruit Selection	Summer Berry Muffin	Vanilla Ice Cream	Zesty Lemon Shortbread with Orange Wedges

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	<b>Butcher's Best</b> 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	Baked Beans	Peas and Sweetcorn	Mashed Potatoes, Mixed Vegetables and Gravy	Mixed Salad	Chips, Peas <b>or</b> Baked Beans
And for pudding	Fruit Yoghurt	Beetroot Brownie	Fresh Fruit Selection	Toffee Cream Shortcake	Flapjack with Apple Wedges

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	<b>Butcher's Best</b> Pork Sausage in a Homemade Roll	Roast Chicken with Stuffing and Roast Potatoes	Chicken Fajita Wrap with Steamed Rice	Fish Fingers <b>or</b> 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	Garden Vegetable Goujons
Served with	Baked Beans	Potato Wedges and Baked Beans	Green Beans, Carrots and Gravy	Mixed Salad	Chips, Peas <b>or</b> Baked Beans
And for pudding	Orange Cupcake	Fresh Fruit Selection	Cocoa Crunch	Strawberry Mousse	Chewy Krispie Bar with a Melon Wedge

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