



# Fresh Ideas Feeding Minds

# Spring / Summer

## Menu 2019

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
<b>Option 1</b>	Quorn Chipolatas with Omelette	Tuna and Tomato Pasta Bake <b>NEW!</b>	Roast Chicken with Stuffing	Beef Enchilada Bake with Savoury Rice	Breaded Fish Fingers
<b>Option 2 (v)</b>	Garden Vegetable Goujons	Margherita Pizza with Potato Wedges	Lentil Roast	Sweet and Sour Quorn with Noodles <b>NEW!</b>	Vegetable Frittata
<b>Served with</b>	Hash Brown and Baked Beans	Mixed Salad and Coleslaw	Roast Potatoes, Broccoli, Carrots and Gravy	Green Beans and Sweetcorn	Chips, Garden Peas and Baked Beans
<b>And for Pudding</b>	Chewy Bar with Melon Wedge	Homemade Sponge with Sauce	Fresh Fruit Salad	Vanilla Ice Cream	Summer Berry Muffin

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week One: 22 Apr / 13 May / 10 Jun / 1 Jul / 22 Jul / 16 Sept / 7 Oct

**Week Two**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Margherita Pizza with Potato Wedges	Oriental Chicken with Noodles <b>NEW!</b>	Roast Pork with Apple Sauce	Chicken Meatballs with a Wrap, BBQ Sauce and Steamed Rice	Crispy Fish Fillet
<b>Option 2 (v)</b>	Vegetarian Bolognese with Pasta	Italian Bean Bake	Quorn Chipolatas	Cheesy Pasta	Cheese and Tomato Quiche
<b>Served with</b>	Mixed Salad and Sweetcorn	Vegetable Medley	Roast Potatoes, Cabbage, Carrots and Gravy	Summer Salad	Chips, Garden Peas and Baked Beans
<b>And for Pudding</b>	Zesty Shortbread with Orange Wedges	Peach Eton Mess <b>NEW!</b>	Fresh Fruit Salad	Beetroot Brownie Slice	Oaty Bar

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Two: 29 Apr / 20 May / 17 Jun / 8 Jul / 2 Sept / 23 Sept / 14 Oct

**Week Three**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Margherita Pizza with Herby Diced Potatoes	Chicken Curry with Steamed Rice and Naan Bread	Sausages with Yorkshire Pudding	Beef and Macaroni Bake <b>NEW!</b>	Breaded Fish Fingers or Salmon Fingers
<b>Option 2 (v)</b>	Vegetarian Bean Chilli with Steamed Rice	Vegetable Lasagne <b>NEW!</b>	Vegemince Pasty	Sweet Potato and Lentil Curry with Steamed Rice	Quorn Burger
<b>Served with</b>	Mixed Salad and Coleslaw	Green Beans and Sweetcorn	Mashed Potatoes, Garden Peas, Carrots and Gravy	Vegetable Medley	Chips, Garden Peas and Baked Beans
<b>And for Pudding</b>	Flapjack with Apple Wedges	Summer Fruit Jelly	Fresh Fruit Salad	Toffee Cream Tart	Lemon Cupcake

Filled Jacket Potatoes and Packed Lunch Options are available daily. Please check with your school.

Week Three: 6 May / 3 Jun / 24 Jun / 15 Jul / 9 Sept / 30 Sept