



# Fresh Ideas Feeding Minds

# Autumn / Winter

## Menu 2019/20



We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using seasonal produce. 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)



**Week One**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Margherita Pizza with Jacket Potato Wedges <b>(v)</b>	Chicken Curry with Steamed Rice and Naan Bread	Sausages with Yorkshire Pudding	Oriental Chicken with Noodles	Breaded Fish Fingers
<b>Option 2 (v)</b>	Vegemince Curry with Steamed Rice <b>NEW!</b>	Vegetable Lasagne	Quorn Sausage with Yorkshire Pudding	Mediterranean Vegetable and Potato Layered Bake <b>NEW!</b>	Spanish Omelette
<b>Served with</b>	Garden Peas and Sweetcorn	Vegetable Medley	Mashed Potatoes, Carrots, Cabbage and Gravy	Broccoli and Sweetcorn	Chips, Garden Peas or Baked Beans
<b>And for Pudding</b>	Orange Cupcake <b>NEW!</b>	Apple Crumble with Custard	Fresh Fruit Salad	Beetroot Brownie	Fresh Fruit Selection

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

Week One: 28 Oct / 18 Nov / 9 Dec / 13 Jan / 3 Feb / 2 Mar / 23 Mar

**Week Two**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Beef Burger in a Roll with Diced Potatoes	Pork and Bean Hotpot <b>NEW!</b>	Roast Chicken with Stuffing	Pasta Bolognese	Crispy Fish Fillet
<b>Option 2 (v)</b>	Oriental Quorn Strips with Noodles	Cheesy Pasta	Lentil Roast	BBQ Quorn Fillet with Steamed Rice	Garden Vegetable Goujons
<b>Served with</b>	Mixed Salad	Vegetable Medley	Roast Potatoes, Carrots, Swede and Gravy	Broccoli and Sweetcorn	Chips, Garden Peas or Baked Beans
<b>And for Pudding</b>	Fresh Fruit Selection	Pancake with Ice Cream	Apple Flapjack	Sponge with Sauce	Fresh Fruit Selection

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

Week Two: 4 Nov / 25 Nov / 16 Dec / 20 Jan / 10 Feb / 9 Mar / 30 Mar

**Week Three**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Margherita Pizza with Diced Potatoes <b>(v)</b>	Hunter's Chicken with Steamed Rice	Roast Beef with Yorkshire Pudding and Mashed Potatoes	Chicken with Mediterranean Pasta	Breaded Fish Fingers or Salmon Fingers
<b>Option 2 (v)</b>	Vegetarian Bean Chilli with Steamed Rice	Sweet Potato and Spinach Pasty with Curry Sauce and Jacket Wedges <b>NEW!</b>	Vegemince Cottage Pie	Italian Bean Bake	Cheese and Tomato Quiche
<b>Served with</b>	Mixed Salad	Vegetable Medley	Carrots, Green Beans and Gravy	Mixed Salad	Chips, Garden Peas or Baked Beans
<b>And for Pudding</b>	Fresh Fruit Salad	Mini Cocoa Oatcake with Orange Wedges	Fresh Fruit Salad	Toffee Cream Tart	Chewy Popcorn Bar <b>NEW!</b>

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

Week Three: 11 Nov / 2 Dec / 6 Jan / 27 Jan / 24 Feb / 16 Mar