


Autumn / Winter

Menu 2024/25




Introducing our Autumn/Winter School Lunch Menu, offering **high quality**, varied dishes using **local** and **seasonal** ingredients where possible!

Did you know?

All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from **East Anglian** suppliers.

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.



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



If you think your child/children may be eligible for a **FREE** school meal visit www.gov.uk/apply-free-school-meals

www.norsecatering.co.uk

Please note the menu may be subject to change to meet local needs.

1

Monday

Tuesday

Wednesday

Thursday

Friday

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| Hot Option 1 | Margherita Pizza with Potato Wedges (v) | Breaded Chicken with a Dip and Mexican Rice | Chipolata Sausages, Yorkshire Pudding, Mashed Potato and Gravy | Beef Bolognese with Pasta | Breaded Fish Fingers and Chips |
| Hot Option 2 | Tex Mex Chilli with Steamed Rice (v) | Cheese and Tomato Pasta Bake (v) | Plant Sausages, Yorkshire Pudding, Mashed Potato and Gravy (v) | Sweet Potato and Lentil Curry with Steamed Rice (v) | Garden Vegetable Goujons and Chips (v) |
| Jacket Potato | Jacket Potato available daily with a choice of fillings: Tuna Mayo, Cheese, Baked Beans, Cheese and Baked Beans or Plain | | | | |
| Served with | Crunchy Vegetable Sticks | Sweetcorn | Broccoli and Carrots | Mixed Vegetables | Peas or Baked Beans |
| And for Pudding | Lemon Cupcake | Pear and Ginger Sponge with Custard | Oaty Cookie | Beetroot Brownie | Vanilla Crunch Bar with Apple Wedges |
| Packed Lunch | Ham or Cheese or Tuna Sandwich, Salad Sticks, Popcorn, Lemon Cupcake | Ham or Cheese or Tuna Sandwich, Pizza Finger, Melon Wedge, Pear and Ginger Cake | Cheese and Tomato Pasta Pot, Salad Sticks, Sultanas, Oaty Cookie | Ham or Cheese or Tuna Sandwich, Salad Sticks, Popcorn, Beetroot Brownie | Cheese and Tomato Pasta Pot, Sultanas, Apple Wedges, Vanilla Crunch Bar |

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar — Fresh Fruit Available Daily

2

Monday

Tuesday

Wednesday

Thursday

Friday

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|-----------------|---|---|--|--|--|
| Hot Option 1 | Margherita Pizza with Potato Wedges (v) | Beef Burrito Bake with Steamed Rice | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Pork and Carrot Meatballs in Tomato Sauce with Pasta | Breaded Fish Fingers and Chips |
| Hot Option 2 | Spanish Omelette with Potato Wedges (v) | BBQ Plant Balls with Pasta (v) | Cheese and Potato Pie with Gravy (v) | Vegetable Risotto (v) | Vegetarian Enchilada and Chips (v) |
| Jacket Potato | Jacket Potato available daily with a choice of fillings: Tuna Mayo, Cheese, Baked Beans, Cheese and Baked Beans or Plain | | | | |
| Served with | Baked Beans | Mixed Salad | Cabbage and Carrots | Peas and Sweetcorn | Peas or Baked Beans |
| And for Pudding | Autumn Feast Muffin | Vanilla Ice Cream | Toffee Cream Shortbread | Apple Crumble with Custard | Flapjack with Orange Wedges |
| Packed Lunch | Ham or Cheese or Tuna Sandwich, Salad Sticks, Popcorn, Autumn Feast Muffin | Ham or Cheese or Tuna Sandwich, Pizza Finger, Orange Wedges, Cocoa Mousse | Cheese and Tomato Pasta Pot, Salad Sticks, Sultanas, Toffee Cream Shortbread | Ham or Cheese or Tuna Sandwich, Popcorn, Melon Wedge, Fruit Yogurt | Cheese and Tomato Pasta Pot, Salad Sticks, Orange Wedges, Flapjack |

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar — Fresh Fruit Available Daily

3

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | | |
|-----------------|---|--|---|---|---|
| Hot Option 1 | Margherita Pizza with Tomato Pasta (v) | Chicken Curry with Steamed Rice | Roast Chicken with Stuffing, Roast Potatoes and Gravy | Beef Burger in a Roll with Potato Wedges | Breaded Fish Fingers and Chips |
| Hot Option 2 | Vegemince Curry with Steamed Rice (v) | Cheesy Pasta (v) | Lentil Roast with Roast Potatoes and Gravy (v) | Homemade Bean Burger in a Roll with Potato Wedges (v) | Cheese and Potato Pastry Pinwheel with Chips (v) |
| Jacket Potato | Jacket Potato available daily with a choice of fillings: Tuna Mayo, Cheese, Baked Beans, Cheese and Baked Beans or Plain | | | | |
| Served with | Sweetcorn | Mixed Vegetables | Carrots and Green Beans | Coleslaw, Peas and Sweetcorn | Peas or Baked Beans |
| And for Pudding | Cocoa Sponge with Sauce | Vanilla Ice Cream | Shortbread with Apple Wedges | Fruit and Jelly | Iced Sprinkle Cake |
| Packed Lunch | Ham or Cheese or Tuna Sandwich, Salad Sticks, Popcorn, Cocoa Sponge | Ham or Cheese or Tuna Sandwich, Pizza Finger, Melon Wedge, Vanilla Ice Cream | Cheese and Tomato Pasta Pot, Salad Sticks, Apple Wedges, Shortbread | Ham or Cheese or Tuna Sandwich, Popcorn, Orange Wedges, Jelly | Cheese and Tomato Pasta Pot, Salad Sticks, Sultanas, Iced Sprinkle Cake |

Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar — Fresh Fruit Available Daily