

Feeding Minds

Spring/Summer Menu 2018

By **Norse**

Food Facts

Did you know?
Our dietician runs a special diet advice clinic between 4.30pm and 6pm on Tuesday's in term time – see our website for more information!

MENU INFORMATION

- We are very proud of our **GOLD** Food for Life accreditation – meaning over 80% of our menus are cooked from scratch! We are the **only** education caterer in East Anglia to have achieved this!
- Jacket Potatoes and a meat free alternative are available to pre-order daily. Please liaise with your school to check if this option is offered.
- Fresh Fruit, Salad and Milk Drink available daily.
- Please note that the menu may be subject to change to meet local needs.
- Our lunches provide your child with a healthy and nutritious two course meal that also engages and interests them.
- Our Spring/Summer menu has a breakdown of the main nutrients e.g. Protein, Fat, Carbohydrate and Saturated Fat as well as a full list of the 14 recognised allergens on our website www.norsecatering.co.uk. If you are unable to access the website, please ask your school for a hard copy.

What's New?

We hope you enjoy our new Spring/Summer Menu, offering high quality products with variety and choice that reflects the changing season. Our menu includes some delicious dishes that are nutritionally balanced and will help fuel your child for learning! Our menu includes new dishes such as; **Mild Teriyaki Beef** is a delicious dish consisting of minced beef with onions and peppers in a delicate soy, garlic and ginger sauce;



Vegetarian Bean Chilli includes a mixture of five different types of beans plus vegemince flavoured with mild chilli spice, onions and

tomatoes which has been really popular in our student council menu trials; **Summer Berry Eaton Mess** is our own take on the traditional 'Eaton Mess' with mixed berries and cream topped with home-made meringue pieces – perfect for the summer months! 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.

FREE SCHOOL MEALS

You may be eligible for a free school meal if as a parent or guardian you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190.

SPECIAL DIETS

If your child has a medically diagnosed allergy, intolerance or health condition, we can work with parents/guardians and health professionals to develop an individual menu for them. In order for us to provide a suitable menu, please complete our Special Diet Request Form which is available on our website – www.norsecatering.co.uk – or from the school office.

FOOD SUPPLIERS

We are proud to work with a number of local suppliers. All poultry, pork and beef we use is traceable right back to the farm and are sourced from East Anglian suppliers.



CONTACT DETAILS

Norse Commercial Services, 280 Fifers Lane, Norwich, NR6 6EQ.



Visit our fun and interactive website – www.norsecatering.co.uk to see more information on our menus, allergen and nutrition information, where we get our ingredients from, our monthly downloadable recipes and, of course, our insightful monthly blog! You can also send us feedback, queries and menu suggestions on the enquiry page.



Week One

Meat Free Monday

Option 1

Cheese and Tomato Swirl with Pasta Salad

Option 2 (v)

Sweet Potato and Lentil Curry with Steamed Rice

Served With

Sweetcorn

Jacket Potato Option

Jacket Potato with Baked Beans

And for Pudding

Vanilla Ice Cream

Tuesday

Lamb Meatballs in a Sweet Pepper Sauce with Steamed Rice

Italian Bean Bake

Garden Peas and Carrots

Jacket Potato with Cheese and Coleslaw

Brownie Slice

Roast Wednesday

Roast Chicken with Stuffing

Quorn Chipolatas with Stuffing

Roast Potatoes, Spring Greens, Carrots and Gravy

Jacket Potato with Tuna Mayonnaise

Fresh Fruit Salad with Natural Yoghurt

Thursday

Italian Beef Lasagne with Herby Bread

Vegetarian Bean Chilli with Steamed Rice

Crunchy Mixed Salad

Jacket Potato with Cheese and Baked Beans

Fruit and Jelly

Fishy Friday

Breaded Fish Fingers

Cheese and Tomato Quiche

Chips, Garden Peas or Baked Beans

Jacket Potato with Cheese

Peach Melba Cupcake

Did you know? We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in fibre which is great for your digestion!



Week Two

Monday

Option 1

Breaded Chicken Fillet in a Wrap, Jacket Potato Wedges, Crispy Lettuce and Coleslaw

Option 2 (v)

Vegetable Enchilada with Steamed Rice

Served With

Broccoli

Jacket Potato Option

Jacket Potato with Baked Beans

And for Pudding

Chewy Bar with a Melon Slice

Tuesday

Mild Teriyaki Beef with Steamed Rice

Veggie Balls in Tomato Sauce with Pasta

Green Beans and Sweetcorn

Jacket Potato with Cheese and Coleslaw

'All Time Favourite' Cornflake Tart with Custard

Roast Wednesday

Succulent Roast Pork with Apple Sauce

Vegemince Pasty

Roast Potatoes, Carrots, Broccoli and Gravy

Jacket Potato with Tuna Mayonnaise

Apple and Berry Slice

Thursday

Mediterranean Chicken with Pasta Twists and Garlic Bread

Cheese and Potato Pie

Crunchy Mixed Salad

Jacket Potato with Cheese and Baked Beans

Fruit Topped Cheesecake

Fishy Friday

Crispy Fish Fillet

Spanish Omelette

Chips, Garden Peas or Baked Beans

Jacket Potato with Cheese

Marble Cake

Week starting: 26 Feb • 19 Mar • 23 Apr • 14 May • 11 Jun • 2 Jul • 23 Jul

Did you know? The eggs used in our delicious Spanish Omelette contains lots of Protein which is essential for your muscle growth and immune system!

Week Three

Monday

Option 1

Margherita Pizza

Option 2 (v)

Tortilla Wrap filled with BBQ Quorn

Served With

Baby Potatoes and Crunchy Mixed Salad

Jacket Potato Option

Jacket Potato with Baked Beans

And for Pudding

Cocoa Shortbread with Orange Wedges

Tuesday

Chipolata Sausages

Quorn Chipolatas

Omelette, Hash Brown and Baked Beans

Jacket Potato with Cheese and Coleslaw

Carrot Cake

Roast Wednesday

Traditional Roast Beef with Yorkshire Pudding

Vegetarian Shepherd's Pie

Mashed Potatoes, Spring Greens, Carrots and Gravy

Jacket Potato with Tuna Mayonnaise

Summer Berry Eaton Mess

Thursday

Mild Chicken Tikka Masala with Savoury Rice and Naan Bread

Cheesy Pasta

Broccoli

Jacket Potato with Cheese and Baked Beans

Fruit Yoghurt

Fishy Friday

Breaded Fish Fingers or Salmon Fingers

Garden Vegetable Goujons served with Sweet and Sour Dip

Chips, Garden Peas or Baked Beans

Jacket Potato with Cheese

Apple Flapjack

Fresh Bread, Salad, Fruit, Milk Drink and Water are available every school day. Jacket Potatoes are served with Daily Vegetables or Salad. Please check with your school if the Jacket Potato Option is available.

Week starting: 5 Mar • 26 Mar • 30 Apr • 21 May • 18 Jun • 9 Jul

Did you know? The berries used in the Apple and Berry Slice plus the Summer Berry Eaton Mess contain lots of Vitamin C and Antioxidants!

