



Fresh Ideas Feeding Minds Autumn / Winter

Menu 2023/24

We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible!

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

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 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 free school meals visit

www.gov.uk/apply-free-school-meals




Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Tomato Pasta (v)	Breaded Chicken Wrap with Potato Wedges and a Dip	Roast Chicken with Stuffing	Beef Burrito Bake with Steamed Rice	Breaded Fish Fingers
Option 2		 Plant Balls with Tomato Sauce and Pasta (Ve)	Quorn Fillet (v)	Loaded Tomato and Bean Bake (v)	Garden Vegetable Goujons (v)
Served with	Mixed Salad	Peas and Sweetcorn	Roast Potatoes, Carrots, Cabbage and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo
And for Pudding	Mixed Berry Mousse	Cocoa Sponge with Cocoa Sauce	Shortbread with Apple Wedges	Fresh Fruit Selection	Lemon Drizzle Cake

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Potato Wedges (v)	Chipolata Sausages	Chicken Pie with Mashed Potato	Chicken and Pesto Pasta	Breaded Fish Fingers
Option 2		 Plant-Powered Sausages (Ve)	Cheese and Potato Pie (v)	BBQ Quorn Loaded Wedges (v)	Baked Vegetable Burger (v)
Served with	Sweetcorn	Hash Browns and Baked Beans	Green Beans, Carrots and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo
And for Pudding	Cocoa Krispie Cake	Fresh Fruit Selection	Fruit Jelly	Oaty Apple Crunch	Iced Sprinkle Cake

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Pesto Pasta (v)	Chicken Curry with Steamed Rice	Roast Beef with Yorkshire Pudding	Pork and Carrot Meatballs with Tomato Sauce and Pasta	Breaded Fish Fingers or Salmon Fingers
Option 2		Cheesy Pasta (v)	Plant Sausages with Yorkshire Pudding (v)	Quorn Fajita Wrap with Steamed Rice (v)	Cheese and Potato Pastry Pinwheel (v)
Served with	Mixed Salad	Mixed Vegetables	Mashed Potato, Peas, Carrots and Gravy	Sweetcorn	Chips and Peas or Baked Beans
Jacket Potato Option	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo	Jacket Potato with Cheese, Beans or Tuna Mayo
And for Pudding	Cocoa Cupcake	Vanilla Ice Cream	Fresh Fruit Selection	Autumn Apple Cake with Custard	Flapjack with Orange Wedges

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar