



Norse




Fresh Ideas Feeding Minds

Dear Parent, Carer or Guardian,

We thought it would be helpful to write to you directly ahead of your child/children returning to or even starting school in September. We are Norse Catering, your school's chosen caterer, and we are delighted to be providing your child/children with a nutritious and varied school meal.

We recognise that it has been a strange and challenging time for children (and adults) and we want to ensure your child's experience of school meals are positive, enjoyable and that they feel safe eating our food at school.

We also want you as the parent to feel assured that safety is of utmost importance and we have enhanced measures and risk assessments in place in all our kitchens in line with Public Health England and Food Standards Agency guidelines. We are also committed to ensuring our catering staff feel safe, supported and happy when working in school kitchens.

Food, people and happiness really are at the heart of what we do 

Our Menu

Our **packed lunch menu** for September has been created by our experienced Menu Development Team and allows a flexible approach for how it is served and where it can be eaten; whether that's in the dining room, in a classroom or even in an outside space!

The bread we use is 50/50 and the rolls, where possible, are homemade using 50% whole wheat flour. Also, at least two desserts per week contain at least **50% fruit** in them!

We gain vital input from our independent dietitian who, since 2016, has helped us reduce the sugar content in our recipes by over 25% - helping us lead the way with sensible sugar reduction. We also adhere to the **School Food Standards** to ensure we are serving menus that consist of suitable portion sizes and the recommended daily allowance for certain food groups.



norsecatering.co.uk



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Special Diets

A breakdown of the main nutrients e.g. Protein, Fat, Carbohydrates and Saturated Fat along with a full list of the 14 recognised allergens are available on our website. For children who require special diets, such as non-gluten, non-milk and/or non-egg, we can provide a suitable menu on completion of a **special diet registration form** with supporting medical documents – details are available from the school office and on our website.

The Ingredients We Use

We are very proud of our **Food for Life** accreditation. This recognised award means that over 75% of our menus are cooked from scratch. We are proud to work with a number of **local suppliers** and all poultry, pork and beef is traceable right back to the farm and are sourced from East Anglian suppliers.



Feedback

Our Account Managers like to gain feedback and suggestions from the **School Council** on a termly basis.

Should you have any queries or would like to provide feedback on our catering provision at your child's school please contact us via our website – www.norsecatering.co.uk.

We hope this information has been helpful and reassuring and we really hope your child/children enjoy their school lunches with us soon.

Best wishes,

Norse Catering



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Packed Lunch Menu - Week 1

Week commencing:

7 Sept/21 Sept/5 Oct/19 Oct/9 Nov/23 Nov/7 Dec/4 Jan/ 18 Jan/1 Feb/22 Feb/8 Mar/22 Mar

MONDAY

Cheese or Ham Sandwich
Carrot Batons
Popcorn
Orange Wedges
Ice Cream Tub

TUESDAY

Cheese or Egg Mayo Sandwich
Cucumber Sticks
Sultana Bag
Melon Wedge
Beetroot Brownie

WEDNESDAY

Cheese or Tuna Mayo Roll
Carrot Batons
Popcorn
Orange Wedges
Apple Flapjack

THURSDAY

Cheese or Ham Sandwich
Cucumber Sticks
Sultana Bag
Apple Wedges
Berry Muffin

FRIDAY

Cheese and Tomato Pasta Pot or Ham Sandwich
Carrot Batons
Popcorn
Orange Wedge
Bitesize Cocoa Oatcake



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Packed Lunch Menu - Week 2

Week commencing:

14 Sept/28 Sept/12 Oct/2 Nov/16 Nov/30 Nov/14 Dec/11 Jan/25 Jan/8 Feb/1 Mar/15 Mar

MONDAY

Cheese or Ham Sandwich
Carrot Batons
Popcorn
Orange Wedges
Bitesize Oaty Bar

TUESDAY

Cheese or Egg Mayo Sandwich
Cucumber Sticks
Sultana Bag
Melon Wedge
Dinky Doughnuts

WEDNESDAY

Cheese or Tuna Mayo Roll
Carrot Batons
Popcorn
Apple Wedges
Ice Cream Tub

THURSDAY

Cheese or Ham Sandwich
Cucumber Sticks
Sultana Bag
Orange Wedges
Orange Cupcake

FRIDAY

Cheese and Tomato Pasta Pot or Ham Sandwich
Carrot Batons
Popcorn
Melon Wedge
Mini Shortbread



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