



# Fresh Ideas Feeding Minds

# Spring / Summer

## Menu 2021

Introducing our Spring/Summer School Lunch Menu, offering high quality, varied dishes using local and seasonal ingredients where possible. These dishes have been created by our Menu Development Team to allow a flexible approach to eating a school lunch; whether that is in the dining room, in the classroom or even in an outside space!

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!

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.

**Safety** is of upmost importance when providing a nutritious meal for your child. Please be assured, **enhanced measures and risk assessments** are in place in all of our kitchens in line with Public Health England and Food Standards Agency guidelines.

If you think your child/children may be eligible for free school meals visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



Week One

# Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap <b>or</b> Ham Sandwich	Ham Sandwich <b>or</b> Cheese and Tomato Pasta Pot	Cheese Sandwich <b>or</b> Tuna Pasta Pot	Cheese Roll <b>or</b> Ham Sandwich	Egg Mayo Sandwich <b>or</b> Ham Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Popcorn	Sultanas	Popcorn
Orange Wedges	Melon Wedge	Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion
Flapjack	Fruit Yoghurt	Beetroot Brownie	Dinky Doughnuts	Shortbread

Week One: 12 Apr / 3 May / 24 May / 21 Jun / 12 Jul / 13 Sept / 4 Oct

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap <b>or</b> Ham Sandwich	Ham Sandwich <b>or</b> Cheese and Tomato Pasta Pot	Cheese Sandwich <b>or</b> Tuna Pasta Pot	Cheese Roll <b>or</b> Ham Sandwich	Egg Mayo Sandwich <b>or</b> Ham Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Sultanas	Sultanas	Popcorn
Orange Wedges	Fresh Fruit Portion	Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion
Oaty Bar	Lemon Cupcake	Toffee Cream Shortbread	Fruit Yoghurt	Fruit Jelly

Week Two: 19 Apr / 10 May / 7 Jun / 28 Jun / 19 Jul / 20 Sept / 11 Oct

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Wrap <b>or</b> Ham Sandwich	Ham Sandwich <b>or</b> Cheese and Tomato Pasta Pot	Cheese Sandwich <b>or</b> Tuna Pasta Pot	Cheese Roll <b>or</b> Ham Sandwich	Egg Mayo Sandwich <b>or</b> Ham Roll
Carrot Batons	Cucumber Sticks	Cucumber Sticks	Carrot Batons	Cucumber Sticks
Sultanas	Popcorn	Popcorn	Sultanas	Popcorn
Fresh Fruit Portion	Fresh Fruit Portion	Apple Wedges	Orange Wedges	Fresh Fruit Portion
Fruit Yoghurt	Ice Cream Tub	Flapjack	Cocoa Krispie Bar	Cherry Bakewell Cupcake

Week Three: 26 Apr / 17 May / 14 Jun / 5 Jul / 6 Sept / 27 Sept / 18 Oct