norse
CATERING

Fresh Ideas Feeding Minds

Autumn / Winter

Menu 2022/23

We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible! Our new dishes include; Quorn Fajita, Pork Meatballs with Tomato Sauce, Greek Chicken Wrap, Butcher's Best Beef Burger in a Homemade Roll and BBQ Quorn Loaded Wedges!

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

www.norsecatering.co.uk

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

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Potato Wedges	Pork and Carrot Meatballs with Tomato Sauce and Pasta Bows	Roast Beef and Yorkshire Pudding with Mashed Potato	BBQ Chicken	Breaded Fish Fingers
Option 2 (v)	Vegemince Curry with Steamed Rice	Vegetarian Enchilada with Potato Wedges	Cheese and Potato Pie	Mild Teriyaki Quorn	Spanish Omelette
Served with	Sweetcorn	Mixed Vegetables	Carrots, Peas and Gravy	Steamed Rice and Broccoli	Chips and Peas or Baked Beans
And for pudding	Fruit Yogurt	Iced Swiss Bun	Fresh Fruit Selection	Cocoa Sponge with Cocoa Sauce	Flapjack with Apple Wedges

Week One: 31 Oct | 21 Nov | 12 Dec | 16 Jan | 6 Feb | 6 Mar | 27 Mar

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Tomato Pasta Salad	Mild Teriyaki Chicken with Steamed Rice	Roast Chicken with Stuffing	Butcher's Best Beef Burger in a Roll	Breaded Fish Fingers
Option 2 (v)	Veggie Bean Chilli with Steamed Rice	Cheesy Pasta	Quorn Fillet with Stuffing	Homemade Veggie Burger in a Roll	Garden Vegetable Goujons
Served with	Sweetcorn	Mixed Vegetables	Roast Potatoes, Carrots, Green Beans and Gravy	Potato Wedges, Salad Sticks and a Choice of Dip	Chips and Peas or Baked Beans
And for pudding	Lemon Muffin	Fresh Fruit Selection	Cocoa Oatcake with Orange Wedges	Fruit Jelly	Cherry Bakewell Cupcake

Week Two: 7 Nov | 28 Nov | 2 Jan | 23 Jan | 20 Feb | 13 Mar

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	(v) Margherita Pizza with Potato Wedges	Beef Bolognese and Pasta Twists	Butcher's Best Chipolata Sausages	Chicken Curry	Breaded Fish Fingers
Option 2 (v)	Vegemince Bolognese with Pasta Twists	Quorn Fajita with Steamed Rice	Vegetarian Sausage	BBQ Quorn	Spinach and Sweet Potato Pastry Parcel
Served with	Sweetcorn	Mixed Salad	Roast Potatoes Carrots, Broccoli and Gravy	Steamed Rice and Mixed Vegetables	Chips and Peas or Baked Beans
And for pudding	Fresh Fruit Selection	Vanilla Ice Cream	Shortbread with Orange Wedges	Mixed Berry Sponge Pudding	Cocoa Krispie Bar

Week Three: 14 Nov | 5 Dec | 9 Jan | 30 Jan | 27 Feb | 20 Mar

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