



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 new menu for September has been created by our experienced Menu Development Team and consists of lots of popular dishes as well as menu items that allow 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!



It is a two-week menu and offers two delicious hot main meal options every day – one of which is always vegetarian – as well as a packed lunch option with two different sandwich fillings to choose from. Every Wednesday is a 'Roast Day' and Friday's are the one day a week we serve chips!

As we are not able to offer our 'help yourself' salad bar at present, we are pleased to introduce our new **Rainbow Salad** that accompanies some of our dishes and provides a variety of textures, tastes and colours to help encourage children to try something new!



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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.

Our pizza dough, breads and pastries all contain **wholemeal flour** to help support a more balanced diet for your child. Also, at least two desserts per week contain at least **50% fruit** in them!

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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School Lunch Menu

We hope you enjoy our 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

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 you may be eligible for a **free school meal** visit **www.schools.norfolk.gov.uk**



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

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Potato Wedges and Rainbow Salad (v)	Oriental Beef Meatballs with Noodles, Green Beans and Sweetcorn	Roast Chicken with Stuffing, Roast Potatoes, Carrots, Garden Peas and Gravy	Jacket Potato with Beef Bolognese, Grated Cheese and Broccoli	Fish Fingers with Chips and Garden Peas or Baked Beans
Option 2	Jacket Potato with Veggie Mince Bolognese and Vegetable Medley (v)	Jacket Potato with Grated Cheese, Beans and Rainbow Salad (v)	Lentil Roast with Roast Potatoes, Carrots, Garden Peas and Gravy (v)	Sweet Potato and Lentil Curry with Steamed Rice and Broccoli (v)	Vegetable Goujons with Chips and Garden Peas or Baked Beans (v)
Dessert of the Day	Ice Cream Tub	Beetroot Brownie	Apple Flapjack	Berry Muffin	Bitesize Cocoa Oatcake with Orange Wedges
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Batons, Popcorn, Orange Wedges and Ice Cream Tub	Cheese or Egg Mayo Sandwich, Cucumber Sticks, Sultana Bag, Melon Wedge and Beetroot Brownie	Cheese or Tuna Mayo Roll, Carrot Batons, Popcorn, Orange Wedges and Apple Flapjack	Cheese or Ham Sandwich, Cucumber Sticks, Sultana Bag, Apple Wedges and Berry Muffin	Cheese and Tomato Pasta Pot, Carrot Batons, Popcorn, Orange Wedges and Bitesize Cocoa Oatcake

Week One: 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

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken in a Wrap with Garlic Mayo, Potato Wedges, Lettuce and Cucumber	Margherita Pizza with Couscous and Coleslaw (v)	Sausages with Yorkshire Pudding Roast Potatoes, Carrots, Garden Peas and Gravy	Jacket Potato with Chicken Curry and Rainbow Salad	Fish Fingers with Chips and Garden Peas or Baked Beans
Option 2	Jacket Potato with Grated Cheese, Beans and Rainbow Salad (v)	Jacket Potato with Veggie Mince Chilli and Vegetable Medley (v)	Veggie Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Garden Peas and Gravy (v)	Cheesy Pasta with Broccoli and Sweetcorn (v)	Vegetable Goujons with Chips and Garden Peas or Baked Beans (v)
Dessert of the Day	Bitesize Oaty Bar with Orange Wedges	Dinky Doughnuts	Ice Cream Tub	Orange Cupcake	Mini Shortbread and Melon Wedge
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Batons, Popcorn, Orange Wedges and Bitesize Oaty Bar	Cheese or Egg Mayo Sandwich, Cucumber Sticks, Sultana Bag, Melon Wedge and Dinky Doughnuts	Cheese or Tuna Mayo Roll, Carrot Batons, Popcorn, Apple Wedges and Ice Cream Tub	Cheese or Ham Sandwich, Cucumber Sticks, Sultana Bag, Orange Wedges and Orange Cupcake	Cheese and Tomato Pasta Pot, Carrot Batons, Popcorn, Melon Wedge and Mini Shortbread

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

Introducing our **RAINBOW Salad!**

As we are not able to offer our 'help yourself' salad bars at present, we are pleased to offer our new **Rainbow Salad** that accompanies some of our dishes and provides a variety of textures, tastes and colours for children to try something new!

