

Week One

Did you know?
Norse serves over 4.8 million school meals every year – that's a lot of happy customers!

Monday
Option 1: Breaded Chicken Strips with a Dip and Baked Jacket Wedges
Option 2 (v): Sweet and Sour Veggie Strips with Steamed Rice
Served With: Garden Peas and Sweetcorn
And for Pudding: Mini Krispie Bar with Seasonal Fruit Wedges
Available Each Day

Tuesday
Mild Beef Enchilada Bake with Steamed Rice
NEW: Tasty Cheesy Pasta
NEW RECIPE: Broccoli and Sweetcorn
Strawberry and Vanilla Swirl Mousse

Wednesday
Delicious Roast Chicken with Stuffing and Gravy
Golden Vegemince Pasty
Roast Potatoes, Cabbage and Carrots
Fruity Wednesday with Yoghurt Dip

Thursday
Sausage with Tomato Pasta and Hand-Made Herby Bread
Mild Lentil and Sweet Potato Curry with Steamed Rice
Crunchy Mixed Salad
Seasonal Fruit Crumble with Custard

Friday
Breaded Fish Fingers
Oven-Baked Cheese Omelette
Chips with Garden Peas or Baked Beans
Carrot Cake

Fresh fruit, salad, bread, milk and water
Jacket potato option (please check with your school for availability)

Week starting: 5 Sep • 26 Sep • 17 Oct • 14 Nov • 5 Dec • 16 Jan • 6 Feb

Week Two

Monday
Option 1: Chicken Korma with Steamed Rice and Hand-Made Naan Bread
Option 2 (v): Vegetarian Bolognese with Pasta
Served With: Broccoli
And for Pudding: Mini Oaty Bar with Seasonal Fruit Wedges
Available Each Day

Tuesday
Tasty Pork Meatballs with Onion Gravy and Creamy Mash
Country Vegetable Flan with a Jacket Potato Half
NEW: Mixed Winter Vegetables
Pear and Ginger Sponge with Vanilla Custard

Wednesday
Traditional Roast Beef with Yorkshire Pudding and Gravy
Quorn Fillet
NEW: Sliced Potato Bake, Cauliflower and Carrots
Fruity Wednesday with Yoghurt Dip

Thursday
Mediterranean Chicken with Pasta Twists
NEW: Mild Vegetarian Enchilada with Steamed Rice
Sweetcorn

Friday
Harry Ramsden's Fish Fillet
NEW: Veggie Fingers
Chips with Garden Peas or Baked Beans
Zesty Lemon Muffin

Fresh fruit, salad, bread, milk and water
Jacket potato option (please check with your school for availability)

Week starting: 12 Sep • 3 Oct • 31 Oct • 21 Nov • 12 Dec • 23 Jan

Week Three

Did you know?
Working with our Nutritionist, we have reduced the sugar content in all of our dessert recipes by over 25%!

Did you know?
We use whole wheat flour in our bread and pastry recipes to ensure our menus are rich in fibre!

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Hand-Made Margherita Pizza	Hearty Beef and Vegetable Pie with Gravy and Mashed Potatoes	Succulent Roast Pork Loin with Apple Sauce and Gravy	Chicken Pitta Pocket with Steamed Rice	Breaded Fish Fingers or Salmon Fingers
Option 2 (v)	BBQ Quorn Fillet	Cheese and Potato Pie	Tasty Lentil Roast	Vegeballs in Tomato Sauce with Pasta	Quorn Sausage
Served With	Tossed Pasta Salad, Garden Peas and Sweetcorn	Carrot and Green Bean Medley	Roast Potatoes, Cauliflower and Carrots	Red Cabbage Slaw	Chips with Garden Peas or Baked Beans
And for Pudding	Mini Shortbread with Seasonal Fruit Wedges	Fruit Yoghurt	Fruity Wednesday with Yoghurt Dip	NEW: Sponge Pudding with Sauce	Fruity Flapjack
Available Each Day	Fresh fruit, salad, bread, milk and water Jacket potato option (please check with your school for availability)				

Week starting: 19 Sep • 10 Oct • 7 Nov • 28 Nov • 9 Jan • 30 Jan

