

Fresh Ideas Feeding Minds

Spring / Summer

Menu 2023

Welcome to our New Spring/Summer menu.

Allergen information is available at

www.swnorse.co.uk

Special diet registration forms are
available via email

catering@swnorse.co.uk

Throughout the year we offer a number
of themed menus to support the
curriculum, celebrate holidays and
seasonal events - please check with your
school for local arrangements.

“Putting Children at the Heart
of What We Do”

Fresh Bread, Salad, Fruit,
Yoghurts and Water are
all available daily,

Please note the menu may be subject to change to meet local needs. For details of employment opportunities within South West Norse please email info@swnorse.co.uk or phone us 01392 351160.

**SUGAR
SMART**
Devon

Week One

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|--|--|--|--|
| Option 1 | Freshly Prepared Margarita Pizza | The Norse Beef Burger in a Bap with Homemade Salsa | Roast Chicken with Stuffing | Freshly Prepared Beef Bolognaise | Battered Fish Fillet |
| Option 2 (v) | Quorn Burger in a Bap with Relish | Quorn Hot Dog in roll with Relish | Freshly Prepared Vegetable Lentil Loaf | Mediterranean Vegetable Bolognaise | Vegetable Fingers |
| Sides | Baked Beans Crunchy Salad Herby Diced Potatoes | Sweetcorn, Homemade Coleslaw, Jacket Potato Wedges | Fresh Broccoli Fresh Carrots Roast or New Potatoes & Gravy | Green Beans Wholewheat Spaghetti & Crusty Bread | Baked Beans or Crunchy Vegetable Sticks Wholemeal Pasta or Chips |
| And for pudding | Flapjack | Apple & Cinnamon Muffin | Organic Pip Ice Lolly | Chocolate Surprise Brownie | Homemade Custard Biscuit |
| Jacket Potato | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo |
| Available each day | Freshly Prepared Salad, Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives | | | | |
| Week starting: | 17/04/23—08/05/23— 05/06/23—26/06/23— 17/07/23— 18/09/23— 09/10/23 | | | | |

Week Two

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--|--|--|---|--|
| Option 1 | Freshly Prepared Mac & Cheese | Lemon Herb Chicken | Honey Roast Gammon & Pineapple | Norse's Butchers Sausages | Fishtastic Wrap |
| Option 2 (v) | Freshly Prepared Roasted Vegetables Pasta Bake | Homity Pie | Homemade Cheese & Leek Parcels | Vegetarian Sausages | Halloumi Pizziola |
| Sides | Green Beans, Fresh Sliced Carrots, & Crusty Bread | New Potatoes, Green Salad or Corn on the cob | Fresh Broccoli Fresh Carrots Roast or New Potatoes & Gravy | Baked Beans, Tomatoes & Hash Browns | Baked Beans or Crunchy Vegetable Sticks Wholemeal Pasta or Chips |
| And for pudding | Berry Pancakes | Summer Fruit Salad | Gelato (Arctic Roll) | Chocolate Mousse | Organic Pip Ice Lolly |
| Jacket Potato | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo |
| Available each day | Freshly Prepared Salad, Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives | | | | |
| Week starting: | 24/04/23— 15/05/23— 12/06/23— 03/07/23— 04/09/23— 25/09/23— 16/10/23 | | | | |

Week Three

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---|--|--|------------------------------------|--|
| Option 1 | Homemade Cheese Wheels | Meatballs in Tomato Sauce | Roast Loin of Pork & Apple Sauce | Bubble Salmon | Fish Fingers |
| Option 2 (v) | Quorn Sausages | Veggie Balls in Tomato Sauce | Veggie Roast | Vegetable Enchilada | Sweet Potato, Spinach & Feta Frittata |
| Sides | Baked Beans, Peas & Herby Diced Potatoes | Green Beans, Wholewheat Spaghetti & Crusty Bread | Fresh Broccoli Fresh Carrots Roast or New Potatoes & Gravy | Stir fry Vegetables & Potato Salad | Baked Beans or Crunchy Vegetable Sticks Wholemeal Pasta or Chips |
| And for pudding | Orange & Sultana Oaty Cookie | Chocolate Cracknel | Fruit Jelly | Lemon Drizzle Cake | Organic Pip Ice Lolly |
| Jacket Potato | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo | Beans/Cheese/Tuna Mayo |
| Available each day | Freshly Prepared Salad, Home Baked Bread and Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternatives | | | | |
| Week starting: | 01/05/23— 22/05/23 — 19/06/23— 10/07/23— 11/09/23— 02/10/23 | | | | |