

# Week One



Monday

**Option 1**  
Breaded Chicken Strips with a Dip and Baked Jacket Wedges

Tuesday

Mild Beef Enchilada Bake with Steamed Rice

Wednesday

Delicious Roast Chicken with Stuffing and Gravy

Thursday

Sausage with Tomato Pasta and Hand-Made Herby Bread

Friday

Breaded Fish Fingers

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

**Option 2 (v)**

Sweet and Sour Veggie Strips with Steamed Rice

Tasty Cheesy Pasta

Golden Vegemince Pasty

Mild Lentil and Sweet Potato Curry with Steamed Rice

Oven-Baked Cheese Omelette

**Served With**

Garden Peas and Sweetcorn

Broccoli and Sweetcorn

Roast Potatoes, Cabbage and Carrots

Crunchy Mixed Salad

Carrot Cake

**And for Pudding**

Mini Krispie Bar with Seasonal Fruit Wedges

Strawberry and Vanilla Swirl Mousse

Fruity Wednesday with Yoghurt Dip

Seasonal Fruit Crumble with Custard

**Available Each Day**

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

**Did you know?**

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



# Week Three

Monday

**Option 1**

Hand-Made Margherita Pizza

Tuesday

Hearty Beef and Vegetable Pie with Gravy and Mashed Potatoes

Wednesday

Succulent Roast Pork Loin with Apple Sauce and Gravy

Thursday

Chicken Pitta Pocket with Steamed Rice

Friday

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

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

**Did you know?**

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

