



SOUTH WEST  
**norse**



# *Fresh Ideas Feeding Minds* **Spring / Summer**

## **Menu 2023**

**Welcome to our New Spring/Summer menu.**

Allergen information is available at

**[www.swnorse.co.uk](http://www.swnorse.co.uk)**

Special diet registration forms are  
available via email

**[catering@swnorse.co.uk](mailto:catering@swnorse.co.uk)**



**“Putting Children at the  
Heart of What We Do”**

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.

**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](mailto: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 Herby Diced Potatoes	Sweetcorn, Jacket Potato Wedges	Fresh Carrots Roast or New Potatoes & Gravy	Green Beans Wholewheat Spaghetti & Crusty Bread	Crunchy Vegetable Sticks Wholemeal Pasta or Chips
And for pudding	Flapplejack	Apple & Cinnamon Muffin	Organic Pip Ice Lolly	Chocolate Surprise Brownie	Homemade Custard Biscuit
Packed lunch	Falafel, Spinach & Mango Chutney in a Wrap	Mini Ploughman's	Tuna Mayo & Cucumber Wrap	Cheese & Salad Sandwich	Ham & Salad Baguette
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, & Crusty Bread	New Potatoes & Corn on the cob	Fresh Carrots Roast or New Potatoes & Gravy	Baked Beans, Tomatoes & Hash Browns	Crunchy Vegetable Sticks Wholemeal Pasta or Chips
And for pudding	Berry Pancakes	Summer Fruit Salad	Gelato (Arctic Roll)	Chocolate Mousse	Organic Pip Ice Lolly
Packed lunch	Egg Mayo & Cress Sandwich	Cheese & Salad Sandwich	Fish Finger Roll	BBQ Jackfruit & Lettuce Wrap	Ham & Salad Sandwich
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	Peas & Herby Diced Potatoes	Green Beans, Wholewheat Spaghetti & Crusty Bread	Fresh Carrots Roast or New Potatoes & Gravy	Stir fry Vegetables & Potato Salad	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
Packed lunch	Egg Mayo & Salad Sandwich	Cheese & Salad Roll	Tuna Mayo & Salad Sandwich	Jays Sausage Roll & Veggie Sticks	Ham & Salad Baguette
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				