



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

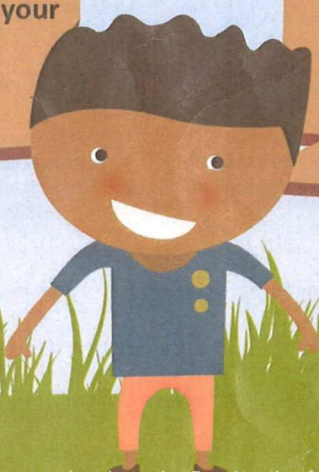

Special diet registration forms are
available via email

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 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 with Relish	Roast Chicken	Freshly Prepared Beef Bolognese	Battered Fish Fillet
Option 2 (v)	Quorn Burger	Quorn Sausage with Relish	Veggie Roast	Mediterranean Vegetable Bolognese	Vegetable Fingers
Sides	Baked Beans & Wholemeal Pasta	Sweetcorn & Jacket Potato Wedges	Broccoli & Carrots Roast & Mashed Potatoes & Gravy	Green Beans & Wholewheat Spaghetti	Baked Beans & Chips
And for pudding	Homemade Flapjack	Apple & Cinnamon Muffin	Organic Pip Ice Lolly	Chocolate Surprise Brownie	Homemade Custard Biscuit
Available each day	Freshly Prepared Salad, and Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative				
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	Hunter's Chicken (BBQ)	Honey Roast Gammon	Norse's Butchers Sausages	Fish Fingers
Option 2 (v)	Freshly Prepared Roasted Vegetables Pasta Bake	Homity Pie	Homemade Cheese & Leek Parcels	Vegetarian Sausages	Halloumi Pizziola
Sides	Green Beans & Carrots	New Potatoes & Sweetcorn	Broccoli & Carrots Roast & Mashed Potatoes & Gravy	Baked Beans & Hash Browns	Baked Beans & Chips
And for pudding	Homemade Shortbread	Fruit Cocktail	Gelato (Arctic Roll)	Chocolate Mousse	Organic Pip Ice Lolly
Available each day	Freshly Prepared Salad, and Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative				
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	Chicken Enchilada	Fish Fingers
Option 2 (v)	Quorn Sausages	Veggie Balls in Tomato Sauce	Veggie Roast	Vegetable Enchilada	Sweet Potato, Spinach & Feta Fritatta
Sides	Baked Beans & Peas & Potato Wedges	Green Beans & Wholewheat Spaghetti	Broccoli & Carrots Roast & Mashed Potatoes & Gravy	Mixed Vegetables & New Potatoes	Baked Beans & Chips
And for pudding	Orange & Sultana Oaty Cookie	Chocolate Sponge Cake	Fruit Jelly	Lemon Drizzle Cake	Iced Fruit Sorbet
Available each day	Freshly Prepared Salad, and Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative				
Week starting:	01/05/23—22/05/23—19/06/23—10/07/23—11/09/23—02/10/23				