

norse
SOUTH WEST

Fresh Ideas Feeding Minds

Autumn / Winter

ELLEN TINKHAM COLLEGE,
WAYSIDE CRESCENT
Menu 2023-24

Welcome to our New Autumn/Winter 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.**

**SUGAR
SMART**
Devon

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 351000.

Week One

ELLEN TINKHAM COLLEGE, WAYSIDE CRESCENT

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Focaccia Margherita	Chicken Katsu Curry & Rice	Roast Gammon Steak & Pineapple	Meatballs in a Ragu sauce	Fish Fingers
Option 2 (v)	Veggie Bean Wrap	Cheese & Potato Pie	Vegetarian Plait	Veggie Balls in a Ragu Sauce	Veggie Nuggets
Sides	Herby Diced Potato Coleslaw or Sweetcorn	Peas Baked Beans	Roast Potato Broccoli & Carrots Gravy	Spaghetti Green beans & Crusty bread	Chips Baked Beans
And for pudding	Pancakes with Banana & Honey	Chocolate Surprise Brownie	Oat and Sultana Cookie	Apple Crumble & Custard	Chocolate Drop Biscuits
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Packed Lunch	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative				
Week starting:	30/10/23; 20/11/23; 11/12/23; 08/01/24; 29/01/24; 26/02/24; 18/03/24				

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Macaroni Cheese	Butchers Sausages & Gravy	Roast Chicken with Sage and Onion Stuffing	Beef Lasagne	Fillet of Fish
Option 2 (v)	Tomato & Basil Pasta Bake	Vegetarian Sausages & Gravy	Yorkshire Pudding Stuffed with Quorn Pieces	Vegetarian Lasagne	Cheese Omelet
Sides	Broccoli & Garlic Bread	Creamed Potatoes & Carrots	Roast Potato Broccoli & Carrots Gravy	Coleslaw or Green Beans & Crusty bread	Chips Baked Beans
And for pudding	Crispy Chocolate Cornflake Cake	Peach Sponge & Custard	Arctic roll	Shortbread Biscuit	Custard Biscuits
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Packed Lunch	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative				
Week starting:	06/11/23; 27/11/23; 18/12/2023; 15/01/24; 05/02/24; 04/03/24; 25/03/24				

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza Pocket	Fish Pie	Roast Pork & Apple Sauce	Beef Bolognese	Jumbo Fish Finger
Option 2 (v)	Vegetable Fajita	Cheese Wheels	Quorn and Leek Pastry Puff	Mediterranean Vegetable Bolognese	Veggie Fingers
Sides	Potato Wedges Sweetcorn or Winter Coleslaw	Peas Baked Beans	Roast Potato Broccoli & Carrots Gravy	Penne Pasta Green beans & Crusty bread	Chips Peas Baked Beans
And for pudding	Strawberry Mousse	Sticky Toffee Cake & Sauce	Fruit Jelly	Chocolate Crunch & Chocolate Sauce	Shortbread
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Packed Lunch	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna	Ham, Jam, Cheese or Tuna
Available each day	Freshly Prepared Salad, Fresh Bread & Drinking Water. Fresh Fruit or Organic Yoghurt available as a pudding alternative				
Week starting:	13/11/23; 04/12/23; 01/01/24; 22/01/24; 19/02/24; 11/03/24				