

**norse**  
SOUTH WEST

*Fresh Ideas Feeding Minds*

# Autumn / Winter

ELLEN TINKHAM SCHOOL HOLLOW LANE

**Menu 2023-24**

**Welcome to our New Autumn/Winter 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,**

**SUGAR  
SMART**  
Devon

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

Please note the menu may be subject to change to meet local needs.

# ELLEN TINKHAM SCHOOL HOLLOW LANE

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Focaccia Margherita	Chicken Katsu Curry & Rice	Roast Gammon Steak	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
Served with	Diced Potato or Sweetcorn	Peas	Roast Potato, Mash Broccoli & Carrots Gravy	Spaghetti Green beans	Chips Baked Beans
And for pudding	Lemon Drizzle Cake	Chocolate Brownie	Oat and Sultana Cookie	Apple Crumble & Custard	Chocolate Cookie

Freshly Prepared Salad & Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative.

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	Beef Lasagne	Fillet of Fish
Option 2 (v)	Tomato & Basil Pasta Bake	Vegetarian Sausages & Gravy	Yorkshire Pudding Stuffed with Quorn Pieces	Vegetarian Lasagne	Cheese Omelette
Served with	Broccoli & Garlic Bread	Creamed Potatoes & Carrots	Roast Potato, Mash Broccoli & Carrots	Green Beans & Crusty bread	Chips Baked Beans
And for pudding	Crispy Chocolate Cornflake Cake	Flapjack	Arctic roll	Peach Sponge & Custard	Shortbread

Freshly Prepared Salad, & Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative.

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	Beef Bolognese	Fish Finger
Option 2 (v)	Vegetable Fajita	Cheese Wheels	Quorn and Leek Pastry Puff	Mediterranean Vegetable Bolognese	Veggie Fingers
Served with	Potato Wedges Sweetcorn	Peas Baked Beans	Roast Potato, Mash Broccoli & Carrots	Penne Pasta Green beans	Chips Baked Beans
And for pudding	Strawberry Mousse	Sticky Toffee Cake & Sauce	Jelly	Chocolate Crunch & Chocolate Sauce	Custard Biscuit

Freshly Prepared Salad & Drinking Water. Fresh Fruit or Yoghurt available as a pudding alternative.

13/11/23; 04/12/23; 01/01/24; 22/01/24; 19/02/24; 11/03/24