



What's New?

We hope you enjoy our new three-week Autumn/Winter menu, offering high quality products with variety and choice that reflects the changing season. Working with the nutrition team at the Children's Food Trust, we have created a lunch menu that exceeds the School Food Standards and provides your child with a delicious, balanced meal which will fuel them for learning! Our menu includes; a hearty **Sausage Casserole** using fresh pork sausages from our local Butcher, a delicious **Cheese-Topped Cottage Pie**, the classic **Roast Beef and Yorkshire Pudding** and our brand new, **Apple and Date Crumble Slice** created by one of our fabulous School Cooks!

Any feedback or suggestions would be gratefully received at info@ncsgrp.co.uk.

SPECIAL DIETS

Special diets are available on completion of a special diet request letter with supporting statements from a Doctor or registered dietician. Please discuss with the catering manager of your school. A full breakdown of the 14 recognised food allergens are available on our website or from the school kitchen.

FOOD SUPPLIERS

We are proud to work with a number of local suppliers.

All poultry and pork used on our menu choices is traceable right back to the farm. Our eggs and fresh meat come from East Anglia suppliers and we take great care to ensure all eggs conform to the 'lion mark' code of practice and to prove it, we have been awarded a prestigious **Good Egg Award!**

FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School Meals, please apply for this with your local County Council as the school can get additional funding.

You may be eligible for a free school meal if as a parent or guardian you are in receipt of one of the following:-

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190

CONTACT DETAILS

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MENU INFORMATION

We are very proud to have been re-awarded Silver Food for Life accreditation meaning over 75% of our menus are cooked from scratch!

Jacket Potatoes and a meat free alternative are available to pre-order daily. Please liaise with your school to check if this option is offered.

Fresh Fruit, Salad and Milk Drink available daily.

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

Our lunches provide your child with a healthy and nutritious two course meal that also engages and interests them.

Our Autumn/Winter menu has a breakdown of the main nutrients e.g. Protein, Fat, Carbohydrate and Saturated Fat as well as a full list of the 14 recognised allergens on our website www.ncsgrp.co.uk. If you are unable to access the website then please ask your school for a hard copy.



Week One



Monday
Roasted Pepper, Cheese and Tomato Pizza with 1/2 Jacket Potato

Tuesday
Hearty Sausage Casserole

Wednesday
Delicious Roast Chicken with Stuffing

Thursday
Mild Beef Chilli with Steamed Rice and Pitta Bread
NEW Margherita Pizza with 1/2 Jacket Potato

Friday
Breaded Fish Fingers

Option 1

Roasted Pepper, Cheese and Tomato Pizza with 1/2 Jacket Potato

Chickpea and Lentil Casserole

Quorn Fillet

Sweetcorn

Roasted Pepper, Tomato and Basil Tart

Roast Potatoes Carrots and Parsnips Gravy

Fruity Wednesday with Yoghurt Dip

Sticky Toffee Apple Pudding with Custard

Frozen Yoghurt

And for Pudding

Apple and Rhubarb Crumble with Custard

Fresh bread, milk drink and water Jacket potato option (please check with your school for availability)

Available Each Day

Week starting: 31 Aug • 21 Sept • 12 Oct • 9 Nov • 30 Nov • 4 Jan • 25 Jan

Did you know?
There are 1,000 different types of apples in the World!



Monday
Tasty BBQ Chicken Filler

Tuesday
Cheese-Topped Cottage Pie

Wednesday
Succulent Roast Pork with Stuffing

Thursday
American Beefburger in a Homemade Roll

Friday
Breaded Fish Fingers

Option 2 (v)

Quorn Filler in BBQ Sauce

Savoury Rice Broccoli and Sweetcorn

Fruit Crunch with Custard

Cabbage Gravy

Shepherdess Pie

Quorn Sausage

Roast Potatoes Carrots and Broccoli Gravy and Apple Sauce

Fruity Wednesday with Yoghurt Dip

Bean Burger in a Homemade Roll

1/2 Jacket Potato Baked Beans

Cheddar and Red Onion Quiche

Pancake with Neapolitan Ice Cream

Chips Garden Peas

Scrummy Swiss Bun

Fresh bread, milk drink and water Jacket potato option (please check with your school for availability)

Available Each Day

Week starting: 7 Sept • 28 Sept • 19 Oct • 16 Nov • 7 Dec • 11 Jan • 1 Feb

We have changed the menu from a four-week cycle to a three-week cycle. This means menu favourites come round even quicker!

Did you know?
Strawberries actually contain more Vitamin C than oranges!



Week Three

Monday
Pasta Bolognese Topped with Cheese

Tuesday
Chicken Korma with Naan Bread

Wednesday
Traditional Roast Beef with Yorkshire Pudding

Thursday
Chicken with Pasta in Tomato Sauce

Friday
Baked Salmon with a Crispy Crumb Coating

Option 1

Pasta Bolognese Topped with Cheese

Chicken Korma with Naan Bread

Traditional Roast Beef with Yorkshire Pudding

Chicken with Pasta in Tomato Sauce

Baked Salmon with a Crispy Crumb Coating

Option 2 (v)

Macaroni Cheese

Vegetables in Tomato Sauce

Vegetable Pasty

Sweet Potato and Lentil Curry with Rice

Vegetable Frittata

Served With

Homemade Herb Bread Broccoli

Savoury Rice Farmhouse Mixed Vegetables

Roast Potatoes Carrots and Cauliflower Gravy

Farmhouse Mixed Vegetables

Chips Garden Peas and Sweetcorn

And for Pudding

Apple and Date Crumble Slice

Fantastic Fruit Flan

Fruity Wednesday with Yoghurt Dip

Scrummy Sponge with Sauce

Frozen Yoghurt

Available Each Day

Week starting: 14 Sept • 5 Oct • 2 Nov • 23 Nov • 14 Dec • 18 Jan • 8 Feb

Did you know?
Baked potatoes are an excellent source of fibre, which is good for your digestion!

