



*Fresh Ideas Feeding Minds*

# Autumn / Winter

**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

	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 or Wholemeal Pasta Peas or Baked Beans
And for pudding	Pancakes with Banana & Honey	Chocolate Surprise Brownie	Oat and Sultana Cookie	Apple Crumble & Custard	Ice Cream Pot
Jacket Potato		Cheese, Beans or Tuna		Cheese, Beans or Tuna	
Packed Lunch	Sausage Roll		Cheese & Salad Baguette		Ham & Salad Sandwich
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				

	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 or Wholemeal Pasta Peas or Baked Beans
And for pudding	Crispy Chocolate Cornflake Cake	Peach Sponge & Custard	Arctic roll	Shortbread Biscuit & Fresh Fruit salad	Ice Cream Pot
Jacket Potato		Cheese, Beans or Tuna		Cheese, Beans or Tuna	
Packed Lunch	Egg Mayo Sandwich		Cheese & Salad Baguette		Ham & Salad Sandwich
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				

	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 & Wholemeal Pasta	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 or Wholemeal Pasta Peas or Baked Beans
And for pudding	Strawberry Mousse	Sticky Toffee Cake & Sauce	Fruit Jelly	Chocolate Crunch & Chocolate Sauce	Ice Cream Pot
Jacket Potato	Cheese, Beans or Tuna			Cheese, Beans or Tuna	
Packed Lunch		Ham & Salad Baguette	Fishfinger Wrap		Egg Mayo Sandwich
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				