

SOUTH WEST  
**norse**

*Fresh Ideas Feeding Minds*

# Autumn / Winter

## Menu 2024/2025

**Putting children at the heart of everything we do**

**75%** of all our meals are made from scratch,  
using local & seasonal ingredients.

Look out for our themed special menu days on the school website



**Did you know .....**

We serve about **12,000** school lunches every day!

Every year the South West produces enough milk for 26 billion bowls of cereal

All our sausages, burgers & meatballs are made by our very own butcher to our secret recipe

Our food **exceeds** the School Food Standards independently verified by Food For Life



**Does your child have an allergy, health condition or special dietary requirement?**

Complete our **Special Diet Registration Form** which is available from our website [swnorse.co.uk](http://swnorse.co.uk)

Our Allergen Aware menu (free of 13 of the 14 common allergens) is also available every day in every school.

Your child may be eligible for a **FREE** school meal visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

**SUGAR SMART**  
DEVELOPED

**For more info email us [catering@swnorse.co.uk](mailto:catering@swnorse.co.uk)**

Please note the menu may be subject to change.



# 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Cheese & Tomato Pizza	Mild Chicken Curry & Rice	Honey Roast Gammon	Meatballs in a Tomato Sauce	Fish Fingers
Hot Option 2	Golden Veggie Fingers	Cheese & Cauliflower Pasta Bake	Veggie Slice	Veggie Balls in a Tomato Sauce	Vegan Veggie Fritters
Served with	Herby Potatoes & Sweetcorn or Coleslaw	Broccoli	Roast Potatoes Cabbage & Carrots & Gravy	Pasta, Green Beans & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato		Cheese, Beans or Tuna		Cheese, Beans or Tuna	
Dessert	Strawberry Mousse	Chocolate Surprise Brownie	Pip Organic Lolly / Warm Fruit Compote with Greek Yoghurt	Sticky Toffee Cake with Sauce	Oat & Sultana Cookie
Packed Lunch	Egg Mayo Sandwich		Cheese Baguette,		Ham Sandwich

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar

# 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Macaroni Cheese	Butcher's Sausages & Gravy	Roast Chicken with Sage & Onion Stuffing	Beef Lasagne	Fillet of Fish
Hot Option 2	Tomato & Basil Pasta Bake	Vegetarian Sausages & Gravy	Yorkshire Pudding Stuffed with Quorn Pieces	Vegetarian Lasagne	Veggie Nuggets
Served with	Broccoli & Garlic Bread	Creamed Potatoes & Carrots	Roast Potatoes Cabbage & Carrots & Gravy	Green Beans or Coleslaw & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato		Cheese, Beans or Tuna		Cheese, Beans or Tuna	
Dessert	Pip Ice Lolly / Warm Fruit Compote with Greek Yoghurt	Apple Crumble & Custard	Crispy Chocolate Cornflake Cake	Homemade Carrot Cake	Homemade Shortbread Biscuit
Packed Lunch	Egg Mayo Sandwich,		Cheese Baguette		Ham Sandwich

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar

# 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Cheese & Tomato Pizza	Fish Pie	Roast Pork & Apple Sauce	Beef Bolognese	Fish Fingers
Hot Option 2	Frittata	Cheesy Wheels & Herby Diced Potatoes	Quorn & Leek Pastry Puff	Mediterranean Vegetable Pasta	Margherita Wrap
Served with	Potato Wedges Sweetcorn or Winter Coleslaw	Peas or Baked Beans	Roast Potatoes Broccoli & Carrots & Gravy	Green Beans & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato		Cheese, Beans or Tuna		Cheese, Beans or Tuna	
Dessert	Arctic Roll	Iced Chocolate Cake	Fruit Jelly	Flapjack	Pip Organic Ice Lolly
Packed Lunch	Cheese Wrap		Tuna Mayo Sandwich		Egg Mayo

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Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar

swnorse.co.uk