



What's New?



This September sees the introduction of **Universal Infant Free School Meals** where Reception, Year 1 and Year 2 children can enjoy a delicious, balanced meal without the time or expense of parents having to make packed lunches! We believe school meals give your child a real appetite for learning and will help them achieve their full potential.

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. 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.

FREE SCHOOL MEALS

From September 2014, 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 the school can also get additional funding but you must apply for Norfolk County Council to confirm this to the Headteacher.

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

Norse Commercial Services
280 Fifers lane
Norwich
NR6 6EQ

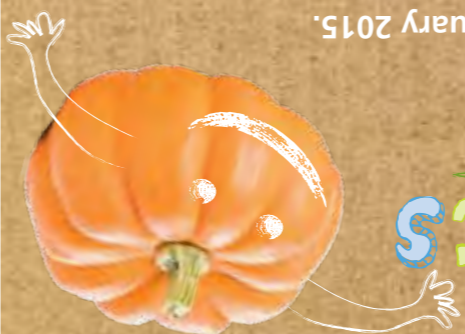
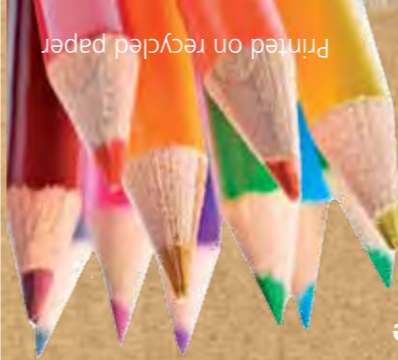
Email: info@ncsgrp.co.uk
Website: www.ncsgrp.co.uk

"We're delighted to welcome the new primary menus and to see that the choices have been created to appeal to young children who will be entitled to free school meals for the first time as well as offering options that will be easy to eat."

Adele Godsmark,
Healthy Norfolk Schools.

"These menus provide appetising and nutritious meals to help children develop healthy eating habits and ensure they get the energy and nutrition they need during the school day. They offer a variety of foods including at least three different fruits, three different vegetables and one or more wholegrain varieties of starchy food each week."

Alison Clark,
Registered Dietitian



FOOD FACTS



School Lunch

MENU

Autumn / Winter

2014/15



Kitchen Team at St. Williams Way
Kitchen Team at Costessey Infants



By Norse

Our menu is fully compliant to the new School Food Standards, January 2015.

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

Fresh Fruit and Milk Drink available daily.

Bread is served in addition to potato, pasta and rice products.

Where possible, fresh vegetables in season are used and as far as practicable are locally sourced.

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 please ask your school for a hard copy.

MENU INFORMATION

Printed on recycled paper

Did you know?
The first fruit eaten on the moon was a peach!



Week One



Week starting:
1 Sept • 29 Sept •
3 Nov • 1 Dec •
12 Jan • 9 Feb

'Favourites' Monday Pasta Tuesday Roast Wednesday World-Food Thursday Fishy Friday

Main Meals	Homemade Farmhouse Ham Pizza	Pasta with Tasty Beef Bolognese	Delicious Roast Chicken with Sage and Onion Stuffing	Beefburger in a Homemade Roll	Breaded Fish Fingers or Breaded Salmon Fingers
Vegetarian Options	Homemade Cheese and Tomato Pizza	Pasta with Vegemince Bolognese	Vegetarian Sausages	Vegetable Grill in a Homemade Roll	Vegetable Fingers
Served With	Oven-Baked Diced Potatoes Garden Peas	Homemade Herb Bread Sweetcorn Niblets	Gravy Roast or Mashed Potatoes Mixed Vegetables	Oven-Baked Jacket Wedges Home-Style Coleslaw	Chips Baked Beans or Garden Peas
And for Pudding	Chocolate Rice Krispie Cake or Fresh Fruit	"All Time Favourite" Toffee Cream Tart or Fresh Fruit	Fruity Oat Bar with Milk Drink or Fresh Fruit	Creamy Vanilla Ice Cream or Fresh Fruit	Best Ever Chocolate Cupcake or Fresh Fruit

Available Each Day Fresh bread, milk drink and water
Jacket potato everyday option and Yorkshire Pudding option with weekly roast (please check with your school for availability)

Week Two



Week starting:
8 Sept • 6 Oct •
10 Nov • 8 Dec •
19 Jan



'Favourites' Monday Pasta Tuesday Roast Wednesday World-Food Thursday Fishy Friday

Main Meals	Local Farm-Assured Pork Sausages	Cheesy Pasta with Farmhouse Ham	Succulent Roast Pork Loin with Apple Sauce	Mild Chicken Korma	Battered Fish Fillet or Breaded Fish Fingers
Vegetarian Options	Vegetarian Sausage	Cheesy Pasta with Sweetcorn Niblets	Vegetarian Grill	Mild Vegetable Curry	Vegetable Fingers
Served With	Omelette Potato Waffle Baked Beans Grilled Tomato Half	Garlic Bread Slice Diced Carrots	Gravy Roast or Mashed Potatoes Carrot Batons Garden Peas	Homemade Naan Bread Fluffy Rice Mixed Vegetables	Chips Baked Beans or Garden Peas
And for Pudding	Muller Yogurt or Fresh Fruit	Scrummy Chocolate Pudding with Chocolate Sauce or Fresh Fruit	Muesli Bar with Milk Drink or Fresh Fruit	Iced Gingerbread or Fresh Fruit	Chunky Fruit Muffin or Fresh Fruit

Available Each Day Fresh bread, milk drink and water
Jacket potato everyday option and Yorkshire Pudding option with weekly roast (please check with your school for availability)

Did you know?
The name pumpkin comes from the Greek word 'pepon' meaning 'large melon'.



Week Three



Week starting:
15 Sept • 13 Oct •
17 Nov • 15 Dec •
26 Jan

'Favourites' Monday Pasta Tuesday Roast Wednesday World-Food Thursday Fishy Friday

Main Meals	Homemade Chicken and Sweetcorn Pizza	Pasta with Tasty Beef Bolognese	Delicious Roast Chicken with Sage and Onion Stuffing	'Best of British' Farm-Assured Pork Sausages	Breaded Fish Fingers or Breaded Salmon Fingers
Vegetarian Options	Homemade Vegetable Pizza	Pasta with Vegemince Bolognese	Vegetarian Grill	Vegetarian Sausages	Vegetable Fingers
Served With	Oven-Baked Diced Potatoes Garden Peas	Homemade Herb Bread Broccoli	Gravy Roast or Mashed Potatoes, Mixed Vegetables	Gravy Mashed Potatoes Broccoli Carrot Batons	Chips Baked Beans or Garden Peas
And for Pudding	Fluffy Strawberry Whip or Fresh Fruit	Yummy Cornflake Tart with Custard or Fresh Fruit	Fruity Flapjack with Milk Drink or Fresh Fruit	Cherry Shortbread Biscuit or Fresh Fruit	Iced Vanilla Cupcake or Fresh Fruit

Available Each Day Fresh bread, milk drink and water
Jacket potato everyday option and Yorkshire Pudding option with weekly roast (please check with your school for availability)

Week Four



Week starting:
22 Sept • 20 Oct •
24 Nov • 5 Jan •
2 Feb

'Favourites' Monday Pasta Tuesday Roast Wednesday World-Food Thursday Fishy Friday

Main Meals	Classic Homemade Cottage Pie	Creamy Chicken Pasta Twists	Succulent Roast Pork Loin with Apple Sauce	Beef Meatballs in a Spanish-Style Tomato Sauce	Battered Fish Fillet or Breaded Fish Fingers
Vegetarian Options	Shepherdess Pie	Broccoli and Pepper Pasta Bake	Vegetarian Sausages	Vegeballs in Spanish-Style Tomato Sauce	Vegetable Fingers
Served With	Gravy Broccoli Carrot Batons	Garlic Bread Slice Garden Peas	Gravy Roast or Mashed Potatoes Carrot Batons Garden Peas	Fluffy Rice Mixed Vegetables	Chips Baked Beans or Garden Peas
And for Pudding	Chocolate and Mandarin Brownie or Fresh Fruit	Tasty Apple Crumble with Custard or Fresh Fruit	Chocolate Oat Cake with Milk Drink or Fresh Fruit	Sunny Lemon Slice or Fresh Fruit	Jam-Buster Muffin or Fresh Fruit

Available Each Day Fresh bread, milk drink and water
Jacket potato everyday option and Yorkshire Pudding option with weekly roast (please check with your school for availability)

Did you know?
It takes 12 honeybees to produce one tablespoon of honey!

