



Norse

# FRESSSH

AUTUMN/WINTER MENU 2021/22



INTRODUCING OUR FRESSSH AUTUMN/WINTER LUNCH MENU, PROVIDING STUDENTS WITH A TEMPTING FOOD OFFER USING LOCAL AND SEASONAL INGREDIENTS WHEREVER POSSIBLE. EACH DAY WE OFFER A COMBINATION OF TRADITIONAL DISHES AND WORLD-FLAVOURS EITHER AS PLATED OR STREET FOOD ALLOWING FOR SPEEDY SERVICE AND FLEXIBLE EATING. THERE ARE ALSO FILLED JACKET POTATOES, WEEKLY SPECIALS AND A DAILY BREAK MENU AVAILABLE (PLEASE CHECK WITH YOUR SCHOOL).

## SOME OF THE KEY NUTRITION PRINCIPLES FRESSSH FOLLOWS ARE:

### LOADED WITH VEG

Dishes that support eating at least five portions of fruit and veg a day

### PACKED WITH PROTEIN

Dishes that have lean protein to help fuel the body

### FRESSSH HERBS AND SPICES

Dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

### INFORMED CHOICES

Increase in options for plant-based diets

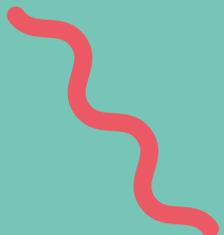
### SUSTAINED ENERGY

Dishes containing grains and rice acting as slow-releasing carbohydrates for energy

Our fresh fruit and veg supplier is based in King's Lynn. All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers



If you think you may be eligible for free school meals visit [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



ALWAYS LOCAL



ALWAYS TASTY



ALWAYS FRESSSH

# LUNCH MENU - WEEK ONE

WEEK COMMENCING

6 SEPT | 27 SEPT | 18 OCT | 15 NOV | 6 DEC | 10 JAN | 31 JAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Fillet with Katsu Curry Sauce, Steamed Rice and Naan Bread or Quorn Fillet with Katsu Curry Sauce, Steamed Rice and Naan Bread (v)	Spaghetti Bolognese with Homemade Garlic Bread or Vegemince Spaghetti Bolognese with Homemade Garlic Bread (v)	Roast Pork with Creamy Mash, Sage and Onion Stuffing and Gravy or Lentil Roast with Creamy Mash and Gravy (v)	Hoisin Chicken and Vegetables with Rice Noodles or Hoisin Vegetables with Rice Noodles (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Mushy Peas or Beans or Red Onion Quiche (v) with Chunky Chips, Mushy Peas or Beans
Mac 'n' Cheese with Crispy Onions and Rocket (v)	Jerk Chicken Pitta with Rainbow Salad	Moroccan Vegetable Tagine with Couscous (v) <b>VEGAN</b>	Homemade Pork and Apple Burger with Sage and Onion Stuffing	Sweet and Sour Chicken with Rice
Beetroot Brownie or Fresh Fruit	Fresh Fruit Selection	Apple and Peach Crunch with Custard or Fresh Fruit	Fresh Fruit Selection	Forest Fruit Cheesecake or Fresh Fruit

THE PLATED

THE STREET

THE SWEET

# LUNCH MENU - WEEK TWO

WEEK COMMENCING

13 SEPT | 4 OCT | 1 NOV | 22 NOV | 13 DEC | 17 JAN | 7 FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sri Lankan Chicken Curry with Steamed Rice and Naan Bread or Sri Lankan Chickpea, Spinach and Sweet Potato Curry with Steamed Rice and Naan Bread (v) <b>VEGAN</b>	Beef Fajita with Mexican Rice or Quorn Fajita with Mexican Rice (v)	Chicken and Ham Pie with Creamy Mash or Vegetable Wellington with Creamy Mash (v)	Smokey BBQ Chicken with Herby Diced Potatoes or Homemade BBQ Vegeballs with Herby Diced Potatoes (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Mushy Peas or Beans or Five Bean Burger (v) with Chunky Chips, Mushy Peas or Beans
Homemade BBQ Pulled Pork with Slaw in a Bap	Pasta Carbonara	Veg-Packed Paella with Flaked Salmon	Kung Pao Vegetables with Rice Noodles (v) <b>VEGAN</b>	Tandoori Chicken in Pitta Bread with Shredded Salad
Orange Cheesecake Mousse or Fresh Fruit	Fresh Fruit Selection	Winter Fruit Crumble with Custard or Fresh Fruit	Fresh Fruit Selection	Lemon Curd Muffin or Fresh Fruit

THE PLATED

THE STREET

THE SWEET

# LUNCH MENU - WEEK THREE

WEEK COMMENCING

20 SEPT | 11 OCT | 8 NOV | 29 NOV | 3 JAN | 24 JAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tikka Curry with Steamed Rice and Naan Bread or Quorn Tikka Curry with Steamed Rice and Naan Bread (v)	Beef Lasagne with Homemade Garlic Dough Balls or Vegetarian Lasagne with Homemade Garlic Balls (v)	Roast Gammon with New Potatoes or Stuffed Peppers with New Potatoes (v)	Sweet Chilli Chicken with Rice Noodles or Sweet Chilli Vegetables with Rice Noodles (v) <b>VEGAN</b>	Battered Fish with Chunky Chips, Mushy Peas or Beans or Sweet Potato and Vegetable Fritter (v) with Chunky Chips, Mushy Peas or Beans
Tomato and Basil Pasta with Mozzarella (v)	Chicken Shawarma Flatbread with Rainbow Salad	Five Bean Chilli with Rice (v) <b>VEGAN</b>	Pork Sausage with Creamy Mash and Onion Gravy	Falafel and Hummus Wrap with Shredded Salad (v) <b>VEGAN</b>
Lemon Cheesecake or Fresh Fruit	Fresh Fruit Selection	Apple Berry Slice with Custard or Fresh Fruit	Fresh Fruit Selection	Black Cherry Brownie or Fresh Fruit

THE PLATED

THE STREET

THE SWEET



ALL PLATED DISHES ARE SERVED WITH A CHOICE OF SEASONAL VEGETABLES OR MIXED SALAD.