



Fresh Fruit Portion														
Oaty Bar		✓												
<b>Thursday</b>														
Beef Bolognese														
Pasta Twists		✓												
<i>Sweet Potato and Lentil Curry (v)</i>							✓							
Steamed Rice														
Mixed Vegetables														
Banana Cupcake		✓					✓							
50/50 Bread		✓											✓	
Egg Mayonaise				✓			✓							
Spread							✓							
Carrot Batons														
Cheese Bar							✓							
Orange Wedges														
Banana Cupcake		✓												
<b>Friday</b>														
Breaded Fish Fingers		✓			✓									
<i>Tomato and Courgette Omelette (v)</i>				✓			✓							
Chips														
Garden Peas														
Baked Beans														
Fresh Fruit Salad														
Bread Roll		✓											✓	
Ham - Sandwich Filling														
Spread							✓							
Carrot Batons														
Sultanas														
Fresh Fruit Portion														
Fruit Yoghurt							✓							

**Norse kitchens are nut-free environments and every precaution is taken to eliminate the likelihood of cross-contamination of allergens within school kitchens, we are unable to guarantee a one hundred percent allergen free environment**

## Norse Catering Allergen Chart Spring/Summer Primary Menu 2022 - Week Two



Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Monday</b>														
Breaded Chicken		✓												
Half Tortilla Wrap		✓												
Lettuce														
Mayonnaise				✓					✓					
Potato Wedges														
Quorn and Tomato Pasta Bake (v)		✓					✓							
Crunchy Vegetable Sticks														
Apple Flapjack		✓												
50/50 Bread		✓											✓	
Cheese - Sandwich Filling							✓							
Spread							✓							
Carrot Batons														
Sultanas														
Apple Wedges														
Flapjack		✓												
<b>Tuesday</b>														
Margherita Pizza (v)		✓					✓							
Pasta Salad		✓		✓					✓					
Vegemince and Bean Chilli (v)													✓	
Steamed Rice														
Sweetcorn														
Fruit Jelly														
50/50 Bread		✓											✓	
Ham - Sandwich Filling														
Spread							✓							
Cucumber Sticks														
Cheese Bar							✓							
Fresh Fruit Portion														
Fruit Jelly														
<b>Wednesday</b>														
Roast Beef														
Homemade Yorkshire Pudding		✓		✓			✓							
Mashed Potato														
Vegemince Cottage Pie (v)													✓	
Carrots														
Garden Peas														
Gravy														
Fresh Fruit Selection														
Cheese and Tomato Pasta Pot		✓					✓							

Cucumber Sticks															
Sultanas															
Fresh Fruit Portion															
Fruit Yoghurt									✓						
<b>Thursday</b>															
Chicken Curry									✓						
Steamed Rice															
<i>Italian Bean Bake (v)</i>									✓						
Broccoli															
Herby Bread		✓													
Summer Berry Muffin		✓		✓					✓						
50/50 Bread		✓												✓	
Egg Mayonnaise				✓					✓						
Spread									✓						
Carrot Batons															
Pizza Finger		✓							✓						
Orange Wedges															
Summer Berry Muffin		✓		✓											
<b>Friday</b>															
Breaded Fish Fingers		✓			✓										
<i>Cheese, Onion Pastry Parcel (v)</i>		✓							✓						
Chips															
Garden Peas															
Baked Beans															
Cocoa Shortbread		✓													
Melon Wedge															
Bread Roll		✓													
Ham - Sandwich Filling															
Spread									✓						
Cucumber Sticks															
Sultanas															
Melon Wedge															
Cocoa Shortbread		✓													

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Apple Wedges														
Marble Cake		✓		✓										
<b>Thursday</b>														
Margherita Pizza (v)		✓				✓								
<i>Vegetarian Enchilada (v)</i>		✓				✓						✓		
Sunshine Couscous		✓												
Mixed Salad														
Fruit Smoothie Ice Cream														
50/50 Bread		✓											✓	
Egg Mayonnaise - Sandwich Filling				✓		✓								
Spread						✓								
Carrot Batons						✓								
Cheese Bar														
Fresh Fruit Portion														
Smoothie Ice Cream														
<b>Friday</b>														
Breaded Fish Fingers		✓				✓								
Salmon Fingers						✓								
<i>Garden Vegetable Goujons (v)</i>														
Chips														
Garden Peas														
Baked Beans														
Cocoa Krispie Bar														
Orange Wedges														
Bread Roll		✓												
Ham - Sandwich Filling														
Spread						✓								
Cucumber Sticks														
Sultanas														
Orange Wedges														
Cocoa Krispie Bar														

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