

Norse Catering - Allergen Chart
Autumn/Winter Primary Menu 2023/2024 - Week One



Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Margherita Pizza (v)		✓					✓							
Tomato Pasta		✓												
Sweet Potato and Lentil Curry (v)(ve)														
Steamed Rice														
Mixed Salad														
Mixed Berry Mousse							✓							
Cheese Sandwich		✓					✓						✓	
Ham Sandwich		✓					✓						✓	
Carrot Sticks														
Sultanas														
Fruit Portion														
Mixed Berry Mousse							✓							
Tuesday														
Breaded Chicken Wrap		✓												
Potato Wedges														
Tomato Dip														
Mayo Dip				✓										
Plant Balls in Tomato Sauce (v)(ve)														
Pasta		✓												
Sweetcorn														
Peas														
Cocoa Sponge		✓		✓			✓							
Cocoa Sauce							✓							
Cheese and Tomato Pasta Pot		✓					✓							
Cucumber Sticks														
Pizza Finger		✓					✓							
Fruit Portion														
Cocoa Cupcake		✓		✓										
Wednesday														
Roast Chicken														
Stuffing		✓												
Roast Potatoes														
Vegemince Cottage Pie (v)													✓	
Carrots														
Cabbage														
Gravy														
Shortbread		✓												
Apple Wedges														
Cheese Wrap		✓					✓							

Tuna Mayo Wrap		✓		✓	✓									
Carrot Sticks														
Sultanas														
Apple Wedges														
Shortbread		✓												
Thursday														
Beef Burrito Bake		✓					✓							
Steamed Rice														
<i>Loaded Tomato and Bean Bake (v)</i>							✓							
Mixed Vegetables														
Fresh Fruit Selection														
Cheese Sandwich		✓					✓						✓	
Ham Sandwich		✓					✓						✓	
Cucumber Sticks														
Cheese Straw		✓		✓			✓							
Fresh Fruit Portion														
Fruit Yoghurt							✓							
Friday														
Breaded Fish Fingers		✓			✓									
<i>Garden Vegetable Goujons (v)</i>														
Chips														
Peas														
Baked Beans														
Lemon Drizzle Cake		✓		✓										
<i>Garden Vegetable Goujons (v)</i>														
Wrap		✓												
Cheese Wrap		✓					✓							
Carrot Sticks														
Fresh Fruit Portion														
Sultanas														
Lemon Drizzle Cake		✓		✓										

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
Autumn/Winter Primary Menu 2023/2024 - Week Two



Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Margherita Pizza (v)		✓					✓							
Potato Wedges														
Tex Mex Chilli (v)													✓	
Steamed Rice														
Sweetcorn														
Cocoa Krispie Bar		✓												
Ham Sandwich		✓					✓						✓	
Cheese Sandwich		✓					✓						✓	
Carrot Sticks														
Sultanas														
Fruit Portion														
Cocoa Krispie Bar		✓												
Tuesday														
Chipolata Sausages		✓												✓
Plant - Powered Sausages (ve)														
Hash Browns														
Baked Beans														
Fresh Fruit Selection														
Cheese and Tomato Pasta Pot		✓					✓							
Cucumber Sticks														
Pizza Finger		✓					✓							
Fresh Fruit Portion														
Fruit Yoghurt							✓							
Wednesday														
Chicken Pie		✓												
Mashed Potatoes														
Cheese and Potato Pie (v)				✓			✓							
Gravy														
Green Beans														
Carrots														
Fruit Jelly														
Cheese Wrap		✓					✓							
Tuna Mayo Wrap		✓		✓	✓									
Carrot Sticks														
Sultanas														
Fruit Portion														
Fruit Jelly														
Thursday														
Chicken and Pesto Pasta		✓					✓							

<i>BBQ Quorn Loaded Wedges (v)</i>		✓					✓							
Mixed Vegetables														
Oaty Apple Crunch		✓												
Ham Sandwich		✓					✓						✓	
Cheese Sandwich		✓					✓						✓	
Cucumber Sticks														
Cheese Straw		✓		✓			✓							
Flapjack		✓												
Apple Wedges														
Friday														
Breaded Fish Fingers		✓			✓									
<i>Baked Vegetable Burger (v)</i>				✓			✓							
Chips														
Peas														
Baked Beans														
Iced Sprinkle Cake		✓		✓			✓							
<i>Garden Vegetable Goujons (v)</i>														
Wrap		✓												
Cheese Wrap		✓					✓							
Carrot Sticks														
Sultanas														
Fresh Fruit Portion														
Iced Sprinkle Cake		✓		✓			✓							

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Week 3	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday														
Margherita Pizza (v)		✓					✓							
Pesto Pasta		✓		✓			✓							
Sweet and Sour Quorn (v)		✓												
Noodles		✓												
Mixed Salad														
Cocoa Cupcake		✓		✓										
Ham Sandwich		✓					✓						✓	
Cheese Sandwich		✓					✓						✓	
Carrot Sticks														
Sultanas														
Fruit Portion														
Cocoa Cupcake		✓		✓										
Tuesday														
Chicken Curry														
Steamed Rice														
Cheesy Pasta (v)		✓					✓							
Mixed Vegetable														
Vanilla Ice Cream							✓							
Cheese and Tomato Pasta Pot		✓					✓							
Cucumber Sticks														
Pizza Finger		✓					✓							
Fresh Fruit Portion														
Vanilla Ice Cream							✓							
Wednesday														
Roast Beef														
Yorkshire Pudding		✓		✓			✓							
Plant Sausages (v)														
Mashed Potato														
Gravy														
Peas														
Carrots														
Fresh Fruit Selection														
Tuna Mayo Wrap		✓		✓	✓									
Cheese Wrap		✓					✓							
Carrot Sticks														
Sultanas														
Fruit Portion														
Fruit Yoghurt							✓							

Thursday														
Pork and Carrot Meatballs in Tomato Sauce														✓
Pasta		✓												
Quorn Fajita Wrap (v)		✓												
Steamed Rice														
Sweetcorn														
Autumn Apple Cake		✓		✓				✓						
Custard								✓						
Ham Sandwich		✓						✓					✓	
Cheese Sandwich		✓						✓					✓	
Cucumber Sticks														
Cheese Straw		✓		✓				✓						
Fruit Portion														
Autumn Apple Cupcake		✓		✓				✓						
Friday														
Breaded Fish Fingers		✓			✓									
Salmon Fingers					✓									
Cheese and Potato Pastry Pinwheel (v)		✓						✓						
Chips														
Peas														
Baked Beans														
Flapjack		✓												
Orange Wedges														
Garden Vegetable Goujons (v)														
Wrap		✓												
Cheese Wrap		✓						✓						
Carrot Sticks														
Sultanas														
Flapjack		✓												
Orange Wedges														



	Celery	Cereals containing	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Jacket Potatoes														
Jacket Potato (Size May Vary)														
Fillings														
Baked Beans														
Tuna Mayonnaise				✓	✓									
Cheese and Baked Beans							✓							
Cheese							✓							

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