

## norse

**SPRING/SUMMER 2024** 



#### 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

#### **INFORMED CHOICES**

Increase in options for plant-based diets

#### **PACKED WITH PROTEIN**

Dishes that have lean protein to help fuel the body

#### **SUSTAINED ENERGY**

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

#### FRESSSH HERBS AND SPICES

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

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

LOCAL TASTY FRESSSH



### **FINCH MEND - MEEK ONE**

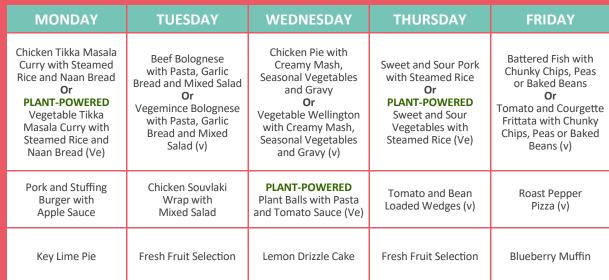




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Pork and Pineapple Curry with Steamed Rice and Naan Bread Or Quorn and Pineapple Curry with Steamed Rice and Naan Bread (v)	Beef Lasagne with Mixed Salad and Garlic Bread <b>Or</b> Vegetable Lasagne, Mixed Salad and Garlic Bread (v)	Roast Gammon with Baby Roast Potatoes, Seasonal Vegetables and Gravy Or Vegetable and Cheddar Roast with Baby Roast Potatoes, Seasonal Vegetables and Gravy (v)	Sweet Chilli Chicken with Rice Noodles Or PLANT-POWERED Sweet Chilli Vegetables with Rice Noodles (Ve)	Battered Fish with Chunky Chips, Mushy Peas or Baked Beans Or Sweet Potato and Vegetable Fitter with Chunky Chips, Mushy Peas or Baked Beans (v)		
Chicken and Pesto Pasta	PLANT-POWERED Tex Mex Chilli with Steamed Rice (Ve)	Curried Pulled Chicken Wrap	BBQ Meatball Sub	PLANT-POWERED Falafel Bites with Couscous Salad (Ve)		
Raspberry Brownie	Fresh Fruit Selection	Summer Berry Meringue	Fresh Fruit Selection	Oaty Apple Slice		

## **LUNCH MENU-WEEK TWO**

### WEEK COMMENCING 4 MAR | 25 MAR 29 APR | 20 MAY | 17 JUN | 8 JUL









# LUNCH MENU - WEEK THREE WEEK COMMENCING 11 MAR | 15 APR 6 MAY | 3 JUN | 24 JUN | 15 JUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fragrant Keralan Chicken Curry with Steamed Rice and Naan Bread Or PLANT-POWERED Fragrant Keralan Vegetable Curry with Steamed Rice and Naan Bread (Ve)	Cajun Chicken Pasta with Garlic Bread and Mixed Salad <b>Or</b> Mediterranean Vegetable Pasta, Garlic Bread and Mixed Salad (v)	Slow-Roasted Pork with Creamy Mash, Seasonal Vegetables and Gravy Or Cheese and Potato Pie with Seasonal Vegetables and Gravy (v)	Beef Burrito Bake with Potato Wedges and Mixed Salad Or Vegemince Burrito Bake with Potato Wedges and Mixed Salad (v)	Battered Fish or Salmon Fingers with Chunky Chips, Peas or Baked Beans <b>Or</b> Five Bean Burger with Chunky Chips, Peas or Baked Beans (v)
Mac 'n' Cheese (v)	<b>PLANT-POWERED</b> Singapore Noodles (Ve)	PLANT-POWERED Onion Bhaji Burger with Mango Chutney and Shredded Salad (Ve)	Southern-Baked Chicken in a Roll with Pickles, Lettuce and Mayo	Mexican Bean Chilli with Nachos (v)
Lemon Cheesecake	Fresh Fruit Selection	Spiced Apple Cake	Fresh Fruit Selection	Mixed Berry Muffin







