

Norse Catering - Allergen Chart Spring/Summer Primary Menu 2025 - Week One























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Week 1	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		Glaten												
Margherita Pizza (v)		✓					✓							
Tomato Pasta		✓												
Sweet Potato and Lentil Curry (v)														
Steamed Rice														
Sweetcorn														
Vanilla Cupcake		✓		✓										
Cheese Sandwich		✓					✓						√	
Ham Sandwich		√					✓						✓	
Salad Sticks														
Sultanas														
Vanilla Cupcake		✓		✓										
Tuesday														
Sweet and Sour Chicken														✓
Noodles		✓		✓										
Cheese and Tomato Pasta Bake (v)		✓					✓							
Mixed Vegetables														
Beetroot Brownie		✓		✓										
Cheese Sandwich		√					√						√	
Ham Sandwich		✓					√						✓	
Pizza Finger		✓					✓							
Salad Sticks														
Beetroot Brownie		√		✓										
Wednesday														
Roast Chicken														
Stuffing		✓												
Lentil Roast (v)		✓		✓			✓						✓	
Roast Potatoes														
Gravy														
Carrots														
Green Beans														
Flapjack		✓												
Orange Wedges														
Cheese and Tomato Pasta Pot		√					√							
Salad Sticks	1	•					<u> </u>							
Flapjack	†	✓					<u> </u>							
Orange Wedges														
Thursday														
Sausage Pastry Pinwheel		✓		√										✓
Plant-Sausage Pastry Pinwheel (v)	†	·	1				<u> </u>							
	1		1					1						

Potato Wedges								
Mixed Salad								
Fruit Jelly								
Cheese and Tomato Pasta Pot	✓			✓				
Fruit Bread	✓							
Salad Sticks								
Fruit Jelly								
Friday								
Breaded Fish Fingers	✓		✓					
Salmon Fingers			✓					
Garden Vegetable Goujons (v)								
Chips								
Peas								
Baked Beans								
Shortbread Biscuit	✓							
Cheese Sandwich	✓			✓			✓	
Ham Sandwich	✓			✓			✓	
Salad Sticks								
Sultanas								
Shortbread Biscuit	✓							

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



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Week 2	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Monday		✓					√							
Cheesy Pasta (v)	<u> </u>	V					✓							✓
Sweet and Sour Plant Balls (v) Steamed Rice	<u> </u>													-
	 													\longmapsto
Mixed Vegetables	<u> </u>			,										\vdash
Orange Cupcake		✓		✓										
Ham Sandwich		✓					\						✓	
Cheese Sandwich		✓					✓						✓	
Salad Sticks														
Sultanas														
Orange Cupcake		✓		✓										
Tuesday														
BBQ Chicken														
Steamed Rice														
Cheese and Tomato Pasta Bake (v)		✓					✓							
Sweetcorn														
Oaty Cookie		✓		√										
Ham Sandwich		√					1						√	
Cheese Sandwich	1	√					✓						✓	
Sultanas	1													
Salad Sticks	1													
Oaty Cookie	1	1		✓										
Wednesday														
Roast Chicken														
Stuffing		√												
Mashed Potato														
Gravy														
Vegemince Cottage Pie (v)													✓	
Peas														
Carrots														
Toffee Cream Shortbread		√					✓							
Cheese and Tomato Pasta Pot		√					*							
Salad Sticks														
Fruit Portion														
Toffee Cream Shortbread	†	✓					✓							
Thursday														
Pork and Carrot Meatballs in Tomato Sauce														√
Plant Sausages in Tomato Sauce (v)	†													
Potato Wedges	†													
Mixed Salad	1													

Summer Berry and Apple Slice		✓							
Cheese and Tomato Pasta Pot		✓			✓				
Fruit Bread		✓							
Fruit Portion									
Summer Berry and Apple Slice		✓							
Friday									
Chicken Fillet Bites	✓	✓							
Vegetarian Enchilada (v)		✓			✓			✓	
Chips									
Peas									
Baked Beans									
Cocoa Shortbread		✓							
Melon Wedge									
Ham Sandwich		✓			✓			✓	
Cheese Sandwich		✓			✓			✓	
Salad Sticks									
Cocoa Shortbread		✓							
Melon Wedge									

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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		Gluten												
Cheese and Tomato Pizza Swirl (v)		✓					✓							
Potato Wedges														
Vegemince Bolognese (v)													✓	
Pasta		✓												
Peas														
Sweetcorn														
Blueberry Cupcake		✓		✓										
Ham Sandwich		1					✓						✓	
Cheese Sandwich		√					✓						✓	
Salad Sticks														
Sultanas														
Blueberry Cupcake		✓		✓										
Tuesday														
Lasagne (Pork and Lentil)		✓					✓							
Loaded Bean Bake (v)							✓							
Garlic Bread		✓												
Mixed Salad														
Vanilla Ice Cream							✓							
Ham Sandwich		1					✓						✓	
Cheese Sandwich		✓					✓						✓	
Pizza Finger		✓					✓							
Salad Sticks														
Vanilla Ice Cream							✓							
Wednesday														
Chipolata Sausages		✓												✓
Plant Sausages (v)														
Yorkshire Pudding		✓		✓			✓							
Mashed Potato														
Gravy														
Cabbage														
Carrots														
Carrot Cake		✓		✓			✓							
Cheese and Tomato Pasta Pot		✓					✓							
Salad Sticks														
Sultanas														
Carrot Cake		✓		✓			✓							
Thursday														
Breaded Chicken		✓												
Lettuce														

Mayo		✓						
Wrap	✓							
Steamed Rice								
Tomato and Courgette Frittata (v)		✓		✓				
Potato Wedges								
Salad Sticks								
Cocoa Oatcake	✓							
Orange Wedges								
Cheese and Tomato Pasta Pot	√			✓				
Fruit Bread	✓							
Cocoa Oatcake	✓							
Orange Wedges								
Friday								
Breaded Fish Fingers	✓		✓					
Cheese and Potato Pastry Pinwheel (v)	✓			✓				
Chips								
Peas								
Baked Beans								
Vanilla Crunch Bar	✓	✓						
Apple Wedges								
Ham Sandwich	1			✓			✓	
Cheese Sandwich	✓			✓			✓	
Salad Sticks								
Vanilla Crunch Bar	1	✓						
Apple Wedges								

		The state of the s				Jupin Flour	Milk		AAUSTARD	2			4	WINE
Jacket Potatoes	Celery	Cereals containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Jacket Potato (Size May Vary)														
Fillings														
Baked Beans														
Cheese and Baked Beans							✓							
Cheese							✓							

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