norse group

Fresh Ideas Feeding Minds

Introducing our School Meals...

norsecatering.co.uk





Dear Parent, Carer or Guardian...

We are Norse Catering, your school's chosen caterer, and we are delighted to be providing your child/children with a nutritious and varied school meal.

We recognise starting school is very exciting but can also feel a little overwhelming. Working with your school, we want to ensure your child's experience of school meals are positive, enjoyable and that they are fuelled for learning!

There is such a thing as a free lunch!

School meals are **FREE** for all children in Reception, Year 1 and Year 2!

If you are on a low-income you may be eligible to get even more support for your child/children. Visit www.gov.uk/apply-free-school-meals to check the criteria.

Our Menu

Our menu is created by our experienced Menu Development Team and consists of a variety of dishes. **We truly believe that school meals offer a pathway for children to try new foods and tastes with their friends.**

It is a three-week menu and offers two hot main meal options every day – one of which is always vegetarian – as well as packed lunch options. Every Monday is 'meat-free' and we can provide plant-based menus if required. We change our menu twice a year, so we have a Spring/Summer Menu which starts after Easter and an Autumn/Winter Menu which starts after October half-term.

We adhere to the School Food Standards to ensure we are serving nutritious menus that consist of suitable portion sizes and the recommended daily allowance for certain food groups.



Handy to know!

Did you know?

School meals are FREE for all children in Reception, Year 1 and Year 2!



Look at our food map!

Our pizza dough, breads and pastries all contain wholemeal flour to help support a balanced diet for your child/children. Over the last few years, we have **reduced the sugar content in our recipes by over 25%** - helping us lead the way with sensible sugar reduction.

Special Diets

It is important for us to feed all children tasty and nutritious school lunches as safely as possible. We have an **allergen aware menu** which is free of most of the top 14 legal allergens. We also have an allergen matrix for our standard lunch menu. If your child has an allergy, intolerance or medical condition please complete our special diet registration form with supporting medical documents – the details are available from the school office and on our website.

Menu Promotions

Throughout the school year we offer fun menu promotions such as; Christmas Lunches, World Book Day, Feast on the Field, Space Explorers, Under the Sea, Eco Week, Design a School Lunch competition and more!

The Ingredients We Use

We are very proud of our Food for Life accreditation. This recognised award means that over **75% of our menus are cooked from scratch**. We are proud to work with several local suppliers and all fresh meat is traceable right back to the farm and are sourced from East Anglian suppliers.

Feedback

Following on from our award-winning Flourish pledge to involve our young customers in menu development, our Business Account Managers like to gain feedback and suggestions from school councils wherever possible. We also like to run **pop-up parent taster sessions** throughout the year! Should you have any queries or would like to provide feedback on our catering provision at your child's school please contact us via our website – **www.norsecatering.co.uk.**

We hope this information has been helpful and reassuring. We really hope your child/children enjoy their school lunches with us soon.

Best wishes,
Norse Catering

Check this out!

Did you know?!

All our sauces are homemade and many dishes included added vegetables to support healthy diets

Our Top Tips for children trying school meals for the first time!

Top tip 1

Talk your child through our menu so together you can identify dishes they know and like as well as new dishes they could try.

Top tip 2

Show your child our picture menus featured on our website – norsecatering.co.uk /primary-school-catering/

These are a useful visual guide for children so they know what our food looks like and what they can expect.

Top tip 3

Try some of our recipes at home – these are also featured on our website. The whole family can enjoy our tasty recipes!

Top tip 4

Play pretend having a 'school lunch' at home – see if your child can carry their own plate or tray to the table and pour a cup of water from a jug.

