



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.

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 and jacket potato 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?

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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. Also, at least two desserts per week contain at least **50% fruit** in them! 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

A full list of the 14 recognised allergens is available on our website. For children who require special diets, such as non-gluten, non-dairy and/or non-egg, we can provide a suitable menu on completion of an **allergen aware registration form** with supporting medical documents – 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, Health Month 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 poultry, pork and beef is traceable right back to the farm and are sourced from East Anglian suppliers.

Feedback

Our Business Account Managers like to gain feedback and suggestions from the **School Council** 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.

Best wishes,
Norse Catering

Children love our meals

