



Norse



# Fresh Ideas Feeding Minds

Dear Parent, Carer or Guardian,

We thought it would be helpful to write to you directly ahead of your child/children starting school in September. 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 that it has been a strange and challenging time for children (and adults) and we want to ensure your child's experience of school meals are positive, enjoyable and that they feel safe eating our food at school.

We also want you as the parent to feel assured that safety is of upmost importance and we have enhanced measures and risk assessments in place in all our kitchens in line with Public Health England and Food Standards Agency guidelines. We are also committed to ensuring our catering staff feel safe, supported and happy when working in school kitchens.

Food, people and happiness really are at the heart of what we do



## Our Menu

Our menu has been created by our experienced Menu Development Team and consists of lots of popular dishes as well as menu items that allow a flexible approach for how it is served and where it can be eaten; whether that's in the dining room, in a classroom or even in an outside space!

It is a three-week menu and offers two delicious hot main meal options every day – one of which is always vegetarian – as well as a packed lunch option with two different sandwich fillings to choose from. Every Wednesday is a 'Roast Day' and Friday's are the one day a week we serve chips!



As we are not able to offer our 'help yourself' salad bar at present, we are pleased to introduce our **Rainbow Salad** that accompanies some of our dishes and provides a variety of textures, tastes and colours to help encourage children to try something new!



[norsecatering.co.uk](http://norsecatering.co.uk)



## Fresh Ideas Feeding Minds

We gain vital input from our independent dietitian who, since 2016, has helped us reduce the sugar content in our recipes by over 25% - helping us lead the way with sensible sugar reduction. We also adhere to the **School Food Standards** to ensure we are serving menus that consist of suitable portion sizes and the recommended daily allowance for certain food groups.

Our pizza dough, breads and pastries all contain **wholemeal flour** to help support a more balanced diet for your child. Also, at least two desserts per week contain at least **50% fruit** in them!

### Special Diets

A breakdown of the main nutrients e.g. Protein, Fat, Carbohydrates and Saturated Fat along with a full list of the 14 recognised allergens are available on our website. For children who require special diets, such as non-gluten, non-milk and/or non-egg, we can provide a suitable menu on completion of a **special diet registration form** with supporting medical documents – details are available from the school office and on our website.

### 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 a number of **local suppliers** and all poultry, pork and beef is traceable right back to the farm and are sourced from East Anglian suppliers.



### Feedback

Our Account Managers like to gain feedback and suggestions from the **School Council** on a termly basis.

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](http://www.norsecatering.co.uk).

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

Best wishes,  
Norse Catering

