

July 2021

Dear Parent, Carer or Guardian,

We thought it would be helpful to write to you as your child/children start or return to High School this September. We are Norse Catering, your school's chosen caterer, and we are delighted to be providing students with freshly prepared, nutritious, and tasty school meals.

We recognise that it has been a strange and challenging time for children and young adults, and we want to ensure that all students have a positive and enjoyable lunchtime experience 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.







Our Menu

Our menu is on a three-week cycle and consists of plated main courses and street food taking inspiration from the latest food trends and food concepts found on the high street as well as more traditional dishes, cold grab and go and homemade desserts and fruit pots.

Some of the key nutrition principles we follow are:

- Packed with Protein dishes that have lean protein to help fuel the body
- Loaded with Veg dishes that support eating at least 5 portions of fruit and veg a day
- Sustained Energy dishes containing grains and rice acting as slow-releasing carbohydrates for energy

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- Fresh Herbs and Spices dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system
- Informed Choices an increase in options for plant-based diets

We also plan to offer weekly specials that may be on a seasonal theme, event or take inspiration from around the World!

We made a commitment to students in 2020 that we will work closely with schools to promote recycling and the eventual elimination of plastic bottles. Unfortunately, our progress on this has been impacted by some of the measures we have implemented for the safe return to school and, for a short time, will be using more packaging than we would like to. We will continue to review this and hope to make positive changes as the year progresses.

Special Diets

A breakdown of the 14 recognised allergens in our current menu is available on our website – www.norsecatering.co.uk.

The Ingredients We Use

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. Our fresh fruit and veg is called Barsby Produce and is based in King's Lynn and our fresh meat supplier is H G Blake and they are based in Norwich.



Free School Meals

Please do speak to the school office if you think your child/children may be entitled to a free school meal. Having a free school meal could save you over £440 a year. The criteria for this can be found at www.gov.uk/apply-free-school-meals.

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

Best wishes,

Norse Catering

