September 2020

Dear Parent, Carer or Guardian,

We thought it would be helpful to write to you as your child/children return to, or even start, 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 utmost 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

The menu available at your school this September is a reduced offer and consists of popular dishes 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 two-week menu and your school may be running a pre-order system for the first few weeks of term to enable a safe and sensible approach to lunchtimes whilst we all navigate distancing measures and staggered timetables.

We will be reviewing the menu and lunch service every two weeks with school leaders and catering staff so we can look at adding more dishes and variety to the lunch menu so we can be as close to our 'usual' high school meal offer as possible.

Our menu usually consists of plated main courses, bowl and street food taking inspiration from the latest food trends and food concepts found on the high street as well as 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 at least 20g of quality, 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
- **Fresh Herbs and Spices** – dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

We made a commitment to students at the start of this year 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. As we regularly review the menu during Autumn term, we will also be reviewing the positive changes we can make to the reduction of single-use packaging as per our original plans.

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 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.

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.norfolk.gov.uk.

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

Best wishes,
Norse Catering