



## MENU INFORMATION

- \* Jacket Potatoes and a meat free alternative are available to pre-order daily. Please liaise with your school to check what options are offered.
- \* Fresh Fruit, Bread, Salad, Yoghurts and Water are available daily.
- \* Please note that the menu may be subject to change to meet local supplier needs.
- \* We endeavour to provide the products stated, however, on rare occasions, substitutions may need to be made when circumstances beyond our control are experienced.



Devon Norse are delighted to bring you our menu for Autumn-Winter 2019/20. Our menu has been created in our Devon Norse kitchens by our kitchen managers and all our dishes have been sampled by children across Devon before taking their place on our menu. Our menu is accredited with Silver Food for Life served here and is compliant to the school food standards. Our new menu brings some new dishes for you to try. These include:-

- Katsu Quorn Curry - breaded Quorn Nuggets served with a tasty mild curry sauce on a bed of noodles,
- Homemade Meatloaf - if you like beef burgers then this should soon become a popular favourite. Try a slice of homemade meatloaf made from British red tractor minced beef and topped with Tomato Sauce.
- Our homemade oven baked Salmon and Broccoli Potato Topped Pie - Did you know Salmon is rich in Omega-3 and a great source of lean protein.
- Jambalaya - a warming Quorn and Rice medley with Southern American spices such as Paprika, great for the cooler months.

Our sugar smart ambassadors continue working hard to reduce sugar in all our puddings, which now include additional fruit and vegetables. Try our new Apple Shortcake - our traditional shortcake now with a tasty layer of apple. Our fresh fruit platter brings together a selection of seasonal fruits for you to try, plus we also have salad, fresh fruit and yoghurts available everyday to encourage healthier choices.

Our food facts are brought to you by Farmwise Devon, where Devon Norse proudly sponsor the Food Zone as well as the Children's Farm at Devon County Show. Please come along and meet us if you are visiting either event and learn more about food and farming in Devon and meet some of our suppliers. Our emphasis is to provide tasty homemade lunches that we are confident your children will like and see them through the school day.

If you have a favourite recipe at home that you would like to share with us, we will endeavour to include these on future menus. Please check our website for some recipes that are so popular at school you might like to try them at home.

## SPECIAL DIETS

We take your children's dietary needs very seriously and ask that you let us know if your child suffers with a food related allergy, or has any other medical or cultural dietary needs. We ask that you contact us, or your school, for a special diet form. Once we receive your form, we will arrange to meet with you and the Kitchen Manager to arrange a suitable diet plan.

Information on the allergen content of our menus is available on our website [www.devonnorse.co.uk](http://www.devonnorse.co.uk) as a guide and this is updated as changes occur, which are sometimes beyond our control. If your child does have a specific dietary need, please make sure our catering teams are aware and that you check the website regularly for updates.

## FOOD SUPPLIERS

Wherever possible, Devon Norse source foods from Devon and across the south west. Our fresh meat comes from Scorse Foods most of which is raised on farms across the South West to higher welfare standards. All our meat is British, minimum of Red Tractor and some Organic.

Langage Farm make our delicious Ice Cream in Plympton and we have dairy produce on the menu from local dairies including Yeo Valley and Wykes.

Our groceries are now distributed by Savona Food Service South West.

Devon Norse work closely with Environmental Health, Trading Standards and our suppliers to ensure we are using the best and safest ingredients.

## FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government Universal Free School Meals for Infants Programme. If you receive a benefit that gives entitlement to a free school meal, please apply for this through your local County Council as the school can receive additional funding. You may be eligible for free school meals, if as a parent or guardian, you are in receipt of one of the following:

- Income Support
- Universal Credit
- Income-based Jobseeker's Allowance
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit

## CONTACT DETAILS

Devon Norse Ltd  
Venture House  
1 Capital Court  
Sowton, Exeter EX2 7FW  
Email: [info@devonnorse.co.uk](mailto:info@devonnorse.co.uk)  
Website: [www.devonnorse.co.uk](http://www.devonnorse.co.uk)

AUTUMN/WINTER 2019



Would you like a career with Devon Norse? We often have opportunities for Cleaners, Catering Assistants and Kitchen Managers. For more information on our current vacancies or to download our application form, please visit [www.devonnorse.co.uk](http://www.devonnorse.co.uk) or call 01392 351160.

# WEEK ONE

WEEK STARTING: 28-10-19, 18-11-19, 9-12-19, 13-1-20, 3-2-20, 2-3-20, 23-3-20



|               | MONDAY                                           | TUESDAY                                      | WEDNESDAY                                      | THURSDAY                            | FRIDAY                     |
|---------------|--------------------------------------------------|----------------------------------------------|------------------------------------------------|-------------------------------------|----------------------------|
| OPTION ONE    | Organic Beef Burger in a Roll served with Wedges | Chicken & Vegetable Pie with Boiled Potatoes | Roast Pork (with optional Apple Sauce) & Gravy | Lasagne served with Garlic Bread    | Fish Fillet in Batter      |
| OPTION TWO    | Pasta Pot                                        | Pizza Baguette with Pasta                    | Homemade Vegetarian Roast                      | Katsu Quorn Curry with Noodles      | Vegetable & Bean Enchilada |
| SIDES         | Sweetcorn, Peas & Tomato Sauce                   | Farmhouse Vegetables                         | Roast Potatoes, Broccoli & Fresh Carrots       | Sweetcorn                           | Chips & Salad Sticks       |
| DESSERT       | Fruit Muffins                                    | Fruit Salad                                  | Carrot Cake                                    | Apple Shortcake served with Custard | Homemade Hob Nob Cookie    |
| JACKET POTATO | Beans, Cheese or Tuna                            | Beans, Cheese or Tuna                        | Beans, Cheese or Tuna                          | Beans, Cheese or Tuna               | Beans, Cheese or Tuna      |

# WEEK TWO

WEEK STARTING: 4-11-19, 25-11-19, 16-12-19, 20-1-20, 10-2-20, 9-3-20, 30-3-20



|               | MONDAY                                   | TUESDAY                                        | WEDNESDAY                                      | THURSDAY                                       | FRIDAY                |
|---------------|------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|-----------------------|
| OPTION ONE    | Cheese Pizza                             | Homemade Meatloaf served with Creamed Potatoes | Roast Chicken (with optional Stuffing) & Gravy | Breakfast Brunch                               | Fish Fingers          |
| OPTION TWO    | Cheese & Tomato Pasta Pot                | Macaroni Cheese served with Crusty Bread       | Homemade Homity Pie                            | Vegetarian Brunch                              | Quorn Dippers         |
| SIDES         | Pasta, Baked Beans & Sweetcorn           | Carrots & Peas                                 | Roast Potatoes, Cabbage & Fresh Carrots        | Hash Browns, Baked Beans, Tomatoes & Mushrooms | Chips & Salad Sticks  |
| DESSERT       | Apple & Pear Crumble served with Custard | Fruit Jelly & Langle Farm Ice Cream            | Fruit Salad                                    | Syrup Sponge served with Custard               | Custard Biscuit       |
| JACKET POTATO | Beans, Cheese or Tuna                    | Beans, Cheese or Tuna                          | Beans, Cheese or Tuna                          | Beans, Cheese or Tuna                          | Beans, Cheese or Tuna |

Did you know?

Each year Devon produces over 25 different types of field grown vegetables



# WEEK THREE

WEEK STARTING: 11-11-19, 2-12-19, 6-1-20, 27-1-20, 24-2-20, 16-3-20, 6-4-20



|               | MONDAY                                         | TUESDAY                                             | WEDNESDAY                                   | THURSDAY                   | FRIDAY                 |
|---------------|------------------------------------------------|-----------------------------------------------------|---------------------------------------------|----------------------------|------------------------|
| OPTION ONE    | Organic Meatballs in a Tomato Sauce with Pasta | Salmon & Broccoli Potato Topped Pie                 | Roast Gammon with Pineapple                 | Sausages and Mashed Potato | Fish Fillet in Batter  |
| OPTION TWO    | Pasta Pot s                                    | Cheese Wheels served with ½ Jacket and Tomato Sauce | Quorn Fillet                                | Jambalaya                  | Cheese & Onion Pasties |
| SIDES         | Broccoli & Sweetcorn                           | Carrots & Peas                                      | Roast Potatoes, Fresh Carrots & Green Beans | Baked Beans Peas & Gravy   | Chips & Salad Sticks   |
| DESSERT       | Sticky Chocolate Cake with Chocolate Sauce     | Flapjack                                            | Banoffee Pancakes                           | Fruit Salad                | Gingerbread            |
| JACKET POTATO | Beans, Cheese or Tuna                          | Beans, Cheese or Tuna                               | Beans, Cheese or Tuna                       | Beans, Cheese or Tuna      | Beans, Cheese or Tuna  |

Did you know?

Devon employs 32,000 people in the food industry



Available Each Day  
FRESH FRUIT, SALAD,  
BREAD, YOGHURT  
AND WATER

