

What's New?

Welcome to our exciting new Autumn/Winter 2016/17 Menu - We are delighted our new menu has received The Food for Life Silver Catering Mark and the inspectors identified that 94% of our meals are freshly prepared in our Devon Norse kitchens.

Our new menu has your traditional favourites, including our popular **Mixed Grill** as well as new **'Winter Warmers'** including **Hand Made Chicken Pie**, our tasty **Braised Beef in Onion Gravy**, delicious **Turkey in a Creamy Sauce** and our own **Devon Norse special Cottage Pie** with a twist in the recipe, a mouth watering **Sweet Potato Topping**.

Our puddings have become even healthier and on our savoury and sweet dishes where you see an asterisk* this means our recipe has a high proportion of fresh fruit or vegetables.

Any feedback or suggestions would be gratefully received at info@devonnorse.co.uk.



SPECIAL DIETS

Special diets are available on completion of a special diet request letter with supporting statements from a Doctor or registered dietician. Please discuss with the catering manager of your school. A full breakdown of the 14 recognised food allergens together with full nutritional analysis are available on our website www.devonnorse.co.uk or from the school kitchen.

FOOD SUPPLIERS

Devon Norse are passionate about our great West Country produce and proud to work with a number of local suppliers.

Our meat is British Farm Assured from a local butcher and sausages are made to our own recipe. Fresh fruit, vegetables & salads in season are used as far as practicable, locally sourced by our suppliers. All our potatoes and many of our vegetables are grown in Devon too! Dairy products are sourced in Devon & Somerset.

Our Eggs are all Free Range and conform to the 'lion mark' code of practice and to prove it, we have been awarded a prestigious Good Egg Award!

FREE SCHOOL MEALS

All children attending Reception, Year 1 and Year 2 are offered a free school meal as part of the Government's Universal Free School Meals for Infants programme. If you receive a benefit that gives entitlement to Free School Meals, please apply for this with your local County Council as the school can get 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
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- 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

CONTACT DETAILS

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Food Facts

MENU INFORMATION

- Jacket Potatoes and a meat free alternative are available to pre order daily. Please liaise with your school to check these options are offered.
- Fresh Fruit, Salad and Yoghurts are available daily.
- Please note that the menu may be subject to change to meet local 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.

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 or call 01392 351160.



Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Harry Ramsden
Breaded Pollack

Home Made
Margherita Pizza

Traditional Westcountry
Roast Beef & Yorkshire
Pudding

Handmade Chicken Pie

NEW

Sticky Quorn Sausage

Handmade Vegetarian
Roast

Bean & Pasta Casserole

Baked Potato Wedges,
Sweetcorn & Peas

Chipped Potatoes or Pasta
Seasonal Vegetables &
Tomato Sauce

Handmade
Chocolate
Shortcake

FAVOURITE

*Sweet Potato &
Lentil Curry

Rice, Peas & Cauliflower

Creamed Potatoes,
Broccoli, Sweetcorn &
Gravy

Roast Potatoes or Mashed
Potatoes Carrots, Cabbage
& Gravy

*Fresh Fruit Platter

*Handmade Iced Carrot
Cake

*Fruit Jelly & Ice Cream

Fresh Fruit, salad, bread, yoghurt and water

Jacket Potato option (please check with your school for availability)

Desserts

*Raspberry & Apple
Sponge with Custard

Available
Each Day

Week starting: 31 Oct. • 21 Nov. • 12 Dec. • 16 Jan. • 6 Feb. • 6 Mar. • 27 Mar.



Week Two

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Turkey in a Cream Sauce

NEW

Vegetarian

Vegetarian Sausage Roll
with Tomato Sauce

Mixed Grill (Bacon,
Sausage, Diced Potatoes,
Baked Beans)

Vegetarian Chilli & Rice

Roast Chicken & Stuffing

Quorn Roast

Sides

Pasta, with Broccoli
& Carrots

Peas & Tomato

Desserts

Handmade Madeleine
Sponge & Pink Custard

Lemon or Raspberry
Mousse Slice

Roast Potatoes or
Mashed Potatoes,
Broccoli, Carrots & Gravy

*Handmade Autumn Fruit
Crumble & Custard

Crusty Bread &
Farmhouse Vegetables

Cottage Pie (made with
Westcountry Beef) with
Sweet Potato Topping

Fish Fingers

NEW

*Vegetarian Wrap

Chipped Potatoes or
Pasta Seasonal Vegetables
& Tomato Sauce

Handmade Chocolate
Cracknel

FAVOURITE

Fresh Fruit, salad, bread, yoghurt and water
Jacket Potato option (please check with your school for availability)

Week starting: 7 Nov. • 28 Nov. • 2 Jan. • 23 Jan. • 20 Feb. • 13 Mar.

Week Three

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Oven Baked Westcountry
Sausages with Baked
Potato Wedges

Braised Beef
In Onion Gravy

Roast Gammon
& Pineapple

Tomato & Herb Pasta
with Crusty Bread

Salmon Crispy Fingers

Vegetarian

Quorn Korma with
Rice & Naan Bread

Handmade Cheese Wheel
(made with Wykes
Cheese) & Tomato Relish

Handmade Homity Pie

Homemade Lentil Roast
with Oven Baked Potato
Wedges

Vegetarian Burger in a
Seeded Bap

Sides

Baked Beans or
Green Beans

Creamed Potatoes,
Cabbage & Sweetcorn

Roast Potatoes or Mashed
Potatoes Carrots, Green
Beans & Gravy

Broccoli & Peas

Chipped Potatoes or Pasta
Seasonal Vegetables &
Tomato Sauce

Desserts

*Sticky Chocolate Slice
with Chocolate Sauce

*Fruit Platter

Fruit Smoothie

*Eve's Pudding with
Custard

*Handmade Fruity
Flapjack

Available
Each Day

Fresh Fruit, salad, bread, yoghurt and water
Jacket Potato option (please check with your school for availability)

Week starting: 14 Nov. • 5 Dec. • 9 Jan. • 30 Jan. • 27 Feb. • 20 Mar.

Did you know?
Sweet potatoes were transported to Spain, probably by Columbus, in about 1500. In 1740s, "sweet" potatoes became known as such in the American colonies to distinguish them from white "Irish" potatoes. Try them in the topping on our Cottage Pie and in the Sweet Potato & Lentil Curry

Did you know?
Apples grow on trees and in spring the tree produces blossom. Blossom are flowers. Tucked inside the bottom of each blossom is the ovule. Inside the ovule are the seeds that will turn into an apple when the bees have pollinated it. The apple will take about 4 months to grow and will be ready to eat in Autumn.



Did you know?
Pumpkins are popular decorations during Halloween. A carved pumpkin illuminated by candles is known as a 'jack-o-lantern'. When you make your lantern save the seeds and dry them for a delicious healthy snack or make the flesh into soup or pumpkin pie.

