



# PRESTON BULLETIN

*'Living Life to the Full'*



Friday 5th January 2024

Dear Parents/Carers,

Happy New Year! I do hope that you and your families all enjoyed a restful Christmas Break. It was lovely to welcome the children back to school yesterday and to hear them sharing stories about their Christmas adventures.

On Wednesday, the staff team from across the Federation met to discuss some changes to behaviour management within our two schools. Already, we have implemented some subtle changes to routines throughout the school day, and these seem to be having a positive impact on the smooth running of the school day.

There is another busy term ahead. In the next week, the teachers will be sharing a class letter with you along with an updated Homework Menu. These documents will also be available via the school website.

Wishing you a restful weekend.

Yours sincerely,

Matt Walker  
Executive Headteacher



**PRESTON CE VC PRIMARY SCHOOL**  
Henry Preston Road, Tasburgh, NR15 1NU  
Tel: 01508 470454  
Email: [officepreston@tasvalley.org.uk](mailto:officepreston@tasvalley.org.uk)

**SAXLINGHAM NETHERGATE CE VC PRIMARY SCHOOL**  
Church Hill, Saxlingham Nethergate,  
NR15 1TD  
Tel: 01508 499271  
Email: [officesaxlingham@tasvalley.org.uk](mailto:officesaxlingham@tasvalley.org.uk)

Executive Headteacher: Mr M Walker  
Email:  
[head@tasvalley.org.uk](mailto:head@tasvalley.org.uk)





**norse**  
CATERING



Fresh Ideas Feeding Minds

# Autumn / Winter

Menu 2023/24

We hope you enjoy our Autumn/Winter Menu, offering high quality and varied dishes using local and seasonal ingredients where possible!

All poultry, pork and beef we use are traceable right back to the farm and sourced from East Anglian suppliers.

A full allergen list for this menu can be found on our website [www.norsecatering.co.uk](http://www.norsecatering.co.uk)

Should your child have a medically-diagnosed allergy or health condition and needs an alternative menu, please complete our Allergen Aware Registration Form which can be found in the school office or on our website.

We use **wholewheat flour** in our bread and pastry recipes!

In addition to this menu, we offer a number of **themed menus** to celebrate holidays and seasonal events — please check details with your school.

If you think your child/children may be eligible for free school meals visit

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



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


Please note the menu may be subject to change to meet local needs.

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Tomato Pasta (v)	Breaded Chicken Wrap with Potato Wedges and a Dip	Roast Chicken with Stuffing and Roast Potatoes	Beef Burrito Bake with Steamed Rice	Breaded Fish Fingers
Option 2	Sweet Potato and Lentil Curry with Steamed Rice (v)	 Plant Balls with Tomato Sauce and Pasta (Ve)	Vegemince Cottage Pie (v)	Loaded Tomato and Bean Bake (v)	Garden Vegetable Goujons (v)
Served with	Mixed Salad	Peas and Sweetcorn	Carrots, Cabbage and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Mixed Berry Mousse	Cocoa Sponge with Cocoa Sauce	Shortbread with Apple Wedges	Fresh Fruit Selection	Lemon Drizzle Cake
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Mixed Berry Mousse	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Cocoa Cupcake	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Apple Wedges and Shortbread	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Fruit Portion and Fruit Yogurt	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Lemon Drizzle Cake

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Potato Wedges (v)	Chipolata Sausages	Chicken Pie with Mashed Potato	Chicken and Pesto Pasta	Breaded Fish Fingers
Option 2	Tex Mex Chilli with Steamed Rice (v)	 Plant-Powered Sausages (Ve)	Cheese and Potato Pie (v)	BBQ Quorn Loaded Wedges (v)	Baked Vegetable Burger (v)
Served with	Sweetcorn	Hash Browns and Baked Beans	Green Beans, Carrots and Gravy	Mixed Vegetables	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Cocoa Krispie Cake	Fresh Fruit Selection	Fruit Jelly	Oaty Apple Crunch	Iced Sprinkle Cake
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Cocoa Krispie Cake	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Fruit Yogurt	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Fruit Jelly	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Apple Wedges and Flapjack	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Iced Sprinkle Cake

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Margherita Pizza with Pesto Pasta (v)	Chicken Curry with Steamed Rice	Roast Beef with Yorkshire Pudding	Pork and Carrot Meatballs with Tomato Sauce and Pasta	Breaded Fish Fingers or Salmon Fingers
Option 2	Sweet and Sour Quorn with Noodles (v)	Cheesy Pasta (v)	Plant Sausages with Yorkshire Pudding (v)	Quorn Fajita Wrap with Steamed Rice (v)	Cheese and Potato Pastry Pinwheel (v)
Served with	Mixed Salad	Mixed Vegetables	Mashed Potato, Peas, Carrots and Gravy	Sweetcorn	Chips and Peas or Baked Beans
Jacket Potato	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese
And for Pudding	Cocoa Cupcake	Vanilla Ice Cream	Fresh Fruit Selection	Autumn Apple Cake with Custard	Flapjack with Orange Wedges
Packed Lunch Option	Cheese or Ham Sandwich, Carrot Sticks, Sultanas, Fruit Portion and Cocoa Cupcake	Cheese and Tomato Pasta Pot, Cucumber Sticks, Pizza Finger, Fruit Portion and Ice Cream Tub	Tuna Mayo or Cheese Wrap, Carrot Sticks, Sultanas, Fruit Portion and Fruit Yogurt	Cheese or Ham Sandwich, Cucumber Sticks, Cheese Straw, Fruit Portion and Autumn Apple Cupcake	Vegetable Goujons or Cheese Wrap, Carrot Sticks, Sultanas, Orange Wedges and Flapjack

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar