



### Norse Food Box

These food boxes are provided by our Fruit and Veg supplier, Barsby Produce (based in King's Lynn) and are for any children who are unable to attend school during this time.

The contents of the box follow guidance from the Government and recommendations from LACA (The School Food People) to ensure it adheres to the School Food Standards.



*The contents of the box are subject availability.*

Some suggested lunches using the food box ingredients are as follows. Of course, you can add other ingredients you have at home to make other tasty lunches:

- Cheese Sandwich with Cucumber and Carrot Batons
- Tuna Sandwich (you could add mayo to make tuna mayo if you have it at home) with Cucumber and Carrot Batons
- Egg Sandwich (you could add mayo to make egg mayo if you have it at home) with Cucumber and Carrot Batons
- Cheese on Toast with Cucumber, Tomato and Sweetcorn Salad
- Beans on Toast (optional to top with grated cheese)
- Scrambled Egg on Toast
- Jacket Potato with Tuna (you could add mayo to make tuna mayo if you have it at home)
- Jacket Potato with Baked Beans (optional to top with grated cheese)

Hints and Tips:

- To cook your jacket potato we recommend you pierce holes in it with a fork and either heat in an 800 watt microwave for 20 minutes **or** oven bake for 1hr and 30 mins at 160°C.
- To cook your scrambled egg we recommend you whisk a raw egg with a splash of milk and add to a pan on a moderate heat. Stir continuously as the egg starts to cook and remove from the heat when the egg is 'scrambled'.
- The fruit can be eaten on its own or mixed in with the yogurt.