

Our commitment to you.....

Our “Food For Life Served Here” menu means we serve *Fresh, local, honest food*.

Our food is free from *undesirable trans fats, sweeteners and additives*

Our food is freshly prepared on site by professional staff who care about quality and ingredients

We support local wherever possible...our meat comes from *Quality Cuts of Sandbach, Littlers of Sandiway, Barrows of Bollington and Lower Hurst Farm in Derbyshire.*

We use *free range eggs, organic yogurt, organic Mornflake oats and MSC fish.*

We are taking steps to *reduce sugar in our recipes*

We are taking steps to *reduce single use plastic*

We can and will cater for all *special dietary requirements*



CATERING WITH THE RIGHT INGREDIENTS

Fresh Catering



Autumn/ Winter 2019/20

At: **St Oswald's Primary**

November 2019

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

December 2019

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| 30 | 31 | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

January 2020

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

February 2020

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | |

March 2020

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

April 2020

| M | Tu | W | T | Fri | Sa | Su |
|----|----|----|----|-----|----|----|
| | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 1 | | |



Autumn/ Winter Menu 2019-20



CATERING WITH THE
RIGHT INGREDIENTS

Week 1

Week 2

MONDAY

Chicago Town Pizza
with Saute Potatoes

Jacket Potato with a
Choice of Filling/s (v)

Chocolate Crunch
with Fruit Chunk

TUESDAY

Chicken Fillet, Boiled
Potatoes, Vegetables
& Gravy

Vegetarian Cowboy
Pie (v)

Toffee Apple Sponge
with Ice Cream

WEDNESDAY

Sausage Casserole

Pasta Italiane (v)

Chocolate Surprise
Brownie

THURSDAY

Beef Stew & Sweet
Potato Dumplings

Vegetarian Sausage
Roll with Creamed
Potatoes (v)

Fruit Crumble with
Custard

FRIDAY

Chicken Korma
Chunks in a Soft
Tortilla Boat

Fish/ Salmon Fish
Fingers with Chips

Dinky Doughnut
with Fruit Coulis

MONDAY

Organic Beef Burger
in a Bap with Paprika
Potatoes

Vegetarian Cottage
Pie (v)

Dorset Apple Cake

TUESDAY

Chicken & Vegetable
Pie with Boiled
Potatoes

Falafel Burger in a
Bun with Potato
Wedges (v)

Ginger Bread &
Custard

WEDNESDAY

Roast Pulled Pork
with Stuffing, Apple
Sauce & Gravy

Quorn Fillet, Stuffing
& Gravy (v)

Rice Pudding with
Fruit

THURSDAY

Chicken Korma with
Rice & Cous Cous

Cheesy Cauliflower
Pasta Bake (v)

Vanilla Ice Cream
with Warm Fruit
Coulis

FRIDAY

Mild Chilli Beef in a
Soft Tortilla Boat

Harry Ramsdens Fish
Fillet with Saute
Potatoes

Chocolate Oatie
Biscuit

