

# 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, Littler’s of Sandiway and Barrows of Bollington*

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 2023-24

At: St Oswald’s Primary School

November 2023						
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 2023						
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

January 2024						
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 2024						
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 2024						
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

April 2024						
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					





# Autumn/ Winter Menu 2023-24

## Week 1

## Week 2

**MONDAY**

Ravioli with a  
Homemade Arrabiata  
Sauce (v)

Quorn Pasta Parma  
Rosa (v)

Lemon Bites, Yogurt  
or Fresh Fruit Platter

**TUESDAY**

Butchers Sausage,  
Creamed Potatoes,  
Vegetables & Gravy

Plant Friendly  
Sausage, Potatoes,  
Vegetables & Gravy (v)

Steamed Pear, Peach  
& Sultana Sponge  
with Custard or Fruit

**WEDNESDAY**

Gammon & Pineapple  
with Potatoes, Carrots,  
Peas & Gravy

Quorn Fillet, Potatoes,  
Carrots, Peas & Gravy  
(v)

Chocolate Crunch  
Finger with Fruit  
Chunk or Fresh Fruit

**THURSDAY**

Spanish Chicken with  
Savoury Rice

Loaded Potato Skins  
with Baked Beans (v)

Fruit Crumble &  
Custard or Fresh Fruit  
Platter

**FRIDAY**

Fish Fingers with Chips  
and Peas or Baked  
Beans

Texan Quorn Tortilla  
Boat (v)

Banana & Chocolate  
Muffin or Fresh Fruit  
Platter

**MONDAY**

Homemade Cheese &  
Tomato Pizza with  
Rice & Pasta Salad (v)

Cowboy Pie with  
Fresh Vegetables (v)

Shortbread Finger  
with Fruit Chunk,  
Yogurt or Fresh Fruit

**TUESDAY**

Spaghetti Bolognese  
with Garlic Bread

Homemade Italian  
Pasta Bake (v)

Berry Buns or Fresh  
Fruit Platter

**WEDNESDAY**

Hot Roast Pork &  
Apple Sauce Bap with  
Potatoes & Veg Sticks

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

Oat & Sultana  
Cookie or Fresh Fruit  
Platter

**THURSDAY**

Tandoori Chicken  
with Rice & Cous Cous

Cheesy Potato Tortilla  
(v)

Apple & Banana  
Cake or Fresh Fruit  
Platter

**FRIDAY**

Fish Fillet with Chips  
and Peas or Baked  
Beans

Mini Omelette  
Popovers with Chips  
& Beans or Peas (v)

Chocolate Surprise  
Sponge & Chocolate  
Sauce or Fresh Fruit

