

# 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: **Gainsborough Primary**

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

Cheesy Pasta (v)

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

Lemon Bites, Yogurt or Fresh Fruit Platter

TUESDAY

Butchers Sausage, Creamed Potatoes, Vegetables & Gravy

Spanish Rice

Steamed Pear, Peach & Sultana Sponge with Custard or Fruit

WEDNESDAY

Hot Roast Gammon Bap, Roast Potatoes & Vegetable Sticks

Veggie Burger, Roast Potatoes & Vegetable Sticks (v)

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

THURSDAY

Sticky Chicken Fillet 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 with Chips (v)

Banana & Chocolate Muffin or Fresh Fruit Platter

MONDAY

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

Five Bean Chilli with Rice (v)

Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit

TUESDAY

Cottage Pie with Vegetables

Homemade Italian Pasta Bake (v)

Berry Buns or Fresh Fruit Platter

WEDNESDAY

Roast Pork, Apple Sce, Stuffing, Potatoes, Vegetables & Gravy

Quorn Fillet, Roast & Creamed Potatoes, Veg & Gravy (v)

Oat & Sultana Cookie or Fresh Fruit Platter

THURSDAY

Chicken Tikka with Rice & Cous Cous

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

Apple & Banana Cake or Fresh Fruit Platter

FRIDAY

Fish Portion with Chips and Peas or Baked Beans

Vegetable Frittata with Fresh Salad (v)

Chocolate Surprise Sponge & Chocolate Sauce or Fresh Fruit

