

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, 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 2021

At: St Vincents de Paul Primary

November 2021

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 2021

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 2022

M	Tu	W	T	Fri	Sa	Su
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 2022

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						

March 2022

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 2022

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 2021

Week 1

Week 2

MONDAY

Chicago Town Pizza (v)	Homemade Spicy Carrot & Lentil Burger in a Bun (v)	Fresh Fruit Platter or Organic Yogurt
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MONDAY

Ratatouille Ravioli served with Tomato Sauce	Cheese Toastie with Homemade Soup	Fresh Fruit Platter or Organic Yogurt
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TUESDAY

Homemade Beef Lasagne with Garlic Bread	Jacket Potato with a Choice of Filling/s (v)	Fresh Fruit Platter or Fruity Flapjack
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TUESDAY

Homemade Southern Style Chicken Chunks	Homemade Quorn Korma with Rice & Cous Cous (v)	Fresh Fruit Platter or Fruit Crumble & Custard
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WEDNESDAY

Starter: Winter Soup with Homemade Tomato Bread	Main: Roast Chicken, Roast/ Creamed Pots, Stuffing & Gravy	Main: Vegetarian Sausage Roll with Mash Pots & Gravy(v)
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WEDNESDAY

Homemade Beef Spaghetti Bolognese with Garlic Bread	Choice of Sandwiches: Tuna, Ham or Cheese	Fresh Fruit Platter or Chocolate Surprise Brownie
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THURSDAY

Organic Beef Meatballs Pasta with Garlic Bread	Homemade Quorn Korma with Rice & Cous Cous (v)	Fresh Fruit Platter or Dorset Apple Cake
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THURSDAY

All Day Breakfast	Mac & Cheese (v)	Fresh Fruit Platter or Fruit Sponge & Custard
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FRIDAY

Fish/ Salmon Fish Fingers with Chips	Tuna Toastie with Salad	Fresh Fruit Platter or Chocolate Oatie Biscuit or Yogurt
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FRIDAY

Battered Fish Fillet with Chips	Jacket Potato with a Choice of Filling/s (v)	Organic Yogurt or Ginger Biscuit with Fruit Chunk
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