

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, Litter'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*

Fresh

Catering

Autumn/ Winter 2023-24



CATERING WITH THE RIGHT INGREDIENTS

At: **St Vincent'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

MONDAY	Vegetarian Sausage Roll with Roasted Garlic & Paprika Mash	Homemade Tomato Pasta (V)	Lemon Bites, Yogurt or Fresh Fruit Platter
TUESDAY	Gammon & Pineapple with Roast Potatoes, Carrots, Peas & Gravy	Jacket Potato with a Choice of Filling/s (V)	Steamed Pear, Peach & Sultana Sponge with Custard or Fruit
WEDNESDAY	Butchers Sausage All Day Breakfast	Spanish Rice (V)	Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit
THURSDAY	Pasta Italiana (V)	Cottage Pie	Fruit Crumble & Custard or Fresh Fruit Platter
FRIDAY	Fish/ Salmon Fish Fingers with Chips and Peas or Baked Beans	Chickpea, Lentil & Vegetable Curry with Rice & Cous Cous (V)	Banana & Chocolate Muffin or Fresh Fruit Platter

Week 2

MONDAY	Homemade Pizza with Herb & Paprika Potatoes (V)	Five Bean Chilli with Rice (V)	Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit
TUESDAY	Spaghetti Bolognese with Garlic Bread	Cheese Toastie with Baked Beans (V)	Berry Buns or Fresh Fruit Platter
WEDNESDAY	Roast Pork, Apple See, Stuffing, Potatoes, Vegetables & Gravy	Jacket Potato with a Choice of Filling/s (V)	Oat & Sultana Cookie or Fresh Fruit Platter
THURSDAY	Tandoori Chicken with Rice & Cous Cous	Homemade Italian Pasta Bake (V)	Apple & Banana Cake or Fresh Fruit Platter
FRIDAY	Fish Portion with Chips and Peas or Baked Beans	Cheesy Potato Tortilla Quesadilla (V)	Chocolate Surprise Sponge & Chocolate Sauce or Fresh Fruit

