

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 Gabriel's Catholic 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

Organic Beef Meatballs, Pasta & Tomato Sauce

Homemade Quorn Korma with Rice & Cous Cous/ Naan Bread(v)

Fresh Fruit Platter or Chocolate Oatie Cookie

TUESDAY

Chicago Town Pizza (v)

Homemade Pasta Italiane (v) with Garlic Bread

Fresh Fruit Platter or Fruity Flapjack

WEDNESDAY

Roast Chicken, Roast/ Creamed Potatoes, Stuffing & Gravy

Homemade Cottage Pie

Fresh Fruit Platter or Organic Yogurt

THURSDAY

Homemade Tandoori Chicken with Rice & Cous Cous in a Wrap

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Dorset Apple Cake

FRIDAY

Vegetarian Sausage with Chips

Salmon/ Fish Fingers with Chips

Fresh Fruit Platter or Ice Cream Smoothie

MONDAY

Ratatouille Ravioli with a Tomato Sauce

Homemade Cheese Toastie with Baked Beans (v)

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Homemade Southern Style Chicken Chunks with Savoury Rice

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Fruit Crumble & Custard

WEDNESDAY

Butchers/ Quorn Sausage with Hash Brown, Scrambled Egg

Homemade Cheese Omelette (v)

Fresh Fruit Platter or Chocolate Surprise Brownie

THURSDAY

Homemade Pasta Bolognese with Garlic Bread

Homemade Spanish Chicken Fillet in a Tomato & Herb Sauce, Paprika Potatoes (v)

Fresh Fruit Platter or Fruit Sponge

FRIDAY

Battered Fish Fillet with Chips

Vegetarian Sausage Roll (v)

Fresh Fruit Platter or Ginger Biscuit with Fruit Chunk

