

# 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 Gabriel’s Catholic 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**

Ravioli with a Homemade Arrabiata Sauce (v)

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

Lemon Bites, Yogurt or Fresh Fruit Platter

**TUESDAY**

Butchers Sausage All Day Breakfast

Vegetarian Sausage All Day Breakfast (v)

Steamed Pear, Peach & Sultana Sponge with Custard or Fruit

**WEDNESDAY**

Chef Roast of the Day

Quorn Fillet Roast (v)

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

**THURSDAY**

Sticky Chicken Fillet with Savoury Rice

Homemade Vegetarian Cottage Pie (v)

Fruit Crumble & Custard or Fresh Fruit Platter

**FRIDAY**

Fish/ Salmon Fish Fingers with Chips and Peas or Baked Beans

Pasta Parma Rosa (v)

Banana & Chocolate Muffin or Fresh Fruit Platter

**MONDAY**

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

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

Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit

**TUESDAY**

Minced Beef & Vegetable Pie

Chickpea, Lentil & Vegetable Curry (v)

Berry Buns or Fresh Fruit Platter

**WEDNESDAY**

Chef Roast of the Day

Quorn Fillet Roast (v)

Oat & Sultana Cookie or Fresh Fruit Platter

**THURSDAY**

Tandoori Chicken with Rice & Cous Cous

Pasta Italiane (v)

Apple & Banana Cake or Fresh Fruit Platter

**FRIDAY**

Fish Portion with Chips and Peas or Baked Beans

Mexican Style Burrito with Chips (v)

Chocolate Surprise Sponge & Chocolate Sauce or Fresh Fruit

