

# 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, Littlers 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



Spring / Summer 2022

At: St Gabriel’s Catholic Primary

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	

May 2022

M	Tu	W	T	Fri	Sa	Su
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					

June 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			

July 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

September 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		

October 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						



# Spring/ Summer Menu



CATERING WITH THE  
RIGHT INGREDIENTS

## Week 1

### MONDAY

Quorn Korma Curry with Rice & Cous Cous (v)      Cheese or Ham Ploughman's Baguette      Apple Flapjack

### TUESDAY

Chicken Slider in a Wrap with Rice      Tomato Pasta Bake (v)      Fruit Jelly with Ice Cream

### WEDNESDAY

Roast Gammon with Pineapple, Gravy & Roast Potatoes      Quorn Fillet with Gravy & Roast Potatoes (v)      Chocolate Mandarin Puddle Cake

### THURSDAY

BBQ Chicken Served with Pasta      Jacket Potato with a Choice of Fillings (v)      Summer Shortbread

### FRIDAY

Chilli Beef Wrap with Chips      Fish/Salmon Fish Fingers with Chips      Frozen Yoghurt Ice Cream

## Week 2

### MONDAY

Cheese & Tomato Pizza with Sauté Potatoes (v)      Vegetarian Spaghetti Bolognese (v)      Cocoa Beetroot Brownie

### TUESDAY

Chicken Balti Pie with a Naan Bread Topping      Jacket Potato with a Choice of Filling (v)      Apple Flapjack

### WEDNESDAY

Roast Pork & Stuffing with Gravy & Roast Potatoes      Quorn Fillet & Stuffing with Gravy & Roast Potatoes (v)      Tangy Lemon Muffin

### THURSDAY

All Day Breakfast (Pork/ Quorn Sausage, Hash Browns, Scrambled Egg)      Cheese Omelette (v)      Shortbread

### FRIDAY

Vegetarian Sausage Roll with Chips      Battered Fish Fillet with Chips      Vanilla Ice Cream with Summer Fruit Coulis

## Week 3

### MONDAY

Organic Beef/ Quorn Burger (v) in a Bun      Tuna Mayo Baguette with Summer Coleslaw      Chocolate Oatie Cookie

### TUESDAY

Pulled Chicken Flatbread with Rice      Quorn Stir Fry with Noodles (v)      Vanilla Sponge with Summer Fruit Coulis

### WEDNESDAY

Beef Spaghetti Bolognese      Jacket Potato with a Choice of Fillings (v)      Organic Yoghurt

### THURSDAY

Chinese Style Chicken Curry with Rice & Cous Cous      Pasta Italiane (v)      Crumbly Banana Caribbean Slice

### FRIDAY

Vegetarian Sausage with Chips      Battered Fish Fillet & Chips      Ice Cream Smoothie

