

Autumn Menu 2020



Week 1

MONDAY

Organic Beef Burger
Topped with Cheese
& BBQ Sauce

Tomato Pasta Parma
Rosa (v)

Coconut Oatie &
Fruit Chunk or
Organic Yogurt

TUESDAY

Chicken Tikka Curry
with Rice & Cous Cous

Chicago Town Pizza
with Potato Wedges
(v)

Ice Cream Roll with
Fruit Chunk

WEDNESDAY

Roast Turkey, Roast/
Creamed Potatoes,
Stuffing & Gravy

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

Summer Shortbread
with Fruit Chunk

THURSDAY

Pork Pasta Bolognese
with Garlic Bread

Popcorn Chicken/
Quorn in a Tortilla
Wrap with Rice (v)

Banana & Chocolate
Cup (Choc Mousse
with Fresh Banana)

FRIDAY

Fish Fingers with
Chips

Vegetarian Sausage
with Chips (v)

Ginger Oatie Cookie
or Organic Yogurt

Week 2

MONDAY

Quorn Korma Curry
with Rice & Cous
Cous (v)

Tuna/ Cheese
Tostie with Veg
Sticks

Organic Yogurt

TUESDAY

Tandoori Chicken
Fillet in a Tortilla
Wrap with Veg Rice

Vegetarian Spaghetti
Bolognese with
Garlic Bread (v)

Tropical Fruit
Traybake

WEDNESDAY

Gammon &
Pineapple with
Herby Potatoes

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

Flapjack with Fruit
Chunk

THURSDAY

All Day Breakfast
(Sausage, Scrambled Egg,
Hash Browns & Baked
Beans)

Homemade Cheese
Omelette (v)

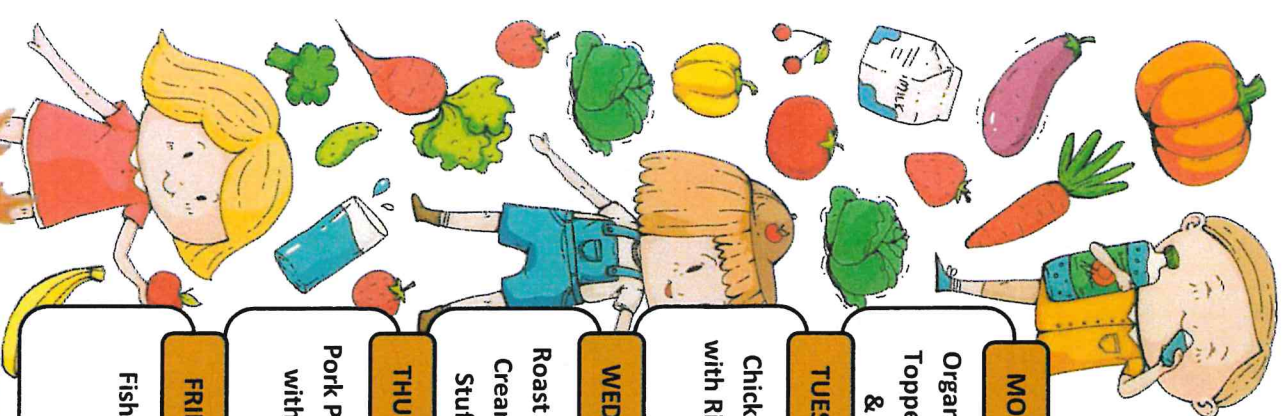
Frozen Yogurt Ice
Cream

FRIDAY

Vegetarian Sausage
Roll with Chips (v)

Harry Ramsden's
Battered Fish Fillet
with Chips

Dinky Doughnut
with Fruit Coulis or
Organic Yogurt



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, 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*

Fresh

Catering



CATERING WITH THE RIGHT INGREDIENTS



Soil Association

Autumn 2020

At: **St Gabriel's Primary**

September 2020

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 2020

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	

November 2020

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						

December 2020

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			