

# 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

Spring / Summer 2024

At: **Smallwood Primary School**

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					

May 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		

June 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

July 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				

September 2024						
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						

October 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			





# Spring/ Summer Menu 2024

## Week 1

## Week 2

**MONDAY**

Vegetarian Sausage Roll with Sauté Potatoes & Veg (v)

Fruity Vegetarian Curry with Rice & Cous Cous (v)

Orange Cookie, Yogurt or Seasonal Fruit Platter

**TUESDAY**

Homemade Beef Lasagne with Garlic Bread

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

Chocolate Penny Biscuits or Seasonal Fruit Platter

**WEDNESDAY**

All Day Breakfast

Plant Friendly All Day Breakfast (v)

Ice Cream & Fruit Coulis or Seasonal Fruit Platter

**THURSDAY**

Southern Style Chicken with Potato Wedges & Salad

Ploughman's Toastie with Salad Sticks (v)

Carrot & Pineapple Cake or Seasonal Fruit Platter

**FRIDAY**

Fish Fingers with Chips & Baked Beans or Peas

Vegetarian Spaghetti Bolognese (v)

Chocolate Crunch Finger & Fruit Chunk or Seasonal Fruit

**MONDAY**

Cheese & Tomato Pizza with Paprika Potatoes & Veg (v)

Roasted Vegetable Lasagne with Garlic Bread (v)

Melting Moments, Yogurt or Seasonal Fruit Platter

**TUESDAY**

Sweet & Sour Pork with Rice or Noodles

Ravioli in a Homemade Tomato Sauce (v)

Tangy Lemon Cake or Seasonal Fruit Platter

**WEDNESDAY**

Roast Chicken, Stuffing, Potatoes, Vegetables & Gravy

Quorn Fillet, Stuffing, Potatoes, Vegetables & Gravy (v)

Fruit Oatie Finger or Seasonal Fruit Platter

**THURSDAY**

Chicken Fajita with Savoury Rice

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

Shortbread Finger & Fruit Chunk or Seasonal Fruit Platter

**FRIDAY**

Breaded Fish Star with Chips & Baked Beans or Peas

Pasta Italiane (v)

Summer Fruit Flapjack or Seasonal Fruit Platter

