

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: Rainow Primary School

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

Pasta Italiane (v)

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

Lemon Bites, Yogurt or Fresh Fruit Platter

TUESDAY

Butchers Sausage, Creamed Potatoes, Vegetables & Gravy

Plant Friendly Sausage, Potatoes, Vegetables & Gravy (v)

Homemade Cake of the Day or Fresh Fruit Platter

WEDNESDAY

Gammon & Pineapple with Potatoes, Carrots, Peas & Gravy

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

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

THURSDAY

Sticky Chicken Fillet with Savoury Rice

Homemade Vegetarian Cottage Pie (v)

Apple Cake or Fresh Fruit Platter

FRIDAY

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

Cheese Toastie with Chips (v)

Homemade Muffin or Fresh Fruit Platter

MONDAY

Homemade Cheese & Tomato Pizza with Potato Wedges (v)

Ravioli with a Homemade Sauce (v)

Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit

TUESDAY

Spaghetti Bolognese with Garlic Bread

Vegetable Enchilada (v)

Berry Buns or Fresh Fruit Platter

WEDNESDAY

Roast Pork, Apple Sce, Stuffing, Potatoes, Vegetables & Gravy

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

Homemade Cookie of the Day or Fresh Fruit Platter

THURSDAY

Chicken Korma with Rice & Cous Cous

Homemade Italian Pasta Bake (v)

Homemade Cake of the Day or Fresh Fruit Platter

FRIDAY

Fish Fillet with Chips and Peas or Baked Beans

Vegetarian Chilli with Chips (v)

Chocolate Surprise Sponge or Fresh Fruit Platter

