

Our commitment to you.....

The Food For Life Criteria 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 milk, bread, seasonal vegetables, potatoes, yogurts and red tractor meat is sourced from within the Northwest*

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 INGREDIENT:

Fresh Catering

Autumn/ Winter 2024-25

At: Rainow School

Oct-24							Nov-24							Dec-24						
M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
7	8	9	10	11			4	5	6	7	8			2	3	4	5	6		
14	15	16	17	8			11	12	13	14	15			9	10	11	12	13		
21	22	23	24	25			18	19	20	21	22			16	17	18	19	20		
							25	26	27	28	28									
Jan-25							Feb-25							Mar-25						
M	T	W	Th	F	S	S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	S
6	7	8	9	10			3	4	5	6	7			3	4	5	6	7		
13	14	15	16	17			10	11	12	13	14			10	11	12	13	14		
20	21	22	23	24			24	25	26	27	28			17	18	19	20	21		
27	28	29	30	31										24	25	26	27	28		
														31						

