

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*

Fresh Catering



CATERING WITH THE RIGHT INGREDIENTS



Autumn/ Winter 2022-23

At: Rode Heath Primary School

November 2022

M	Tu	W	T	Fri	Sa	Su
31	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 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	

January 2023

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					

February 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					

March 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		

April 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





Autumn/ Winter Menu 2022-23

Week 1

Week 2

MONDAY

Cheese & Tomato Pizza with Wedges & Veg (v)

Fresh Fruit Platter or Organic Yogurt

MONDAY

Pasta Italiane with Green Beans (v)

Vegetarian Sausage Roll with Wedges (v)

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Chicken Korma with Rice & Naan Bread

Quorn Korma with Rice & Naan Bread (v)

Fresh Fruit Platter or Fruit Crumble & Custard

TUESDAY

Meatballs in Gravy with Mash Potato, Mixed Vegetables

Cheesy Pasta with Mixed Veg (v)

Fresh Fruit Platter or Chocolate Crunch Finger & Fruit Chunk

WEDNESDAY

Roast Chicken, Roast Potatoes, Carrots, Broccoli & Gravy

Quorn Fillet, Roast Potatoes, Carrots, Broccoli & Gravy (v)

Fresh Fruit Platter or Organic Yogurt or Cookie of the Day

WEDNESDAY

Roast Gammon, Potatoes, Carrots, Cabbage & Gravy

Quorn Fillet, Potatoes, Carrots, Cabbage & Gravy (v)

Fresh Fruit Platter or Autumn Feast Muffin

THURSDAY

Beef Lasagne with Veg & Garlic Bread

Tomato Pasta Parma Rosa & Garlic Bread

Fresh Fruit Platter or Coconut Crunch & Fruit Chunk

THURSDAY

Chicken Tikka Curry with Rice & Cous Cous

Quorn Tikka Curry with Rice & Cous Cous (v)

Fresh Fruit Platter or Fruit Jelly

FRIDAY

Butchers Sausage & Chips with Beans or Peas

Battered Fish & Chips with Peas & Ketchup

Fresh Fruit Platter or Warm Choc Brownie & Chocolate Sauce

FRIDAY

Fish Fingers with Chips & Peas or Baked Beans

Homemade Chicken Burger with Chips & Peas or Beans

Organic Yogurt or Banana Muffins

FILLED JACKET POTATO AVAILABLE MONDAY, TUESDAY & THURSDAY

Fillings include Tuna, cheese and beans