

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 INGREDIENTS

Fresh Catering

Autumn/ Winter 2024-25

At: Middlewich Primary

Oct-24					Nov-24					Dec-24				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
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	M	T	W	Th	F	M	T	W	Th	F
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				





Autumn/ Winter Menu 2024-25

Week 1

Week 2

MONDAY

Vegetarian Sausage Roll & Potatoes Vegetables & Gravy(v)

Pasta Parma Rosa (v)

Flap Jack Finger & Fruit Chunk or Yoghurt or

Fresh Fruit Platter

TUESDAY

Spaghetti Bolognaise & Homemade Garlic Bread

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

Shortbread Finger & Fruit Chunk or Fresh Fruit Platter

WEDNESDAY

All Day Breakfast.

Vegetarian All Day Breakfast (v)

Ice Cream & Fruit Coulis or Fresh Fruit Platter

THURSDAY

Chicken Korma Rice or Cous- Cous

Ravioli In a Homemade Tomato Sauce (v)

Berry Bun Or Fruit Platter

FRIDAY

Fish Finger or Salmon Fish Finger with Chips & Peas/Baked Beans.

Homemade Vegetable Fingers & Chips, Peas or Baked Beans (v)

Chocolate Surprise Brownie or Fresh Fruit Platter

MONDAY

Homemade Cheese & Tomato Pizza with Sauté Potatoes (v)

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

Melting Moment or Yoghurt Fresh Fruit Platter

TUESDAY

Homemade Beef Cottage Pie & Vegetables

Homemade Pasta Italiane (v)

Chocolate Penny or Fresh Fruit Platter

WEDNESDAY

Sausage, Creamed Potatoes, Vegetable & Gravy or Beans

Plant Friendly Sausage, Creamed Potatoes, Vegetables & Gravy, or beans(v)

Orange Cookie or Fresh Fruit Platter

THURSDAY

Chicken Casserole with Crusty Bread

Cheesy Pasta & Vegetables

Dorset Apple Cake or Fresh Fruit Platter

FRIDAY

Fish Stars with Chips and Peas or Baked Beans

Omelette & chips Peas or Baked Beans (v)

Chocolate Crunch Finger & Fruit Chunk or Fresh fruit platter

