

# 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				





# EYFS Autumn/Winter Menu 2024-25

## Week 1

## Week 2

**MONDAY**

Vegetarian Sausage  
Roll & potatoes  
Vegetables & Gravy(v)

Flapjack Finger &  
Fruit Chunk or  
Yoghurt or  
Fresh Fruit Platter

**TUESDAY**

Spaghetti Bolognese &  
Homemade Garlic  
Bread

Shortbread Finger &  
Fruit Chunk  
or  
Fresh Fruit Platter

**WEDNESDAY**

All Day Breakfast

Ice Cream &  
Fruit Coulis or  
Fresh Fruit Platter

**THURSDAY**

Chicken Korma &  
Rice/ Cous- Cous

Berry Bun  
or  
Fruit Platter

**FRIDAY**

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

Chocolate Surprise  
Brownie or  
Fresh Fruit Platter

**MONDAY**

Homemade Cheese &  
Tomato Pizza with  
Sauté potatoes (v)

Melting Moment  
or Yoghurt  
Fresh Fruit Platter

**TUESDAY**

Homemade Beef  
Cottage Pie &  
Vegetables

Chocolate Penny  
or  
Fresh Fruit Platter

**WEDNESDAY**

Sausage, Creamed  
Potatoes, Vegetable  
& Gravy or Beans

Orange Cookie  
or  
Fresh Fruit Platter

**THURSDAY**

Cheesy Pasta  
&  
Vegetables

Dorset Apple cake  
or  
Fresh Fruit Platter

**FRIDAY**

Fish Stars with Chips  
and Peas or Baked  
Beans

Chocolate Crunch  
Finger & Fruit Chunk  
or Fresh fruit platter

