

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: **Manor Park 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

Vegetarian Omelette with Salad Potatoes (v)

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

Tuna Sandwich

Lemon Bites, Yogurt or Fresh Fruit Platter

TUESDAY

Butchers Sausage, Mash Potatoes, Veg & Gravy or Beans

Plant Friendly Sausage, Mash Potatoes, Veg & Gravy or Beans (v)

Cheese Sandwich

Steamed Pear, Peach & Sultana Sponge with Custard or Fruit

WEDNESDAY

Roast Gammon, Roast Potatoes, Vegetables & Gravy

Quorn Fillet, Roast Potatoes, Veg & Gravy (v)

Egg Mayo Sandwich

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

THURSDAY

Sticky Chicken Fillet with Savoury Rice

Vegetarian Cottage Pie (v)

Tuna Sandwich

Fruit Crumble & Custard or Fresh Fruit Platter

FRIDAY

Fish Fingers with Chips & Peas or Baked Beans

Curry Marinated Quorn Wrap with Chips & Salad (v)

Ham Sandwich

Banana & Chocolate Muffin or Fresh Fruit Platter

MONDAY

Homemade Cheese & Tomato Pizza with Potato Wedges (v)

Cowboy Pie (v)

Egg Mayo Sandwich

Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit

TUESDAY

Beef Moussaka

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

Tuna Sandwich

Berry Buns or Fresh Fruit Platter

WEDNESDAY

Hot Roast Pork Bap, Roast Potatoes & Vegetable Sticks

Homemade Italian Pasta Bake (v)

Ham Sandwich

Oat & Sultana Cookie or Fresh Fruit Platter

THURSDAY

Chicken Korma with Rice & Cous Cous

Five Bean Chilli with Rice (v)

Cheese Sandwich

Apple & Banana Cake or Fresh Fruit Platter

FRIDAY

Fish Portion with Chips & Baked Beans or Peas

Cheesy Potato Tortilla Wrap (v)

Egg Mayo Sandwich

Chocolate Surprise Sponge & Chocolate Sauce or Fresh Fruit

