

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*



CATERING WITH THE RIGHT INGREDIENTS

Fresh Catering



Spring / Summer 2021

At:

Rainow School

April 2021

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		

May 2021

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

June 2021

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				

July 2021

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	

September 2021

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			

October 2021

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





Spring/ Summer Menu 2021

Week 1

Week 2

MONDAY

Cheese & Tomato
Pizza with Salad
Potatoes

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

Organic Yogurt

MONDAY

Organic Meatball
Pasta Bake

Vegetarian Sausage
Roll with Creamed
Potatoes (v)

Organic Yogurt

TUESDAY

Tandoori Chicken/
Quorn Fillet with
Savoury Rice

Pasta Italiane (v)

Rhubarb & Apple
Flapjack Crumble
with Ice Cream

TUESDAY

Mild Chicken Curry
with Rice

Vegetarian Burger in
a Soft Bun (v)

Chocolate & Banana
Cup

WEDNESDAY

Beef Pasta Bolognese
with Garlic Bread

Jacket Potato
with Cheesy
Beans(v)

Sultana Cookie with
Fruit Chunk or
Organic Yogurt

WEDNESDAY

Roast Pork, Apple
Sauce, Creamed Pots,
Stuffing & Gravy

Quorn Fillet, Stuffing
& Gravy, Creamed
Potatoes (v)

Carrot & Pineapple
Traybake

THURSDAY

Chicken & Veg Pie
Boiled Potatoes

Tomato & Lentil
Spaghetta(v)

Chocolate Crunch
with Fruit Chunk

THURSDAY

Traditional Cottage Pie

Jacket Potato
with a Choice of
Fillings(v)

Frozen Yogurt Ice
Cream

FRIDAY

Butchers/ Quorn
Sausage, Chips &
Baked Beans

Battered Fish with
Mushy Peas/ Baked
Beans & Chips

Vanilla Ice Cream
with Summer Fruit
Coulis

FRIDAY

Marinated Chicken
Fillet with Chips

Fish/Salmon Fingers
Garden Peas /Baked
Beans & Chips

Kracholette or
Organic Yogurt

