

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



Spring / Summer 2023

At: **Rainow Primary**

May 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				

June 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		

July 2023

M	Tu	W	T	Fri	Sa	Su
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 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

October 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					

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	31		





Spring/ Summer Menu 2023

Week 1

Week 2

MONDAY

Quorn Curry & Rice (v)

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

Yogurt or Fresh Fruit

TUESDAY

Beef Burger in a Bun with Wedges & Coleslaw

Vegetarian Burger in a Bun with Wedges & Coleslaw (v)

Cake of the Day or Fresh Fruit

WEDNESDAY

Roast Chicken & Stuffing, Potatoes, Vegetables & Gravy

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

Chocolate Krachollette or Fresh Fruit

THURSDAY

Beef Pasta Bolognese with H/M Garlic Bread

Vegetable Ravioli with a Homemade Tomato Sauce (v)

Cookie of the Day or Fresh Fruit

FRIDAY

Cheese & Tomato Pizza (v) with Chips & Sweetcorn or Peas

Fish Fingers with Chips & Baked Beans

Shortbread Finger with Fruit Chunk or Fresh Fruit

MONDAY

Vegetarian Sausage Roll with Wedges (v)

Pasta Italiane (v)

Yogurt or Fresh Fruit

TUESDAY

Chicken Korma with Rice

Vegetarian Spaghetti Bolognese with H/M Garlic Bread (v)

Melting Moment or Fresh Fruit

WEDNESDAY

All Day Breakfast Butchers/ Quorn Sausage

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

Flapjack or Fresh Fruit

THURSDAY

Southern Style Chicken with Savoury Rice

Cheese Toastie with Veg Sticks (v)

Cake of the Day or Fresh Fruit

FRIDAY

Battered Fish with Chips & Baked Beans

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

Ice Cream & Fruit Coulis or Fresh Fruit

