

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

Autumn/ Winter 2022-23



CATERING WITH THE RIGHT INGREDIENTS



At: Lindow Community Primary

November 2022

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 2022

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 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					

February 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					

March 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		

April 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

Autumn/ Winter Menu 2022-23



Week 1

MONDAY		
Homemade Pizza with Seasoned Wedges & Veg or Fresh Salad (v)	Quorn Pasta Milanaise (v)	Fresh Fruit Platter or Organic Yogurt
TUESDAY		
Homemade Beef Lasagne with Garlic Bread, Fresh Salad/ Veg	Jacket Potato with Cheese (v)/ Tuna Mayo	Fresh Fruit Platter or Fruit Crumble & Custard
WEDNESDAY		
Butchers Sausage, Mash Pots, Vegetables & Gravy	Vegetarian Sausage, Mash Pots, Vegetables & Gravy (v)	Fresh Fruit Platter or Organic Yogurt or Cookie of the Day
THURSDAY		
Tomato Pasta Parma Rosa & Sweetcorn	Vegetarian Sausage Roll with Potatoes, Mixed Veg & Gravy (v)	Fresh Fruit Platter or Coconut Crunch & Fruit Chunk
FRIDAY		
Battered Fish Fillet with Chips & Peas	Jacket Potato with Beans/ Cheese (v)	Fresh Fruit Platter or Warm Choc Brownie & Chocolate Sauce

Week 2

MONDAY		
Pasta Italianae served with Veg or Salad (v)	Jacket Potato with Cheese (v)/ Tuna Mayo	Fresh Fruit Platter or Organic Yogurt
TUESDAY		
Meatballs in a Tomato & Herb Sauce with Spaghetti	Homemade Vegetarian Enchilada & Savoury Rice (v)	Fresh Fruit Platter or Chocolate Crunch Finger & Fruit Chunk
WEDNESDAY		
Roast Gammon, Roast & Creamed Potatoes, Vegetables & Gravy	Quorn Fillet, Roast & Creamed Potatoes, Vegetables & Gravy (v)	Fresh Fruit Platter or Autumn Feast Muffin
THURSDAY		
Chicken Korma with Rice	Vegetable Ravioli with Homemade Tomato Sauce, Veg/ Salad (v)	Fresh Fruit Platter or Fruit Jelly
FRIDAY		
Fish Fingers with Chips & Peas	Vegetarian Burger & Chips (v)	Organic Yogurt or Banana Muffins

