

Smallwood Menu Autumn/Winter 2017/18

Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

6th Nov, 27th Nov,
18th Dec, 22nd Jan,
12th Feb, 12th March,
16th April

Hidden Vegetable Pizza
with Paprika Potatoes
Or
Jacket Potato with a
Choice of Fillings(v)

Choc Crunch with
Fruit Chunk

Organic Beefburger In a Bap
with Potato Wedges
Or
Shepardless Pie(v)
(Sweet Potato Topping)

Dorset Apple Cake
with Custard

Beef Bolognese with
Garlic Bread
Or
Jacket Potato with a
Choice of Fillings(v)

Carrot & Pineapple
Cake Muffin

Paprika Chicken with
Vegetable Cous Cous
Or
Vegetarian Sausage Roll
with Creamed Potato & Gravy

Steamed Pear & Peach
Sponge with Custard

Roast Gammon & Pineapple
With Chips & Garden Peas
Or
Fish Fingers/Salmon Fish
Fingers with Chips

Lemon Biscuit
with Fruit Chunk

WEEK 2

13th Nov, 4th Dec,
8th Jan, 29th Jan,
26th Feb, 19th March,
23rd April

Cheesy Pasta(v)
Or
Tortilla Layer(v)
(vegemince in a tomato & herb sc
layered between tortilla wraps)

Oaty Biscuit with
Fruit Chunk

Butter Chicken Curry with
Rice & Cous Cous
Or
Jacket Potato with a
Choice of Fillings(v)

Cocoa Beetroot Brownie
with Choc Sauce

Butchers Sausage/Quorn
Sausage(v) In Onion Gravy
with Creamed Potatoes
Or
Organic Vegetable Bake(v)

Apple & Rhubarb
Flapjack Slice

Beef Casserole with
Homemade Bread
Or
Jacket Potato with a
Choice of Fillings(v)

Chocolate Crispie Bar

Southern Style Chicken
with Chips
Or
Bubble Coated Fish
with Chips

Banana Muffin

WEEK 3

20th Nov, 11th Dec,
15th Jan, 5th Feb,
5th March, 26th March,
30th May

Cheesy Pasta
Or
Tomato Pasta

Flapjack Finger
with Fruit Chunk

Pulled Chicken Flatbread
Or
Salmon Fish Fingers with
Tomato Pasta or Herb
Potatoes

Tangy Lemon Cake

Roast Pork
Quorn Fillet(v)
Apple Sc, Stuffing & Gravy
Served with Roast Potatoes

Scotch Pancake with Vanilla
Ice Cream & Fruit Coulis

Beef Bolognese Pasta Bake
Or
Jacket Potato with a
Choice of Fillings(v)

Choc Puddle Pudding with
Mandarin Puree

Butchers/Quorn(v) Sausage,
Scrambled Egg, Baked
Beans & Hash Brown
Or
Crunchy Baked Fish with
Potato Wedges

Sultana Cookie
with Milkshake



GOLD CATERING

Available daily –, selection of vegetables and/or salad bar, bread basket, seasonal fruit platter, organic yogurt and a selection of drinks including water and milk.

Fresh meat is supplied by local butchers Quality Cuts of Sandbach, Littlers of Northwich and Barrows of Bollington.

All butchers meat is farm assured.

We use organic beefburgers from Lower Hurst Farm in Derbyshire

We use MSC fish and free range eggs.

75% of dishes are homemade – These dishes are freshly prepared and cooked on site by the catering team.

Potatoes, vegetables & fruit are sourced locally when in season. Bread, milk, cheese & eggs are sourced from within the North West.

We use Mornflake Organic oats.



CATERING WITH THE
RIGHT INGREDIENTS