

Our commitment to you.....

The Food For Life Criteria 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 milk, bread, seasonal vegetables, potatoes, yogurts and red tractor meat is sourced from within the Northwest*

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 2024-25

At: **Smallwood Primary School**

Oct-24					Nov-24					Dec-24				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
7	8	9	10	11	4	5	6	7	8	2	3	4	5	6
14	15	16	17	8	11	12	13	14	15	9	10	11	12	13
21	22	23	24	25	18	19	20	21	22	16	17	18	19	20
					25	26	27	28	28					
Jan-25					Feb-25					Mar-25				
M	T	W	Th	F	M	T	W	Th	F	M	T	W	Th	F
6	7	8	9	10	3	4	5	6	7	3	4	5	6	7
13	14	15	16	17	10	11	12	13	14	10	11	12	13	14
20	21	22	23	24	24	25	26	27	28	17	18	19	20	21
27	28	29	30	31						24	25	26	27	28
										31				

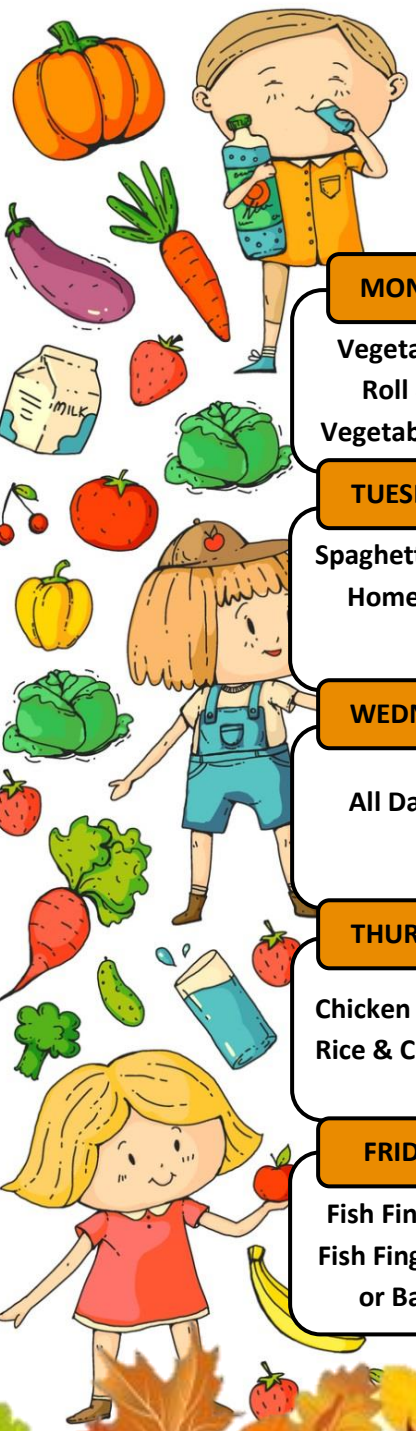




Autumn/ Winter Menu 2024-25

Week 1

Week 2



MONDAY	Vegetarian Sausage Roll & Potatoes Vegetables & Gravy(v)	Pasta Parma Rosa (v)	Flap Jack Finger & fruit Chunk or Yoghurt or Fresh Fruit Platter
TUESDAY	Spaghetti Bolognese & Homemade Garlic Bread	Jacket Potatoes with a choice of filling /s (v)	Shortbread Finger & fruit Chunk or Fresh fruit Platter
WEDNESDAY	All Day Breakfast.	Vegetarian All Day Breakfast (v)	Ice cream & fruit Coulis or Fresh Fruit Platter
THURSDAY	Chicken Korma Rice & Cous- Cous	Ravioli In a homemade Arrabiatta, Tomato or Cheese Sauce(v)	Berry Bun Or Fruit Platter
FRIDAY	Fish Finger or Salmon Fish Fingers Chips Peas or Baked Beans.	Homemade Vegetable Fingers & Chips, Peas or Baked Beans (v)	Chocolate Surprise Brownie or Fresh Fruit Platter

MONDAY	Homemade Cheese & Tomato Pizza with Sauté potatoes (v)	Jacket potato with a Choice of Filling/s (v)	Melting Moment or Yoghurt Fresh Fruit Platter
TUESDAY	Homemade Beef cottage Pie & Vegetables	Homemade Pasta Italiane (v)	Chocolate Penny or Fresh Fruit Platter
WEDNESDAY	Sausage, Sauté potatoes, Vegetable & Gravy or Beans	Plant Friendly Sausage, Creamed potatoes, Vegetables & Gravy or beans(v)	Orange Cooke or Fresh Fruit Platter
THURSDAY	Chicken Casserole with Crusty Bread	Cheesy Pasta Or Jacket Potato	Dorset apple cake Or Fresh Fruit Platter
FRIDAY	Fish Stars with Chips and Peas or Baked Beans	Jacket Potato & Baked Beans (v)	Chocolate Crunch Finger & Fruit Chunk or Fresh fruit platter

