

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, Little's of Sandiway and Barrows
of Bollington*

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



CATERING WITH THE
RIGHT INGREDIENTS

Autumn/ Winter 2023-24

At: **Beechwood Primary School**

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			

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

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				

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			

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

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 2023-24

Week 1

MONDAY

Ravioli with a
Homemade Arrabiata
Sauce (v)

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

Lemon Bites, Yogurt
or Fresh Fruit Platter

TUESDAY

Butchers Sausage,
Creamed Potatoes,
Vegetables & Gravy

Plant Friendly
Sausage, Potatoes,
Vegetables & Gravy (v)

Steamed Pear, Peach
& Sultana Sponge
with Custard or Fruit

WEDNESDAY

Gammon & Pineapple,
Roast Potatoes,
Carrots, Peas & Gravy

Quorn Fillet, Roast
Potatoes, Carrots,
Peas & Gravy (v)

Chocolate Crunch
Finger with Fruit
Chunk or Fresh Fruit

THURSDAY

Sticky Chicken Fillet
with Savoury Rice

Sticky Quorn Fillet
with Savoury Rice (v)

Fruit Crumble &
Custard or Fresh Fruit
Platter

FRIDAY

Fish Fingers with Chips
and Peas or Baked
Beans

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

Banana & Chocolate
Muffin or Fresh Fruit
Platter

Week 2

MONDAY

Homemade Cheese &
Tomato Pizza with
Rice & Pasta Salad (v)

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

Shortbread Finger
with Fruit Chunk,
Yogurt or Fresh Fruit

TUESDAY

Beef Pasta Bolognese
with Garlic Bread

Quorn Pasta
Bolognese with Garlic
Bread (v)

Berry Buns or Fresh
Fruit Platter

WEDNESDAY

Roast Pork, Creamed
Potatoes, Carrots,
Cabbage & Gravy

Quorn Fillet, Creamed
Potatoes, Carrots,
Cabbage & Gravy (v)

Oat & Sultana
Cookie or Fresh Fruit
Platter

THURSDAY

Chicken Tikka with
Rice & Cous Cous

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

Apple & Banana
Cake or Fresh Fruit
Platter

FRIDAY

Fish Portion with
Chips and Peas or
Baked Beans

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

Chocolate Surprise
Sponge & Chocolate
Sauce or Fresh Fruit

FILLED JACKET POTATOES AVAILABLE DAILY