

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:

St Annes Fulshaw

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				

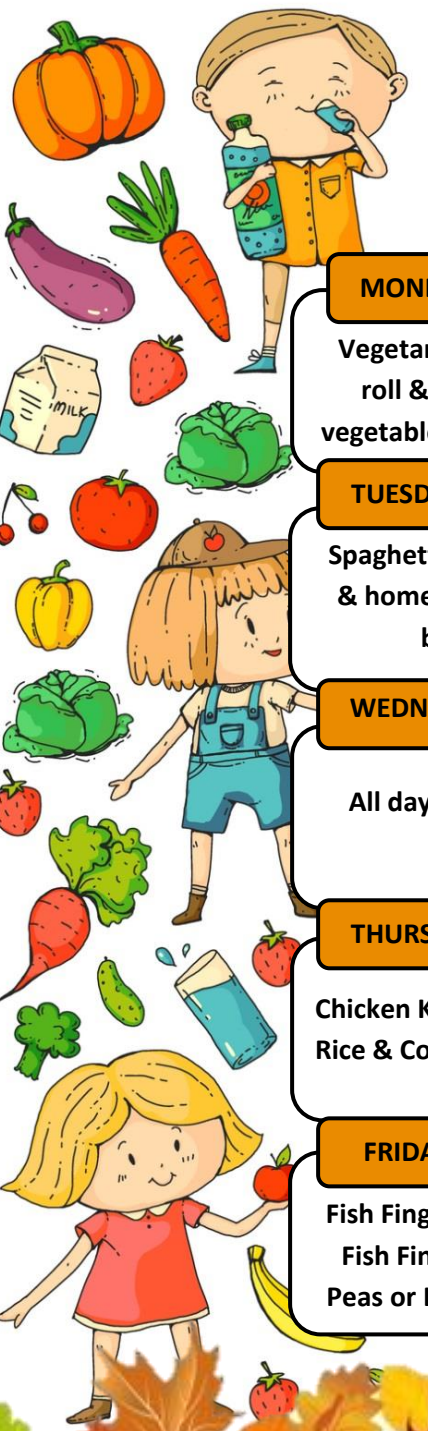




Autumn/ Winter Menu 2024-25

Week 1

Week 2



MONDAY	Vegetarian sausage roll & potatoes, vegetables & gravy (v)	Pasta Parma Rosa (v)	Flapjack finger, yoghurt or fresh fruit platter
TUESDAY	Spaghetti Bolognese & homemade garlic bread	Jacket Potatoes with a choice of filling /s (v)	Shortbread finger, 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 tomato Sauce(v)	Berry bun or fresh 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, creamed potatoes, vegetable & gravy or beans	Plant Friendly Sausage, Creamed potatoes, Vegetables & Gravy or beans(v)	Orange Cookie or Fresh Fruit Platter
THURSDAY	Chicken casserole with crusty bread	Jacket Potato with a choice of filling/s	Dorset apple cake Or Fresh Fruit Platter
FRIDAY	Fish fingers with chips and peas or baked beans	Omelette & chips Peas or Baked Beans (v)	Chocolate Crunch Finger & Fruit Chunk or Fresh fruit platter

