

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:

Bosley St Marys

| 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 & Baked Beans (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 Tomato Sauce (v)

Berry Bun Or Fruit Platter

FRIDAY

Fish Fingers & Chips Peas or Baked Beans.

Jacket Potatoes with Cheese & Baked Beans.

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 Cooke or Fresh Fruit Platter

THURSDAY

Chicken & Vegetable Hot-pot

Cheesy Pasta & Vegetables

Dorset apple cake Or Fresh Fruit Platter

FRIDAY

Fish Stars with Chips and Peas or Baked Beans

Omelette & chips Peas or Baked Beans (v)

Chocolate Crunch Finger & Fruit Chunk or Fresh fruit platter

