

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, Littler’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*



CATERING WITH THE RIGHT INGREDIENTS

Fresh Catering

Autumn/ Winter 2023-24

At: **Park Lane 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
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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
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22	23	24	25	26	27	28
29	30	31				

M	Tu	W	T	Fri	Sa	Su
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26	27	28	29			

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29	30					





Autumn/ Winter Menu 2023-24

Week 1

Week 2

MONDAY

Ravioli with a
Homemade Tomato
Sauce (v)

Tomato Pasta (v)

Lemon Bites, Yogurt
or Fresh Fruit Platter

TUESDAY

Butchers Sausage,
Creamed Potatoes,
Veg & Gravy or Beans

Plant Friendly
Sausage, Potatoes,
Veg & Gravy or Beans

Steamed Pear, Peach
& Sultana Sponge
with Custard or Fruit

WEDNESDAY

Gammon & Pineapple
with Potatoes, Carrots,
Peas & Gravy

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

Chocolate Crunch
Finger with Fruit
Chunk or Fresh Fruit

THURSDAY

Spanish Chicken with
Savoury Rice

Homemade
Vegetarian Cottage Pie
(v)

Fruit Crumble &
Custard or Fresh Fruit
Platter

FRIDAY

Fish/ Salmon 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

MONDAY

Homemade Cheese &
Tomato Pizza with
Rice Salad (v)

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

Shortbread Finger
with Fruit Chunk,
Yogurt or Fresh Fruit

TUESDAY

Spaghetti Bolognese
with Garlic Bread

Homemade Italian
Pasta Bake (v)

Berry Buns or Fresh
Fruit Platter

WEDNESDAY

Roast Pork, Apple Sce,
Stuffing, Potatoes,
Vegetables & Gravy

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

Oat & Sultana
Cookie or Fresh Fruit
Platter

THURSDAY

Chicken Tikka with
Rice & Cous Cous

Five Bean Chilli with
Rice (v)

Apple & Banana
Cake or Fresh Fruit
Platter

FRIDAY

Fish Portion with
Chips and Peas or
Baked Beans

Mini Omelette
Popovers with Chips
& Beans or Peas (v)

Chocolate Surprise
Sponge & Chocolate
Sauce or Fresh Fruit

