

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: **Excalibur Primary School**

November 2023						
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			

December 2023						
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

January 2024						
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				

February 2024						
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			

March 2024						
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

April 2024						
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

Week 2

MONDAY

Ravioli in a Homemade
Tomato Sauce (v)

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

Lemon Bites, Yogurt
or Fresh Fruit Platter

TUESDAY

Butchers Sausage All
Day Breakfast

Plant Friendly Sausage
All Day Breakfast (v)

Homemade Flapjack
or Fresh Fruit Platter

WEDNESDAY

Gammon & Pineapple,
Roast Potatoes,
Vegetables & Gravy

Quorn Fillet, Roast
Potatoes, Vegetables
& Gravy (v)

Chocolate Crunch
Finger with Fruit
Chunk or Fresh Fruit

THURSDAY

Spanish Chicken with
Savoury Rice

Cheesy Pasta (v)

Fruit Crumble &
Custard or Fresh Fruit
Platter

FRIDAY

Fish Fingers with Chips
& Peas or Baked Beans

Korma Falafel Wrap
with Chips (v)

Banana & Chocolate
Muffin or Fresh Fruit
Platter

MONDAY

Homemade Pizza with
Sauté Potatoes (v)

Italian Pasta Bake (v)

Shortbread Finger
with Fruit Chunk,
Yogurt or Fresh Fruit

TUESDAY

Spaghetti Bolognese
with Garlic Bread

Chickpea & Lentil
Curry with Rice (v)

Berry Buns or Fresh
Fruit Platter

WEDNESDAY

Roast Pork, Apple Sce,
Potatoes, Carrots,
Cabbage & Gravy

Roast Quorn Fillet,
Potatoes, Carrots,
Cabbage & Gravy

Oat & Sultana
Cookie or Fresh Fruit
Platter

THURSDAY

Chicken Curry with
Rice

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

Apple & Banana
Cake or Fresh Fruit
Platter

FRIDAY

Fish Fillet with Chips
& Baked Beans or
Peas

Mexican Style Burrito
with Chips (v)

Chocolate Muffin or
Fresh Fruit Platter