

# 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*

# Fresh Catering



CATERING WITH THE  
RIGHT INGREDIENTS

Autumn/ Winter 2024-25

At: The Weaver Primary School

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)

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)

Summer fruit Flap  
Jack Finger or  
Fruit Platter

### FRIDAY

Fish Finger or Salmon  
Fish Fingers Chips Peas  
or Baked Beans.

Cheesy Pasta  
&  
Vegetables

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  
Italienne (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

Fruity Chicken Curry  
Rice & Cous - Cous

Cheesy Pasta

Dorset apple cake  
Or  
Fresh Fruit Platter

### FRIDAY

Fish Stars with Chips  
and Peas or Baked  
Beans

Jacket Potatoes with  
a choice of filling / s  
(v)

Chocolate Crunch  
Finger & Fruit Chunk  
or Fresh fruit platter