

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: **St John’s the Evangelist**

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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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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29	30					





Autumn/ Winter Menu 2023-24

Week 1

Week 2

MONDAY

Quorn Pasta Parma Rosa (v)

Vegetable Frittata with Salad Potatoes (v)

Lemon Bites, Yogurt or Fresh Fruit Platter

TUESDAY

Butchers Sausage, Creamed Potatoes, Vegetables & Gravy

Plant Friendly Sausage, Potatoes, Vegetables & Gravy (v)

Steamed Pear, Peach & Sultana Sponge with Custard or Fruit

WEDNESDAY

Gammon & Pineapple with Mash Potato, Carrots, Peas & Gravy

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

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

THURSDAY

Sticky Chicken Fillet with Savoury Rice

Homemade Vegetarian Cottage Pie with Baked Beans (v)

Fruit Crumble & Custard or Fresh Fruit Platter

FRIDAY

Fish Fingers with Chips and Peas or Baked Beans

Texan Quorn Tortilla Boat with Chips (v)

Banana & Chocolate Muffin or Fresh Fruit Platter

MONDAY

Homemade Cheese & Tomato Pizza with Rice & Pasta Salad (v)

Cowboy Pie with Vegetables (v)

Shortbread Finger with Fruit Chunk, Yogurt or Fresh Fruit

TUESDAY

Spaghetti Bolognese with Garlic Bread

Vegetarian Sausage Roll with Potatoes & Baked Beans (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 Korma with Rice & Cous Cous

Cheesy Potato Tortilla (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

