

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

Rode Heath Pre-school Menu

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

Pasta Parma Rosa (v)

Flap Jack Finger &
fruit Chunk or
Yoghurt or
Fresh Fruit Platter

MONDAY

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

Melting Moment
or Yoghurt
Fresh Fruit Platter

TUESDAY

Spaghetti Bolognese &
Homemade Garlic
Bread

Shortbread Finger &
fruit Chunk
or
Fresh fruit Platter

TUESDAY

Homemade Beef
cottage Pie &
Vegetables

Chocolate Penny
or
Fresh Fruit Platter

WEDNESDAY

Sausage, Creamed
potatoes, Vegetables
& Gravy

Ice cream & fruit
Coulis or
Fresh Fruit Platter

WEDNESDAY

Sausage, Mash
potatoes ,Veg &
Gravy or Beans

Orange Cooke
or
Fresh Fruit Platter

THURSDAY

Chicken Korma
Rice & Cous-Cous

Berry Bun
Or
Fruit Platter

THURSDAY

Chicken & Vegetable
pie, potatoes & Gravy

Dorset apple cake
Or
Fresh Fruit Platter

FRIDAY

Fish Fingers & Chips
Peas or Baked Beans.

Chocolate Surprise
Brownie or
Fresh Fruit Platter

FRIDAY

Fish Stars with Chips
and Peas or Baked
Beans

Chocolate Crunch
Finger & Fruit Chunk
or Fresh fruit platter

