

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, Littlers of Sandiway, Barrows of Bollington and Lower Hurst Farm in Derbyshire.*

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 2019/20

At: **St Mary's Primary**

November 2019

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 2019

M	Tu	W	T	Fri	Sa	Su
30	31					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

January 2020

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 2020

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 2020

M	Tu	W	T	Fri	Sa	Su
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 2020

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	1		



Autumn/ Winter Menu 2019-20



CATERING WITH THE RIGHT INGREDIENTS

Week 1

Week 2

WEEK 1
4th Nov
18th Nov
2nd Dec
16th Dec
13th Jan
27th Jan
10th Feb
2nd Mar
16th Mar
30th Mar
27th Apr

MONDAY		
Chicken Fillet, Boiled Potatoes, Vegetables & Gravy	Pasta Italienne (v)	Chocolate Crunch with Fruit Chunk
TUESDAY		
Chicago Town Pizza with Saute Potatoes	Vegetarian Cowboy Pie (v)	Toffee Apple Sponge with Custard
WEDNESDAY		
Butchers Sausages with Creamed Potatoes	Jacket Potato with a Choice of Filling/s (v)	Chocolate Surprise Brownie
THURSDAY		
Spaghetti Bolognese with Garlic Bread	Vegetarian Sausage Roll with Creamed Potatoes (v)	Fruit Crumble with Custard
FRIDAY		
Vegetarian Burger in a Bap with Chips (v)	Salmon Fish Fingers with Chips	Dinky Doughnut with Fruit Coulis

WEEK 2
11th Nov
25th Nov
9th Dec
6th Jan
20th Jan
3rd Feb
24th Feb
9th Mar
23rd Mar
20th Apr

MONDAY		
Chicken Pasta Bake	Falafel Burger in a Bun with Potato Wedges (v)	Dorset Apple Cake
TUESDAY		
Organic Beef Burger in a Bap with Paprika Potatoes	Vegetarian Meatball Pasta Bake (v)	Ginger Bread & Custard
WEDNESDAY		
Roast Pulled Pork, Roast Potatoes & Stuffing	Jacket Potato with a Choice of Filling/s (v)	Rice Pudding with Fruit
THURSDAY		
Chicken Curry with Rice & Cous Cous	Cheesy Pasta (v)	Vanilla Ice Cream with Warm Fruit Coulis
FRIDAY		
Cheese Flan with Chips (v)	Harry Ramsdens Fish Fillet with Chips	Chocolate Oatie Biscuit

