

# 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: **Weaver Primary School**

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
						31
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



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## Week 1

## Week 2

### MONDAY

Chicago Town Pizza with Saute Potatoes

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

Chocolate Crunch with Fruit Chunk

### TUESDAY

Chicken Fillet, Boiled Potatoes, Vegetables & Gravy

Vegetarian Cowboy Pie (v)

Toffee Apple Sponge with Ice Cream

### WEDNESDAY

Toad in the Hole

Quorn & Sweet Potato Curry with Rice & Cous Cous (v)

Chocolate Surprise Brownie

### THURSDAY

Beef Curry with Rice & Cous Cous

Vegetarian Sausage Roll with Creamed Potatoes (v)

Fruit Crumble with Custard

### FRIDAY

Pulled Chicken Flatbread

Fish/ Salmon Fish Fingers with Chips

Dinky Doughnut with Fruit Coulis

### MONDAY

Organic Beef Burger in a Bap with Paprika Potatoes

Vegetarian Cottage Pie (v)

Dorset Apple Cake

### TUESDAY

Chicken Pasta Bake

Falafel Burger in a Bun with Potato Wedges (v)

Ginger Bread & Custard

### WEDNESDAY

Spaghetti Bolognese with Garlic Bread

Harry Ramsdens Fish Fillet with Saute Potatoes

Rice Pudding with Fruit

### THURSDAY

Chicken Tikka Masala with Rice & Cous Cous

Quorn & Roasted Vegetable Enchilada (v)

Vanilla Ice Cream with Warm Fruit Coulis

### FRIDAY

Roast Pork, Stuffing, Apple Sauce & Gravy

Quorn Fillet with Stuffing & Gravy (v)

Chocolate Oatie Biscuit

