

# 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



Spring / Summer 2019

At: **St Anne's Fulshaw Primary**

May 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	31		

June 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

July 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	31				

September 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						

October 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	30	31				



# Spring/ Summer Menu



CATERING WITH THE RIGHT INGREDIENTS

## Week 1

## Week 2

## Week 3

### MONDAY

Fruity Quorn Curry with Rice & Cous Cousins (v)    Tuna Mayo & Salad in a Tortilla Boat    Apple Flapjack or Organic Yogurt

### TUESDAY

Crunchy Coated Chicken with Paprika Pots    Creamy Veg Pie Topped with Potato Rosti (v)    Fruit Jelly with Ice Cream

### WEDNESDAY

Roast Gammon & Pineapple Roast Potatoes    Quorn Fillet, Stuffing, Roast Pots & Gravy (v)    Chocolate Mandarin Puddle Cake

### THURSDAY

Beef Lasagne with Garlic Bread    Cheesy Pasta Bake (v)    Summer Shortbread or Organic Yogurt

### FRIDAY

Chicken Meatballs in a Tomato Sauce    Salmon/ Fish Fingers with Chips    Frozen Yogurt Ice Cream

### MONDAY

Hidden Veg Pizza with Wedges (v)    Spicy Lentil Pasta (v)    Cocoa Beetroot Brownie or Organic Yogurt

### TUESDAY

Chinese Style Chicken Curry Rice & Cous Cousins    Jacket Potato with a Choice of Filling/s (v)    Apple & Rhubarb Flapjack Slice

### WEDNESDAY

Roast Turkey with Stuffing, Roast Potatoes & Gravy    Quorn Fillet, Stuffing, Roast Pots & Gravy (v)    Vanilla Ice Cream with Fruit Coulis

### THURSDAY

Vegetarian Sausage Roll with Herby Pots    Vegetarian Spaghetti Bolognese (v)    Carrot & Pineapple Cake Organic Yogurt

### FRIDAY

Butchers Pork Sausage All Day Breakfast    Harry Ramsden's Fish Fillet & Chips    Tangy Lemon Muffin

### MONDAY

Organic Beef Burger in a Bun    Quorn & Sweet Potato Curry in a Tortilla Boat or with Rice (v)    Chocolate Oatie Cookie with Fruit or Yogurt

### TUESDAY

Crunchy Chicken Chunks    Mini Omelette Popover with Salad Potatoes    Tropical Fruit Traybake

### WEDNESDAY

Beef Spaghetti Bolognese    Jacket Potato with a Choice of Filling/s (v)    Vanilla Sponge with Fruit Sauce

### THURSDAY

Cheesy Cauliflower Pasta Bake (v)    Pasta Italiane (v)    Crumbly Banana Caribbean Slice Organic Yogurt

### FRIDAY

Chicken Korma with Rice & Cous Cousins    Harry Ramsden's Fish Fillet & Chips    Frozen Yogurt Ice Cream

