

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 2018-19

At: Astbury St Mary's Primary

November 2018

| M | Tu | W | Th | 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 2018

| M | Tu | W | T | Fri | Sa | Su |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

January 2019

| M | Tu | W | T | Fri | Sa | Su |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

February 2019

| M | Tu | W | T | Fri | Sa | S |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

March 2019

| M | Tu | W | T | Fri | Sa | Su |
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| 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 2019

| M | T | W | T | Fr | Sa | S |
|----|----|----|----|----|----|----|
| 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 | | | | | |



Autumn/Winter Menu



CATERING WITH THE RIGHT INGREDIENTS

Week 1

Week 2

Week 3

MONDAY

Margherita Pizza (v)
Saute Potatoes

Salmon Fish Fingers
Saute Potatoes

Autumn Feast Muffin

TUESDAY

Chicken Korma Rice & Cous Cous

Cheesy Pasta (v)

Chocolate Crunch with Fruit Chunk

WEDNESDAY

Roast Pork, Apple Sauce, Stuffing Creamed Potatoes

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

Dorset Apple Cake with Custard

THURSDAY

Beef Lasagne
Garlic Bread

Mini Omelette Popovers
Potato Wedges

Orange Surprise Traybake or Yogurt

FRIDAY

Butchers Sausage Chips

Vinegar Infused Fish Goujons with Chips

Cookie with Fruit Chunk or Yogurt

MONDAY

Quorn Korma with Rice & Cous Cous (v)

Vegetable Pasta Bake (v)

Rosalie Biscuit with Fruit Chunk

TUESDAY

Chicken Egg Fried Rice

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

Lemon Drizzle Cake

WEDNESDAY

Roast Gammon & Pineapple Roast Potatoes

Vegetarian Spaghetti Bolognese (v)

Rice Pudding with Fruit Coulis

THURSDAY

Cottage Pie

Quorn Meatball Pasta Bake (v)

Chocolate Marble Cake with Custard or Yogurt

FRIDAY

Chicken & Tomato Pasta

Fish /Salmon Fish Fingers Chips

Apple Oatie Shortbread or Yogurt

MONDAY

Organic Beef Burger with Paprika Potatoes

Spicy lentil Pasta (v)

Banana Cake

TUESDAY

Pork & Sweet Potato Hot Pot

Vegetarian Sausage Roll (v)
Sweet Potato Mash

Flapjack with Fruit Chunk or Yogurt

WEDNESDAY

Roast Chicken, Stuffing & Gravy Roast Potatoes

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

Pear & Chocolate Crumble with Custard

THURSDAY

Hearty Beef Stew with Homemade Bread

Ploughman's Toastie with Veg Soup (v)

Choc Penny With Fruit Chunk or Yogurt

FRIDAY

Chicken/Quorn Korma Chunks in a Tortilla Boat

Harry Ramsdens Fish Fillet with Chips

Frozen Yogurt Ice Cream

