

# 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*

# Fresh Catering



CATERING WITH THE RIGHT INGREDIENTS



Autumn/Winter 2018-19

At: **Holmes Chapel 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
					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						

January 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			

February 2019

M	Tu	W	T	Fri	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			

March 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

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Week 1

5<sup>th</sup> Nov,  
26<sup>th</sup> Nov,  
17<sup>th</sup> Dec,  
21<sup>st</sup> Jan,  
11<sup>th</sup> Feb,  
11<sup>th</sup> March,  
1<sup>st</sup> April

Margherita Pizza  
Saute Potatoes  
or  
Salmon Fish Fingers  
Saute Potatoes

Fruit Muffin

Chicken Korma  
Rice & Cous Cous  
or  
Pasta Italiane (v)

Chocolate Crunch with Fruit  
Chunk

Roast Pork, Apple Sauce,  
Creamed Potatoes  
or  
Jacket Potato with a Choice  
of Filling/s (v)

Chocolate Orange Sponge

Spaghetti Bolognese  
Garlic Bread  
or  
Vegetarian Enchilada (v)  
Savoury Rice

Dorset Apple Cake with  
Custard

All Day Breakfast  
or  
Vinegar Infused Fish  
Goujons  
Hash Browns

Cookie with Fruit Chunk

## Week 2

12<sup>th</sup> Nov,  
3<sup>rd</sup> Dec,  
7<sup>th</sup> Jan,  
28<sup>th</sup> Jan,  
25<sup>th</sup> Feb,  
18<sup>th</sup> March,  
22<sup>nd</sup> April

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

Rosalie Biscuit with Fruit  
Chunk

Paprika Chicken (diced  
chicken with veg in paprika  
gravy)  
or  
Vegetarian Sausage Roll (v)  
Potatoes

Pear Marble Cake

Roast Gammon & Pineapple  
Roast Potatoes  
or  
Cheese Flan (v)

Sponge with Custard

Minced Beef & Potato Pie  
Boiled Potatoes  
or  
Quorn Meatball Pasta Bake  
(v)

Ginger Biscuit  
or Yogurt

Pulled Chicken Flatbread  
Chips  
or  
Fish/ Salmon Fish Fingers &  
Chips

Apple Oatie Shortbread  
or Yogurt

## Week 3

19<sup>th</sup> Nov,  
10<sup>th</sup> Dec,  
14<sup>th</sup> Jan,  
4<sup>th</sup> Feb,  
4<sup>th</sup> March,  
25<sup>th</sup> March  
29<sup>th</sup> April

Organic Beef Burger  
½ Wedges  
or  
Cheesy Pasta  
(v)

Chocolate  
Brownie

Fruity Pork Curry with Rice  
or  
Vegetarian Sausage Roll (v)  
Saute Potatoes

Flapjack with Fruit Chunk  
or Yogurt

Roast Chicken, Stuffing,  
Gravy & Roast Potatoes  
or  
Tomato Pasta (v)

Pear & Chocolate Crumble  
with Custard

Beef Hot Pot  
or  
Jacket Potato with a Choice  
of Filling/s (v)

Mixed Cookie with Fruit  
Chunk  
or Yogurt

Breaded Chicken & Chips  
or  
Harry Ramsdens Junior  
Fish Fillet & Chips

Frozen Yogurt Ice Cream

