

# 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, Littler’s 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



Autumn 2020

At: **St Vincent’s Primary**

September 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				

October 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	

November 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						

December 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			





# Autumn Menu 2020

## Week 1

## Week 2

**MONDAY**

Organic Beef Burger  
Topped with Cheese  
Saute Potatoes

Fresh Sandwiches  
with Vegetable  
Sticks

Coconut Oatie &  
Fruit Chunk or  
Organic Yogurt

**MONDAY**

Vegetarian Sausage  
Roll with Creamed  
Potatoes (v)

Quorn Korma Curry  
with Rice & Cous  
Cous (v)

Organic Yogurt

**TUESDAY**

Roast Turkey, Stuffing  
& Gravy  
Roast/ Creamed Pots

Quorn Fillet, Stuffing  
& Gravy (v)  
Roast/ Creamed Pots

Ice Cream Roll with  
Fruit Chunk

**TUESDAY**

Gammon &  
Pineapple with  
Herby Potatoes

Cheesy Pasta (v)

Tropical Fruit  
Traybake

**WEDNESDAY**

Fruity Chicken Curry  
with Rice & Cous Cous  
& Naan Bread

Fish Fingers in a  
Wrap with Baked  
Beans

Summer Shortbread  
with Fruit Chunk

**WEDNESDAY**

Butchers Pork  
Sausage in a Bun  
with Baked Beans

Fresh Sandwiches  
with Vegetable  
Sticks

Flapjack with Fruit  
Chunk

**THURSDAY**

Pork Pasta Bolognese  
with Garlic Bread

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

Banana & Chocolate  
Cup (Choc Mousse  
with Fresh Banana)

**THURSDAY**

Beef Lasagne with  
Garlic Bread

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

Frozen Yogurt Ice  
Cream

**FRIDAY**

Chicago Town Pizza  
with Chips (v)

Pasta Italiane (v)

Ginger Oatie Cookie  
or Organic Yogurt

**FRIDAY**

Harry Ramsden's  
Fish Fillet with Chips  
& Ketchup

Tuna Melt Sub with  
Vegetable Sticks

Dinky Doughnut  
with Fruit Coulis or  
Organic Yogurt

