

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: **Smallwood Primary**

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
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



CATERING WITH THE RIGHT INGREDIENTS

Week 1

Week 2

MONDAY

Chicago Town Pizza
with Saute Potatoes

Vegetable &
Chickpea Paella (v)

Chocolate Crunch
with Fruit Chunk

TUESDAY

Chicken Fillet, Boiled
Potatoes, Vegetables
& Gravy

Spicy Lentil Pasta (v)

Toffee Apple Sponge
with Ice Cream

WEDNESDAY

Sausage Casserole

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

Dorset Apple Cake

TUESDAY

Chicken Pasta Bake

Falafel Burger in a
Bun with Potato
Wedges (v)

Ginger Bread &
Custard

WEDNESDAY

Roast Pulled Pork,
Apple Sauce,
Stuffing & Gravy

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

Rice Pudding with
Fruit

THURSDAY

Chicken Tikka
Masala with Rice &
Cous Cous

Quorn Roasted
Vegetable Wrap (v)

Vanilla Ice Cream
with Warm Fruit
Coulis

FRIDAY

Spaghetti Bolognese
with Garlic Bread

Harry Ramsdens Fish
Fillet with Chips

Chocolate Oatie
Biscuit

