

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



Spring / Summer 2022

At: **Smallwood Primary**

April 2022

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	

May 2022

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					

June 2022

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 2022

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

Sept 2022

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 2022

M	Tu	W	T	Fri	Sa	Su
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						





Spring/ Summer Menu 2022

Week 1

Week 2

MONDAY

Vegetable Ravioli in a Homemade Tomato Sauce

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

Organic Yogurt

TUESDAY

Katsu Chicken Curry with Savoury Rice

Pasta Italiane (v)

Crumbly Banana Square

WEDNESDAY

Beef Spaghetti Bolognese with Garlic Bread

Cheese Toastie Ploughman's (v)

Pear & Choc Crumble with Ice Cream

THURSDAY

Butter Chicken Curry with Rice & Cous Cous

Homemade Pizza with Seasoned Potato Wedges (v)

Chocolate Crunch with Fruit Chunk

FRIDAY

Butchers Sausage with Hash Brown & Baked Beans

Battered Fish with Baked Beans & Chips

Ice Cream with Summer Fruit Coulis

MONDAY

Organic Beef Burger in a Bun with Paprika Potatoes

Lean & Green Mac & Cheese (v)

Melting Moment with Fruit Chunk

TUESDAY

Sweet & Sour Chicken with Rice/ Noodles

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

Summer Fruit Flapjack

WEDNESDAY

Roast Gammon with Roast Potatoes & Gravy

Vegan Sausage with Gravy & Roast Potatoes (v)

Chocolate & Mandarin Puddle Pudding

THURSDAY

Fruity Pork Curry Rice & Cous Cous

Vegetarian Sausage Roll with Herb Potatoes (v)

Frozen Yogurt Ice Cream

FRIDAY

BBQ Chicken Wrap with Chips

Fish Fingers with Chips & Baked Beans

Lemon Bite Biscuit or Organic Yogurt

