

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: **Edleston Primary School**

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

Chicken Korma with Rice & Cous Cous & Naan Bread

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

Coconut Oatie & Fruit Chunk or Organic Yogurt

TUESDAY

Organic Beef Burger in a Bap with Cheese & Tomato Sauce

Pasta Surprise (v)

Ice Cream Roll with Fruit Chunk

WEDNESDAY

Homemade Pizza with Pasta

Fish Goujons Wrap with Pasta

Summer Shortbread with Fruit Chunk

THURSDAY

Roast Turkey, Roast & Creamed Potatoes, Stuffing & Gravy

Quorn Fillet, Roast & Creamed Potatoes, Stuffing & Gravy (v)

Banana & Chocolate Cup (Choc Mousse with Fresh Banana)

FRIDAY

Fish Fingers with Chips

Popcorn Chicken with Chips

Ginger Oatie Cookie or Organic Yogurt

MONDAY

Gammon & Pineapple with Herby Potatoes

Vegetarian Sausage Roll with Herby Potatoes (v)

Organic Yogurt

TUESDAY

Breaded Chicken with Saute Potatoes

Harry Ramsden's Fish Fillet with Saute Potatoes & Ketchup

Tropical Fruit Traybake

WEDNESDAY

Homemade Pizza with Pasta

Quorn Wrap with Mango Chutney & Cous Cous (v)

Flapjack with Fruit Chunk

THURSDAY

Beef Spaghetti Bolognese with Garlic Bread

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

Frozen Yogurt Ice Cream

FRIDAY

Butchers Pork or Quorn Sausage with Chips

Fish Fingers with Chips

Dinky Doughnut with Fruit Coulis or Organic Yogurt

Ham, Cheese, Tuna Mayo or Egg Sandwiches available Monday - Thursday