

# 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 2018-19

At: **Nether Alderley 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

## Week 1

## Week 2

## Week 3

### MONDAY

Margherita Pizza (v)  
Saute Potatoes

Salmon Fish Fingers  
Saute Potatoes

Autumn Feast Muffin

### TUESDAY

Chicken Korma  
Rice & Cous Cous

Cheese & Onion Flan (v)

Chocolate Crunch with Fruit Chunk

### WEDNESDAY

Roast Pork, Apple Sauce, Stuffing  
Creamed Potato

Vegetarian Sausage Roll (v)

Dorset Apple Cake with Custard

### THURSDAY

Tortilla Boat Filled with Mild Beef Chilli

Mini Omelette Popovers (v)

Orange Surprise Traybake or Yogurt

### FRIDAY

All Day Breakfast  
Quorn Sausage

Vinegar Infused Fish Goujons  
Chips

Cookie with Fruit Chunk or Yogurt

### MONDAY

One Pot Tuna & Sweetcorn Gratin

Cheesy Pasta (v)

Rosalie Biscuit with Fruit Chunk

### TUESDAY

Chicken Egg Fried Rice

Quorn Burger (v)

Lemon Drizzle Cake

### WEDNESDAY

Roast Gammon & Pineapple  
Roast Potatoes

Veg Spaghetti Bolognese (v)  
Garlic Bread

Rice Pudding with Fruit Coulis

### THURSDAY

Cottage Pie

Soft Tortilla Boat with Vegetable Chilli (v)

Chocolate Marble Cake with Custard or Yogurt

### FRIDAY

Chicken & Tomato Pasta

Fish/ Salmon Fish Fingers with Chips

Apple Oatie Shortbread or Yogurt

### MONDAY

Organic Beef Burger in a Bun  
Paprika Potatoes

Falafel Wrap (v)  
Savoury Rice

Banana Cake

### TUESDAY

Pork & Sweet Potato Pie

Vegetarian Sausage Roll (v)  
Sweet Potato Mash

Flapjack with Fruit Chunk or Yogurt

### WEDNESDAY

Roast Chicken, Stuffing & Gravy  
Roast Potatoes

Quorn Fillet, Stuffing, Gravy  
Roast Potato (v)

Pear & Chocolate Crumble with Custard

### THURSDAY

Mild Beef Curry  
Rice

Ploughman's Toastie (v)  
Vegetable Soup

Choc Penny With Fruit Chunk or Yogurt

### FRIDAY

Chicken, Ham & Leek Pie  
Boiled Potatoes

Harry Ramsdens Fish Fillet & Chips

Frozen Yogurt Ice Cream

FILLED JACKET POTATO AVAILABLE DAILY