

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*

Fresh Catering



CATERING WITH THE RIGHT INGREDIENTS



Autumn/Winter 2018-19

At: **Middlewich 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 with Saute Potatoes

Autumn Feast Muffin

TUESDAY

Natasha's Curry Rice & Cous Cous

Cheese & Onion Flan (v)

Chocolate Crunch with Fruit Chunk

WEDNESDAY

Roast Pork, Apple Sauce, Roast & Creamed Potatoes

Vegetarian Sausage in Onion Gravy with Mash (v)

Dorset Apple Cake with Custard

THURSDAY

Beef Lasagne
Garlic Bread

Mini Omelette Popovers (v)
Potato Wedges

Orange Surprise Traybake or Yogurt

FRIDAY

All Day Breakfast

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 Casserole
Tomato Bread

Quorn Burger (v)

Lemon Drizzle Cake

WEDNESDAY

Roast Gammon & Pineapple
Roast Potatoes

Quorn Fillet (v)
Roast Potatoes
Gravy

Rice Pudding with Fruit Coulis

THURSDAY

Minced Beef & Potato Pie
Boiled Potatoes

Soft Tortilla Boat filled with Vegetable Chilli (v)

Chocolate Marble Cake with Custard or Yogurt

FRIDAY

Pulled Chicken Flatbread

Fish Fingers with Chips

Apple Oatie Shortbread or Yogurt

MONDAY

Organic Beef Burger
Saute 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 (v)
Roast Potatoes
Gravy

Pear & Chocolate Crumble with Custard

THURSDAY

Hearty Beef Stew
Homemade Bread

Ploughman's Toastie (v)
Vegetable Soup

Choc Penny With Fruit Chunk or Yogurt

FRIDAY

Chicken, Ham & Leek Pie
Chips

Harry Ramsdens Fish Fillet
Chips

Frozen Yogurt Ice Cream

FILLED JACKET POTATO AVAILABLE DAILY