

# 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: Buglawton Primary School

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				

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	

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						

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21	22	23	24	25	26	27
28	29	30	31			



# Autumn Menu 2020

## Week 1

## Week 2

**MONDAY**

Organic Beef Burger with Optional Cheese & BBQ Sauce

Tomato Pasta Parma Rosa (v)

Coconut Oatie & Fruit Chunk or Organic Yogurt

**TUESDAY**

Chicken/ Quorn (v) Korma with Rice & Cous Cous

Jacket Potato with a Choice of Filling/s (v) or BBQ Chicken Sub

Ice Cream Roll with Fruit Chunk

**WEDNESDAY**

Roast Turkey, Roast Potatoes, Stuffing & Gravy

Jacket Potato with a Choice of Filling/s (v) or Hot Turkey Sub

Summer Shortbread with Fruit Chunk

**THURSDAY**

Pork Pasta Bolognese with Garlic Bread

Chicago Town Pizza with Potato Wedges (v)

Banana & Chocolate Cup (Choc Mousse with Fresh Banana)

**FRIDAY**

Fish Fingers with Chips or Fish Finger Sub

Popcorn Chicken/ Quorn (v) & Rice in a Soft Tortilla Boat

Ginger Oatie Cookie or Organic Yogurt

**MONDAY**

Veggie Curry with Rice (v)

Harry Ramsden's Fish Fillet with Saute Potatoes & Ketchup

Organic Yogurt

**TUESDAY**

Gammon & Pineapple with Herby Potatoes

Cheesy Pasta (v) or Hot Gammon Sub

Tropical Fruit Traybake

**WEDNESDAY**

Tasty Baked Chicken Fillet in a Soy & Gravy Sauce

Vegetarian Sausage Roll (v) or Hot Chicken Sub

Flapjack with Fruit Chunk

**THURSDAY**

Beef Lasagne with Garlic Bread

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

Frozen Yogurt Ice Cream

**FRIDAY**

Butchers Pork or Quorn (v) Sausage & Chips

Pasta Italiane (v)

Dinky Doughnut with Fruit Coulis or Organic Yogurt

