

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 2023

At: **Egerton Primary School**

May 2023						
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				

June 2023						
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 2023						
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						

September 2023						
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

October 2023						
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					

November 2023						
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		





Spring/ Summer Menu 2023

Week 1

Week 2

MONDAY

Cheese & Tomato
Pizza (Hidden veg
sauce) (v) & Chips

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

Yogurt or Fresh
Fruit

TUESDAY

Beef Burger in a Bun
with Sauté Potatoes
& Coleslaw

Vegetarian Burger in
a Bun with Sauté
Potatoes (v)

Dorset Apple Cake
or Fresh Fruit

WEDNESDAY

Roast Chicken &
Stuffing, Potatoes,
Vegetables & Gravy

Quorn Fillet with
Potatoes, Vegetables
& Gravy (v)

Chocolate Orange
Kracholette or
Fresh Fruit

THURSDAY

Mild Beef Chilli
& Rice

Cheesy Pasta Bake (v)

Summer Fruit
Sponge or Fresh
Fruit

FRIDAY

H/M Cheese Flan (v)
& Salad Potatoes

Fish finger/ Salmon
Fish Fingers with
Chips, Peas/ Beans

Shortbread Finger
with Fruit Chunk or
Fresh Fruit

MONDAY

Vegetarian Sausage
Roll with Potato
Wedges (v)

Tomato Pasta (v)

Yogurt or Fresh
Fruit

TUESDAY

Pork Curry with Rice

Pasta Parma Rosa (v)

Chocolate Crunch
Finger with Fruit
Chunk or Fresh Fruit

WEDNESDAY

All Day Breakfast
Butchers Pork
Sausage

All Day Breakfast
Quorn Sausage (v)

Apple & Sultana
Flapjack or Fresh
Fruit

THURSDAY

Southern Style
Chicken with
Savoury Rice

Quorn Katsu Curry
& Savoury Rice (v)

Pear & Chocolate
Sponge or Fresh
Fruit

FRIDAY

Battered Fish &
Chips with Baked
Beans or Peas

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

Ice Cream & Fruit
Coulis or Fresh Fruit