

# 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



CATERING WITH THE RIGHT INGREDIENTS



Autumn/ Winter 2021

At: Egerton Primary

November 2021						
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					

December 2021						
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 2022						
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						

February 2022						
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						

March 2022						
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 2022						
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	





# Autumn/ Winter Menu 2021

## Week 1

## Week 2

**MONDAY**

Organic Beef Meatballs, Pasta & Tomato Sauce

Vegetarian Sausage (v)

Fresh Fruit Platter or Organic Yogurt

**TUESDAY**

Homemade Cheese & Tomato Pizza (v)

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Fruity Flapjack

**WEDNESDAY**

Roast Chicken, Potatoes, Stuffing & Gravy

Homemade Vegetarian Chilli & Potato One Pot Bake (v)

Fresh Fruit Platter or Fruit Ice Smoothie

**THURSDAY**

Traditional Homemade Cottage Pie

Homemade Cheesy Cauliflower Pasta (v)

Fresh Fruit Platter or Dorset Apple Cake

**FRIDAY**

Homemade Chicken Korma with Rice & Cous Cous

Salmon/ Fish Fingers with Chips & Beans

Fresh Fruit Platter or Chocolate Oatie Biscuit or Yogurt

**MONDAY**

Ratatouille Ravioli with a Tomato Sauce

Homemade Cheese & Onion Flan Salad Potatoes (v)

Fresh Fruit Platter or Organic Yogurt

**TUESDAY**

Homemade Southern Style Chicken Chunks

Homemade Quorn Korma with Rice & Cous Cous (v)

Fresh Fruit Platter or Fruit Crumble & Custard

**WEDNESDAY**

Butchers/ Quorn Sausage with Mash Potatoes

Homemade Pasta Italienne (v)

Fresh Fruit Platter or Chocolate Brownie

**THURSDAY**

Homemade Spanish Chicken with Savoury Rice

Homemade Vegetable Fingers (v)

Fresh Fruit Platter or Fruit Sponge & Custard

**FRIDAY**

Battered Fish Fillet with Chips

Homemade Beef/ Vegetarian Spaghetti Bolognese with Garlic Bread

Fresh Fruit Platter or Organic Yogurt or Ginger Biscuit with Fruit Chunk

