

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

Spring / Summer 2019

At: **Excalibur Primary School**



CATERING WITH THE
RIGHT INGREDIENTS



May 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		

June 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

July 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				

September 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						

October 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			



Spring/ Summer Menu



CATERING WITH THE
RIGHT INGREDIENTS

Week 1

MONDAY

Vegetable & Chickpea Paella (v)	Tuna Melt Baguette with Coleslaw	Apple Flapjack or Organic Yogurt
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TUESDAY

BBQ Chicken with Savoury Rice	Cheesy Pasta (v)	Fruit Jelly with Ice Cream
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WEDNESDAY

Roast Gammon & Pineapple Roast Potatoes	Vegetarian Sausage, Roast Potatoes & Gravy	Chocolate Mandarin Puddle Cake
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THURSDAY

Beef Lasagne with Garlic Bread	Jacket Potato with a Choice of Filling/s (v)	Summer Shortbread or Organic Yogurt
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FRIDAY

Chicken Meatballs in a Tomato Sauce	Salmon/ Fish Fingers with Chips	Frozen Yogurt Ice Cream
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Week 2

MONDAY

Hidden Vegetable Pizza (v)	Tuna Pasta Jumble	Cocoa Beetroot Brownie or Organic Yogurt
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TUESDAY

Chinese Style Chicken Curry Rice & Cous Cous	Cheese Ploughman's Salad (v)	Apple & Rhubarb Flapjack Slice
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WEDNESDAY

Roast Turkey with Stuffing, Roast Potatoes & Gravy	Quorn Fillet, Roast Potatoes & Gravy (v)	Vanilla Ice Cream with Fruit Coulis
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THURSDAY

Vegetarian Sausage Roll Creamed Pots	Tomato Pasta Bake (v)	Carrot & Pineapple Cake Organic Yogurt
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FRIDAY

Butchers Pork Sausage All Day Breakfast	Quorn Sausage All Day Breakfast	Tangy Lemon Muffin
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Week 3

MONDAY

Organic Beef Burger with ½ Potatoes	Chickpea & Sweet Potato Curry with Rice	Chocolate Oatie Cookie with Fruit or Yogurt
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TUESDAY

Crunchy Chicken Chunks with Wedges	Quorn & Veg Stir Fry with Noodles (v)	Tropical Fruit Traybake
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WEDNESDAY

Beef Spaghetti Bolognese	Jacket Potato with a Choice of Filling/s (v)	Vanilla Sponge with Fruit Sauce
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THURSDAY

Cheese, Onion & Potato Pie (v)	Pasta Italiane (v)	Crumbly Banana Caribbean Slice Organic Yogurt
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FRIDAY

Pulled Chicken Flatbread with Chips	Harry Ramsden's Fish Fillet & Chips	Frozen Yogurt Ice Cream
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