

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*



CATERING WITH THE
RIGHT INGREDIENTS

Fresh Catering



Autumn/ Winter 2019/20

At: **Excalibur Primary School**

November 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	

December 2019						
M	Tu	W	T	Fri	Sa	Su
30	31					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

January 2020						
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 2020						
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	

March 2020						
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					

April 2020						
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	1		

Autumn/ Winter Menu 2019-20



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Week 1

MONDAY

Chicago Town Pizza
with Saute Potatoes

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

Chocolate Crunch
with Fruit Chunk

TUESDAY

Chicken Fillet, Boiled
Potatoes, Vegetables
& Gravy

Spicy Lentil Pasta (v)

Toffee Apple Sponge
with Ice Cream

WEDNESDAY

Butchers Pork
Sausage All Day
Breakfast

Vegetarian Sausage
All Day Breakfast (v)

Chocolate Surprise
Brownie

THURSDAY

Beef Curry with Rice
& Cous Cous

Vegetarian Sausage
Roll with Creamed
Potatoes (v)

Fruit Crumble with
Custard

FRIDAY

BBQ Pulled Chicken
Flatbread

Fish Fish Fingers
with Chips

Dinky Doughnut
with Fruit Coulis

Week 2

MONDAY

Organic Beef Burger
in a Bap with Pasta
Salad

Pasta Italienne (v)

Dorset Apple Cake

TUESDAY

Chicken Korma with
Rice & Cous Cous

Falafel Burger in a
Bun with Potato
Wedges (v)

Ginger Bread &
Custard

WEDNESDAY

Roast Pork with
Roast Potatoes &
Gravy

Quorn Fillet, Roast
Potatoes & Gravy (v)

Rice Pudding with
Fruit

THURSDAY

Spaghetti Bolognese
with Garlic Bread

Cheesy Pasta (v)

Vanilla Ice Cream
with Warm Fruit
Coulis

FRIDAY

Cheese, Quorn &
Vegetable Wrap
with Chips (v)

Harry Ramsdens Fish
Fillet with Chips

Chocolate Oatie
Biscuit

