

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: **Excalibur Primary School**

September 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				

October 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	

November 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						

December 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			





Autumn Menu 2020

Week 1

Week 2

MONDAY

Organic Beef Burger in a Bun with Cheese & BBQ Sauce

Crunchy Tuna & Sweetcorn Pasta Bake

Coconut Oatie & Fruit Chunk or Organic Yogurt

TUESDAY

Singapore Chicken Noodle Stir Fry

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

Ice Cream Roll with Fruit Chunk

WEDNESDAY

Roast Turkey, Roast/ Creamed Potatoes, Stuffing & Gravy

Quorn Fillet, Roast/ Creamed Potatoes, Stuffing & Gravy (v)

Summer Shortbread with Fruit Chunk

THURSDAY

Natasha's Chicken Curry with Rice & Cous Cous

Chicago Town Pizza with Potato Wedges (v)

Banana & Chocolate Cup (Choc Mousse with Fresh Banana)

FRIDAY

Fish Fingers with Chips

Homemade Quiche with Chips (v)

Ginger Oatie Cookie or Organic Yogurt

MONDAY

Sweet Potato & Chickpea Curry with Rice & Cous Cous (v)

Harry Ramsden's Fish Fillet with Saute Potatoes & Ketchup

Organic Yogurt

TUESDAY

Gammon & Pineapple with Roast Potatoes

Cheesy Pasta (v)

Tropical Fruit Traybake

WEDNESDAY

Butchers Pork Sausage All Day Breakfast

Veggie Sausage All Day Breakfast (v)

Flapjack with Fruit Chunk

THURSDAY

Beef Spaghetti Bolognese with Garlic Bread

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

Frozen Yogurt Ice Cream

FRIDAY

Chicken & Chips

Vegetarian Sausage Roll with Chips (v)

Dinky Doughnut with Fruit Coulis or Organic Yogurt

