

# 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: **Daven 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  
Topped with Cheese  
& BBQ Sauce

Quorn & Rice in a  
Soft Tortilla Boat (v)

Coconut Oatie &  
Fruit Chunk or  
Organic Yogurt

**TUESDAY**

Chicken Curry with  
Rice & Cous Cous

Tomato Pasta (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**

Fish Fingers with  
Chips

Homemade Pizza  
with Chips (v)

Banana & Chocolate  
Cup (Choc Mousse  
with Fresh Banana)

**FRIDAY**

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

BBQ Pork Wrap

Ginger Oatie Cookie  
or Organic Yogurt

**MONDAY**

Tuna Melt Sub

Harry Ramsden's  
Fish Fillet with Saute  
Potatoes & Ketchup

Organic Yogurt

**TUESDAY**

Roast Gammon with  
Herby Potatoes

Jacket Potato with  
Cheese or Beans (v)

Tropical Fruit  
Traybake

**WEDNESDAY**

Roast Chicken with  
Creamed Potatoes

Vegetarian Sausage  
Roll with Creamed  
Potatoes (v)

Flapjack with Fruit  
Chunk

**THURSDAY**

All Day Breakfast

Beef Spaghetti  
Bolognese with  
Garlic Bread

Frozen Yogurt Ice  
Cream

**FRIDAY**

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

Pasta Italiane (v)

Dinky Doughnut  
with Fruit Coulis or  
Organic Yogurt

SELECTION OF SANDWICHES AVAILABLE DAILY