

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: **Acton 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 & Potato Wedges

Vegetarian Burger & Potato Wedges (v)

Coconut Oatie & Fruit Chunk

MONDAY

Cheesy Pasta (v)

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

Chocolate Crunch & Fruit Chunk

TUESDAY

Chicken Korma with Rice & Cous Cous

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

Ice Cream Roll with Fruit Chunk

TUESDAY

BBQ Pork Wrap & Potato Wedges

Chicago Town Pizza & Potato Wedges (v)

Frozen Yogurt Ice Cream

WEDNESDAY

Roast Turkey, Roast Potatoes, Stuffing & Gravy

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

Summer Shortbread with Fruit Chunk

WEDNESDAY

Chicken Fillet in Gravy with Mash Potatoes

Vegetarian Sausage Roll with Creamed Potatoes (v)

Flapjack with Fruit Chunk

THURSDAY

Beef Spaghetti Bolognese

Cheese Toastie & Baked Beans (v)

Banana & Chocolate Cup (Choc Mousse with Fresh Banana)

THURSDAY

Hot Gammon Bap

Pasta Italiane (v)

Tangy Lemon Sponge Cake

FRIDAY

Fish Fingers with Chips

Southern Style Chicken & Chips

Ginger Oatie Cookie

FRIDAY

Butchers Pork Sausage All Day Breakfast

Quorn Sausage All Day Breakfast(v)

Dinky Doughnut with Fruit

SELECTION OF SANDWICHES AVAILABLE DAILY