

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



Spring / Summer 2023

At: **Smallwood Primary**

May 2023

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 2023

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 2023

M	Tu	W	T	Fri	Sa	Su
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 2023

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

October 2023

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					

November 2023

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 2023

Week 1

Week 2

MONDAY

H/M Cheese Flan & Salad Potatoes, Mixed Veg (v)

Loaded Wedges with Beans/ Cheese, Mixed Veg (v)

Dorset Apple Sponge or Fresh Fruit

MONDAY

Vegetarian Sausage Roll with Potato Wedges (v)

Vegetarian Spaghetti Bolognaise (v)

Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit

TUESDAY

Beef Burger in a Bun with Paprika Sauté Potatoes & Coleslaw

Vegetarian Burger in a Bun with Paprika Sauté Potatoes

Shortbread Finger with Fruit Chunk or Yogurt

TUESDAY

BBQ Pulled Pork Wrap & Savoury rice

Pasta Parma Rosa, Mixed Veg (v)

Yogurt, Melting Moment or Fresh Fruit

WEDNESDAY

Roast Gammon, Potatoes, Vegetables & Gravy

Quorn Fillet & Potatoes, Vegetables & Gravy (v)

Chocolate Orange Krachollette or Fresh Fruit

WEDNESDAY

All Day Breakfast

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

Apple & Sultana Flapjack or Fresh Fruit

THURSDAY

Mild Beef Chilli & Rice, Green Beans

Cheesy Pasta, Green Beans (v)

Summer Fruit Sponge or Fresh Fruit

THURSDAY

Katsu Chicken Curry with Savoury Rice

Ploughman's Toastie with Veg Sticks (v)

Pear & Chocolate Sponge or Fresh Fruit

FRIDAY

Cheese & Tomato Pizza (v) with Chips & Peas or Beans

Fish Fingers with Chips & Peas or Beans

Ice Cream & Fruit Coulis or Fresh Fruit

FRIDAY

Battered Fish & Chips with Baked Beans or Peas

Tuna Mayo & Salad Wrap with Coleslaw & ½ Portion of Chips

Brownie or Fresh Fruit

