

# 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



CATERING WITH THE  
RIGHT INGREDIENTS



Autumn/ Winter 2022-23

At: **Bunbury Aldersey Primary**

November 2022

M	Tu	W	T	Fri	Sa	Su
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	30				

December 2022

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	

January 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					

February 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					

March 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		

April 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





# Autumn/ Winter Menu 2022-23

## Week 1

## Week 2

**MONDAY**

Homemade Pizza with Wedges & Vegetables

Quorn Korma with Rice & Cous Cous (v)

Fresh Fruit Platter or Organic Yogurt

**TUESDAY**

Traditional Homemade Beef Cottage Pie

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

Fresh Fruit Platter or Fruit Crumble & Custard

**WEDNESDAY**

Butchers Sausage, Mash Potato, Carrots, Broccoli & Gravy

Vegetarian Sausage, Mash Potato, Carrots, Broccoli & Gravy (v)

Fresh Fruit Platter or Organic Yogurt or Cookie of the Day

**THURSDAY**

Tomato Pasta Parma Rosa with Sweetcorn

Vegetarian Sausage Roll with Mash Potato, Mixed Veg & Gravy (v)

Fresh Fruit Platter or Coconut Crunch & Fruit Chunk

**FRIDAY**

Battered Fish with Chips, Mushy Peas or Peas

Homemade Vegetable Frittata with Chips (v)

Fresh Fruit Platter or Warm Choc Brownie & Chocolate Sauce

**MONDAY**

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

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

Fresh Fruit Platter or Organic Yogurt

**TUESDAY**

Meatballs in Gravy with Mash Potatoes, Mixed Veg & Gravy

Homemade Cheesy Cauliflower Pasta with Mixed Vegetables (v)

Fresh Fruit Platter or Chocolate Crunch Finger & Fruit Chunk

**WEDNESDAY**

Roast Gammon, Potatoes, Carrots, Cabbage & Gravy

Quorn Fillet, Potatoes, Carrots, Cabbage & Gravy (v)

Fresh Fruit Platter or Autumn Feast Muffin

**THURSDAY**

Chicken Korma with Rice & Cous Cous

Vegetable Ravioli with Homemade Tomato Sauce (v)

Fresh Fruit Platter or Fruit Jelly

**FRIDAY**

Fish/ Salmon Fish Fingers with Chips & Mushy Peas or Beans

Vegetable Nuggets with Chips or Savoury Rice & BBQ Sauce (v)

Organic Yogurt or Banana Muffins

