

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: **Bridgemere Primary**

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

Tomato Pasta Parma
Rosa (v)

Coconut Oatie &
Fruit Chunk or
Organic Yogurt

TUESDAY

Chicken Curry with
Rice & Cous Cous

Jacket Potato with
Cheese & Beans

Ice Cream Roll with
Fruit Chunk

WEDNESDAY

Roast Turkey, Stuffing
& Gravy
Roast/ Creamed Pots

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

Summer Shortbread
with Fruit Chunk

THURSDAY

Pork Pasta Bolognese
with Garlic Bread

Chicago Town Pizza
with Potato Wedges
(v)

Banana & Chocolate
Cup (Choc Mousse
with Fresh Banana)

FRIDAY

Fish Fingers with
Chips

Jacket Potato with a
Choice of Fillings(v)

Ginger Oatie Cookie
or Organic Yogurt

MONDAY

Jacket Potato with a
Choice of Fillings(v)

Harry Ramsden's
Fish Fillet with Saute
Potatoes & Ketchup

Organic Yogurt

TUESDAY

Gammon &
Pineapple with
Herby Potatoes

Cheesy Pasta(v)

Tropical Fruit
Traybake

WEDNESDAY

Chicken Fillet In
Gravy

Vegetarian Sausage
Roll with Creamed
Potatoes (v)

Flapjack with Fruit
Chunk

THURSDAY

Beef Spaghetti
Bolognese & Garlic
Bread

Jacket Potato with
Cheese & Beans (v)

Frozen Yogurt Ice
Cream

FRIDAY

Butchers Pork or
Quorn Sausage All
Day Breakfast

Pasta Italiane (v)

Dinky Doughnut
with Fruit Coulis or
Organic Yogurt

