

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*



CATERING WITH THE RIGHT INGREDIENTS

Fresh Catering



Spring / Summer 2021

At: Astbury St Mary’s School

April 2021

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		

May 2021

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

June 2021

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				

July 2021

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	

September 2021

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 2021

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 2021

Week 1

Week 2

MONDAY

Homemade Cheese & Tomato Pizza with Salad Potatoes

Tuna Salad with Salad Potatoes

Organic Yogurt

TUESDAY

Katsu Chicken Curry with Savoury Rice

Pasta Italiane (v)

Rhubarb & Apple Flapjack Crumble with Ice Cream

WEDNESDAY

Beef Pasta Bolognese with Garlic Bread

Jacket Potato with Cheesy Beans & Salad (v)

Sultana Cookie with Fruit Chunk or Organic Yogurt

THURSDAY

Chicken & Vegetable Pie with Boiled Potatoes

Tomato & Lentil Spaghetti (v)

Chocolate Crunch with Fruit Chunk

FRIDAY

Pork Sausage/Quorn Sausage, Hash Brown & Baked Beans

Breaded Fish with Mushy Peas/ Baked Beans & Chips

Vanilla Ice Cream with Summer Fruit Coulis

MONDAY

Organic Meatball Pasta Bake

Vegetarian Sausage Roll with Creamed Potatoes (v)

Organic Yogurt

TUESDAY

Mild Chicken Curry with Rice

Vegetarian Burger in a Soft Bun (v)

Chocolate & Banana Cup

WEDNESDAY

Roast Pork, Apple Sauce, Creamed/ Roast Pots, Stuffing & Gravy

Jacket Potato with a Choice of Fillings (v)

Carrot & Pineapple Traybake

THURSDAY

Beef Cottage Pie

Cheese Ploughman's Panini with Summer Coleslaw (v)

Frozen Yogurt Ice Cream

FRIDAY

Cajun or Plain Chicken Fillet with Chips

Fish Fingers with Garden Peas/Baked Beans & Chips

Kracholette or Organic Yogurt

