

# 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, Little'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 2022



CATERING WITH THE RIGHT INGREDIENTS



At: **Lindow Community Primary**

April 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	

May 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

June 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	

July 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

Sept 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	

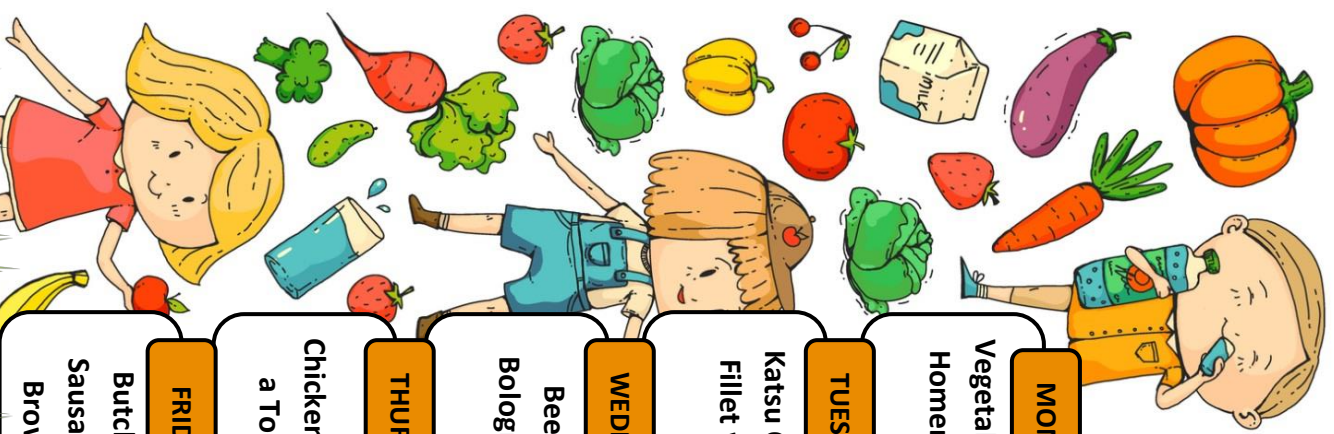
October 2022

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						

# Spring/ Summer Menu 2022



## Week 1



### MONDAY

Vegetable Ravioli in a  
Homemade Tomato  
Sauce

Jacket Potato with  
Cheese/ Beans (v)

Organic Yogurt

### TUESDAY

Katsu Chicken Curry  
Fillet with Savoury  
Rice

Pasta Italiana (v)

Crumbly Banana  
Square

### WEDNESDAY

Beef Spaghetti  
Bolognese & Garlic  
Bread

Cheesy Potato  
Tortilla (v) with  
Summer Coleslaw &  
Veg Sticks

Pear & Choc  
Crumble with Ice  
Cream

### THURSDAY

Chicken Pasta Bake in  
a Tomato Sauce

Homemade Pizza  
with a Choice of  
Fillings & Seasoned  
Potato Wedges (v)

Chocolate Crunch  
with Fruit Chunk

### FRIDAY

Butchers/ Quorn  
Sausage with Hash  
Brown & Beans

Battered Fish with  
Mushy Peas/ Baked  
Beans & Chips

Ice Cream with  
Summer Fruit  
Coulis

### MONDAY

Organic Beef Burger  
in a Bun with Paprika  
Potatoes

Lean & Green  
Mac & Cheese (v)

Melting Moment  
with Fruit Chunk

### TUESDAY

Coconut Chicken with  
Vegetable Rice

Spicy Tomato  
& Lentil Spaghetti (v)

Summer Fruit  
Flapjack

### WEDNESDAY

Roast Gammon with  
Roast/ Creamed  
Potatoes & Gravy

Quorn Fillet with  
Gravy & Roast/  
Creamed Potatoes (v)

Chocolate &  
Mandarin Puddle  
Pudding

### THURSDAY

Mac & Cheese  
Topped with Pulled  
Pork

Vegetarian Sausage  
Roll with Garlic &  
Herb Potatoes (v)

Frozen Yogurt Ice  
Cream

### FRIDAY

BBQ Chicken in a Soft  
Tortilla Boat with ½  
Chips

Fish Fingers with  
Chips & Peas or  
Baked Beans

Lemon Bite Biscuit  
or Organic Yogurt

## Week 2

