

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, Littlers 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



Autumn/Winter 2018-19

At: **Peover Superior**

November 2018

M	Tu	W	Th	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		

December 2018

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 2019

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			

February 2019

M	Tu	W	T	Fri	Sa	S
				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 2019

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 2019

M	T	W	T	Fr	Sa	S
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



CATERING WITH THE RIGHT INGREDIENTS

Week 1

Week 2

Week 3

MONDAY

Margherita Pizza (v)
Saute Potatoes

Salmon Fish Fingers
Saute Potatoes

Autumn Feast Muffin

TUESDAY

Chicken Korma Rice & Cous Cous

Cheese & Onion Flan (v)
Salad Potatoes

Chocolate Crunch with Fruit Chunk

WEDNESDAY

Roast Pork, Apple Sauce, Stuffing
Creamed Potatoes

Quorn Fillet with Creamed Potatoes (v)

Dorset Apple Cake with Custard

THURSDAY

Beef Lasagne
Garlic Bread

Jacket Potato with a Choice of Fillings(v)

Orange Surprise Traybake
or Yogurt

FRIDAY

All Day Breakfast

Vinegar Infused Fish Goujons
Chips

Cookie with Fruit Chunk
or Yogurt

MONDAY

Quorn Korma Rice & Cous Cous

Cheesy Pasta (v)

Rosalie Biscuit with Fruit Chunk

TUESDAY

Chicken Casserole
Tomato Bread

Jacket Potato with a Choice of Fillings(v)

Lemon Drizzle Cake

WEDNESDAY

Roast Gammon & Pineapple
Roast Potatoes

Quorn Fillet with Roast Potatoes (v)

Rice Pudding with Fruit Coulis

THURSDAY

Cottage Pie

Quorn Meatball Pasta Bake

Chocolate Marble Cake with Custard
or Yogurt

FRIDAY

Chicken Enchilada
Savoury Rice

Fish Fingers
Chips

Apple Oatie Shortbread
or Yogurt

MONDAY

Organic Beef Burger
Paprika Potatoes

Vegetarian Cottage Pie

Banana Cake

TUESDAY

Sweet & Sour Pork
Rice /Noodles

Vegetarian Sausage Roll (v)
Sweet Potato Mash

Flapjack with Fruit Chunk
or Yogurt

WEDNESDAY

Roast Chicken, Stuffing & Gravy
Roast Potatoes

Quorn Fillet with Roast Potatoes (v)

Pear & Chocolate Crumble with Custard

THURSDAY

Beef Hot Pot

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

Choc Penny With Fruit Chunk
or Yogurt

FRIDAY

Chicken, Ham & Leek Pie
Boiled Potatoes

Harry Ramsdens Fish Fillet
Chips

Frozen Yogurt Ice Cream

