

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



Spring / Summer 2023

At: **Manor Park School**

May 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				

June 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		

July 2023

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						

September 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

October 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					

November 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		





Spring/ Summer Menu 2023

Week 1

Week 2

MONDAY

Cheese, Onion Pie & Salad Potatoes (v)

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

Tuna Sandwich

Dorset Apple Cake or Fresh Fruit

TUESDAY

Beef Burger in a Bun with Paprika Sauté Potatoes

Vegetarian Burger in a Bun with Sauté Potatoes (v)

Cheese Sandwich

Fruity Jelly or Yogurt

WEDNESDAY

Roast Chicken & Stuffing, Potatoes, Vegetables & Gravy

Quorn Fillet, Pots, Vegetables & Gravy (v)

Ham Sandwich

Chocolate Orange Kracholette or Fresh Fruit

THURSDAY

Mild Beef Chilli with Rice

Cheesy Cauliflower Pasta Bake (v)

Cheese Sandwich

Summer Fruit Sponge or Fresh Fruit

FRIDAY

Cheese & Tomato Pizza with Chips & Sweetcorn (v)

Salmon/ Fish Fingers with Chips & Baked Beans

Egg Mayo Sandwich

Shortbread Finger with Fruit Chunk or Fruit

MONDAY

Vegetarian Sausage Roll with Potato Wedges (v)

Vegetarian Spaghetti Bolognese (v)

Cheese Sandwich

Chocolate Crunch Finger with Fruit Chunk

TUESDAY

Fruity Pork Curry with Rice

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

Tuna Sandwich

Melting Moment, Yogurt or Fresh Fruit

WEDNESDAY

All Day Breakfast

Quorn Korma with Rice (v)

Ham Sandwich

Apple & Sultana Flapjack or Fruit

THURSDAY

Southern Style Chicken with Savoury Rice

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

Tuna Sandwich

Pear & Chocolate Sponge or Fruit

FRIDAY

Battered Fish with Chips, Peas & Sweetcorn

Curry Marinated Quorn in a Wrap (v)

Egg Mayo Sandwich

Ice Cream & Fruit Coulis or Fruit

