

# 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 2024

At: Manor Park School & Nursery

April 2024						
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 2024						
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 2024						
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 2024						
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 2024						
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						

October 2024						
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 2024

## Week 1

## Week 2

### MONDAY

Vegetarian Sausage Roll, Pots, Veg & Gravy (v)	Pasta Italienne (v)	Cheese Sandwich	Orange Cookie, Yogurt or Seasonal Fruit Platter
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### TUESDAY

Spaghetti Bolognese & H/M Garlic Bread	Jacket Potato with a Choice of Filling/s (v)	Egg Mayo Sandwich	Chocolate Penny Biscuits or Seasonal Fruit Platter
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### WEDNESDAY

Butchers Sausage All Day Breakfast	Vegetarian Sausage All Day Breakfast (v)	Cheese Sandwich	Ice Cream & Fruit Coulis or Seasonal Fruit Platter
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### THURSDAY

Chicken Slider in a Bun with ½ Portion of Wedges	Vegetarian Spaghetti Bolognese (v)	Tuna Sandwich	Carrot & Pineapple Cake or Seasonal Fruit Platter
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### FRIDAY

Fish/ Salmon Fish Fingers & Chips, Peas or Beans	Homemade Vegetable Fingers & Chips (v)	Ham Sandwich	Chocolate Crunch Finger & Fruit Chunk or Seasonal Fruit
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### MONDAY

H/M Cheese & Tomato Pizza (v)	Pasta Carbonara (v)	Egg Mayo Sandwich	Melting Moments, Yogurt or Seasonal Fruit Platter
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### TUESDAY

Sweet & Sour Pork with Rice or Noodles	Ravioli in a H/M Tomato Sauce Arrabbiata (v)	Ham Sandwich	Tangy Lemon Cake or Seasonal Fruit Platter
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### WEDNESDAY

Roast Chicken, Pots, Stuffing, Gravy & Veg	Roast Quorn, Stuffing, Pots, Gravy, Carrots & Peas (v)	Cheese Sandwich	Fruit Oatie Finger or Seasonal Fruit Platter
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### THURSDAY

Chicken Fajita & ½ Portion of Savoury Rice	Jacket Potato with a Choice of Filling/s (v)	Tuna Sandwich	Shortbread Finger & Fruit Chunk or Seasonal Fruit Platter
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### FRIDAY

Breaded Fish Star & Chips with Beans or Peas	Vegetable Omelette & Chips (v)	Cheese Sandwich	Summer Fruit Flapjack or Seasonal Fruit Platter
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