

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



CATERING WITH THE
RIGHT INGREDIENTS



Autumn/ Winter 2022-23

At: **Manor Park Primary School**

November 2022						
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				

December 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	

January 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					

February 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					

March 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		

April 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





Autumn/ Winter Menu 2022-23

Week 1

Week 2

MONDAY

Homemade Pizza & Wedges (v)

Quorn Pasta Milanaise (v)

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Homemade Beef Lasagne

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

Fresh Fruit Platter or Fruit Crumble & Custard

WEDNESDAY

Butchers Sausage with Mash Potato & Gravy

Quorn Sausage with Mash Potato & Gravy (v)

Fresh Fruit Platter or Organic Yogurt or Cookie of the Day

THURSDAY

Bacon & Leek Pasta

Vegetarian Sausage Roll with Mash Potato & Gravy (v)

Fresh Fruit Platter or Coconut Crunch & Fruit Chunk

FRIDAY

Battered Fish with Chips & Peas

Quorn Korma with Rice & Cous Cous (v)

Fresh Fruit Platter or Warm Choc Brownie & Chocolate Sauce

MONDAY

Tomato Pasta (v)

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

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Meatballs with Mash Potato & Gravy

Homemade Cheesy Cauliflower Pasta (v)

Fresh Fruit Platter or Chocolate Crunch Finger & Fruit Chunk

WEDNESDAY

Roast Gammon with Roast Potatoes

Quorn Fillet with Roast Potatoes (v)

Fresh Fruit Platter or Autumn Feast Muffin

THURSDAY

Chicken Korma with Rice & Cous Cous

Vegetable Ravioli in a Homemade Tomato Sauce (v)

Fresh Fruit Platter or Fruit Jelly

FRIDAY

Fish/ Salmon Fish Fingers with Chips & Peas or Baked Beans

Homemade Vegetable Nuggets with Chips (v)

Organic Yogurt or Banana Muffins

