

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*



CATERING WITH THE RIGHT INGREDIENTS

Fresh Catering



Spring / Summer 2021

At: **Alsager Highfields School**

April 2021

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 2021

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

June 2021

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				

July 2021

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 2021

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 2021

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 2021

Week 1

Week 2

MONDAY

Cheese & Tomato
Pizza
Salad Potatoes

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

Shortbread with
Fruit Chunk

MONDAY

Organic Meatball
Pasta Bake

Vegetarian Sausage
Roll (v)
Creamed Potato

Organic Yogurt

TUESDAY

Chicken Curry with
Savoury Rice

Pasta Italiane (v)

Rhubarb & Apple
Flapjack Crumble
with Ice Cream

TUESDAY

Mild Chicken Curry
with Rice & Cous
Cous

Vegetarian Burger in
a Bun with Potato
Wedges (v)

Chocolate & Banana
Cup

WEDNESDAY

Beef Pasta Bolognese
Garlic Bread

Veggie Cowboy
Pie (v)

Cookie with
Fruit Chunk or
Organic Yogurt

WEDNESDAY

Roast Pork, Apple Sc,
Stuffing & Gravy
Roast Potatoes

Quorn Fillet (v)
Stuffing & Gravy
Roast Potatoes

Summer Sponge
with Custard

THURSDAY

Chicken &
Vegetable Pie
Boiled Potatoes

Vegetable Ravioli In
A Tomato Sauce (v)

Chocolate Crunch
with Fruit Chunk

THURSDAY

Traditional Cottage
Pie & Gravy

Cheese Ploughman's
Panini (v)
Summer Coleslaw

Frozen Yogurt Ice
Cream

FRIDAY

Butchers /Quorn
Sausage, Hash
Brown, Baked Beans

Breaded Fish, Peas/
Baked Beans & Chips

Vanilla Ice Cream
with Summer Fruit
Coulis

FRIDAY

Hot Dog with Chips

Fish/Salmon Fingers
Peas/Baked Beans
Chips

Chocolate Muffin or
Organic Yogurt

