

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: **Goostrey Primary 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

Quorn & Vegetable Stir Fry with Noodles	Jacket Potato with a Choice of Filling/s (v)	Dorset Apple Cake or Fresh Fruit
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MONDAY

Vegetarian Sausage Roll with Potato Wedges (v)	Quorn Korma with Rice & Cous Cous (v)	Chocolate Crunch Finger with Fruit Chunk or Fresh Fruit
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TUESDAY

Beef Burger in a Bun with Sauté Potatoes & Coleslaw	Vegetarian Burger in a Bun with Sauté Potatoes & Coleslaw	Fruity Jelly or Yogurt
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TUESDAY

BBQ Pulled Pork in a Wrap or Tortilla Boat with Savoury Rice	Quorn & Roasted Vegetable Sub (v)	Melting Moment, Yogurt or Fresh Fruit
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WEDNESDAY

Roast Chicken & Stuffing, Potatoes, Vegetables & Gravy	Quorn Fillet, Potatoes, Vegetables & Gravy	Filled Jacket Potato	Chocolate Orange Kracholette or Fresh Fruit
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WEDNESDAY

All Day Breakfast	Jacket Potato with a Choice of Filling/s (v)	Apple & Sultana Flapjack or Fresh Fruit
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THURSDAY

Beef Pasta Bolognese with Garlic Bread	Vegetable Ravioli with a Homemade Tomato Sauce (v)	Summer Fruit Sponge or Fresh Fruit
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THURSDAY

Southern Style Chicken with Savoury Rice	Ploughman's Toastie with Veg Sticks (v)	Pear & Chocolate Sponge or Fresh Fruit
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FRIDAY

Fish Fingers with Chips, Baked Beans or Peas	Cheese & Tomato Pizza with Chips & Peas or Sweetcorn (v)	Shortbread Finger with Fruit Chunk or Fresh Fruit
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FRIDAY

Battered Fish & Chips with Baked Beans or Peas	Tuna or Cheese Baguette	Ice Cream & Fruit Coulis or Fresh Fruit
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