

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, Littlers 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



Autumn/Winter 2018-19

At: Alderley Edge

November 2018

M	Tu	W	Th	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		

December 2018

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 2019

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			

February 2019

M	Tu	W	T	Fri	Sa	S
				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 2019

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 2019

M	T	W	T	Fr	Sa	S
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



CATERING WITH THE RIGHT INGREDIENTS

Week 1

Week 2

Week 3

MONDAY

Margherita Pizza (v)
Saute Potatoes

Salmon Fish Fingers
Saute Potatoes

Autumn Feast Muffin

TUESDAY

Chicken Korma
Rice & Cous Cous

Pasta Italiane (v)

Chocolate Crunch with Fruit Chunk

WEDNESDAY

Roast Pork, Apple Sauce, Stuffing
Creamed Potato

Vegetarian Sausage Roll (v)
Creamed Potato

Dorset Apple Cake with Custard

THURSDAY

Tortilla Boat Filled with Mild Beef Chilli

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

Orange Surprise Traybake or Yogurt

FRIDAY

All Day Breakfast

Vinegar Infused Fish Goujons
Chips

Cookie with Fruit Chunk or Yogurt

MONDAY

Quorn Korma
Rice & Cous Cous

Cheesy Pasta (v)

Rosalie Biscuit with Fruit Chunk

TUESDAY

Chicken Egg Fried Rice

Vegetarian Enchilada (v)
Savoury Rice

Lemon Drizzle Cake

WEDNESDAY

Roast Gammon & Pineapple
Roast Potatoes

Veg Spaghetti Bolognese (v)
Garlic Bread

Rice Pudding with Fruit Coulis

THURSDAY

Cottage Pie

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

Chocolate Marble Cake with Custard or Yogurt

FRIDAY

Pulled Chicken Flatbread

Fish/ Salmon Fish Fingers with Chips

Apple Oatie Shortbread or Yogurt

MONDAY

Organic Beef Burger in a Bun
Paprika Potatoes

Spicy Lentil Pasta (v)

Banana Cake

TUESDAY

Fruity Pork Curry with Rice & Cous Cous

Vegetarian Sausage Roll (v)
Sweet Potato Mash

Flapjack with Fruit Chunk or Yogurt

WEDNESDAY

Roast Chicken, Stuffing & Gravy
Roast Potatoes

Creamy Vegetable Hot Pot (v)

Pear & Chocolate Crumble with Custard

THURSDAY

Hearty Beef Stew
Homemade Bread

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

Choc Penny With Fruit Chunk or Yogurt

FRIDAY

Chicken/ Quorn Korma Chunks in a Soft Tortilla Boat

Harry Ramsdens Fish Fillet & Chips

Frozen Yogurt Ice Cream

