

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 2019/20

At: **Pott Shrigley**

November 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	

December 2019

M	Tu	W	T	Fri	Sa	Su
30	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

January 2020

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 2020

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	

March 2020

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					

April 2020

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	1		



Autumn/ Winter Menu 2019-20



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RIGHT INGREDIENTS

Week 1

Week 2

MONDAY

Chicago Town Pizza

Jacket Potato with a
Choice of Fillings (v)

Chocolate Crunch
Finger with Fruit
Chunk

TUESDAY

Sausage with Mash
Potatoes & Beans

Cheesy Pasta (v)

Toffee Apple Sponge
& Custard

WEDNESDAY

Chicken/ Quorn Fillet,
Gravy, Boiled
Potatoes & Veg

Jacket Potato with a
Choice of Fillings (v)

Zak's Chocolate
Cake

THURSDAY

Beef Hot Pot
Crusty Bread

Vegetarian Sausage
Roll, Mash Potatoes
& Beans (v)

Fruit Crumble &
Custard

FRIDAY

Pulled Chicken Wrap

Fish/Salmon Fish
Fingers & Chips

Dinky Doughnut
with Fruit Coulis

MONDAY

Organic Beef Burger
In a Bap
Paprika Potatoes

Vegetarian Cottage
Pie (v)

Dorset Apple Cake

TUESDAY

Chicken and
Vegetable Pie
Boiled Potatoes

Veggie Soup &
Warm Cheese Bap

Ginger Bread &
Custard

WEDNESDAY

Roast Gammon/
Quorn Fillet, Roast
Potatoes & Gravy

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

Vanilla Ice Cream
with Warm Fruit
Coulis

THURSDAY

Quorn & Roasted
Vegetable Enchilada
with Rice

Pasta Italiane (v)

Banana Muffin

FRIDAY

Pasta Bolognese/
Quorn Bolognese
with Garlic Bread

Harry Ramsdens Fish
Fillet with Saute
Potatoes

Chocolate Oatie
Biscuit

