

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 2022

At: **Bosley St Marys CE Primary**

April 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	

May 2022

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					

June 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			

July 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

Sept 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		

October 2022

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						





Spring/ Summer Menu 2022

Week 1

Week 2

MONDAY

Vegetable Ravioli in a Homemade Tomato Sauce

Filled Jacket Potato: Baked Beans, Cheese, Cheese & Beans, Tuna, Tuna Melt (v)

Organic Yogurt

TUESDAY

Tandoori Chicken/ Quorn Fillet with Savoury Rice

Pasta Italiane (v)

Crumbly Banana Square

WEDNESDAY

Beef/Vegetarian Spaghetti Bolognese & Garlic Bread

Cheese Ploughman's (v)

Pear & Choc Crumble with Ice Cream

THURSDAY

Chicken Pasta Bake in a Tomato Sauce

Homemade Cheese & Tomato Pizza (v) with Potato Wedges or Jacket Potato & Beans

Chocolate Crunch with Fruit Chunk

FRIDAY

Butchers/ Quorn/ Vegan Sausage with Hash Brown & Beans

Battered Fish with Mushy Peas/ Baked Beans & Chips

Ice Cream with Summer Fruit Coulis

MONDAY

Beef Burger or Quorn/ Vegan Sausage (v) in a Bun with Potatoes

Lean & Green Mac & Cheese (v)

Melting Moment with Fruit Chunk

TUESDAY

Sweet & Sour Chicken/ Quorn (v) with Rice/ Noodles

Pasta Italiane (v)

Summer Fruit Flapjack

WEDNESDAY

Roast Gammon with Gravy & Roast Potatoes

Quorn Fillet/Vegan Sausage with Gravy & Roast Potatoes (v)

Chocolate & Mandarin Puddle Pudding

THURSDAY

Fruity Pork Curry with Rice & Cous Cous

Vegetarian Sausage Roll with Sauté Potatoes (v)

Frozen Yogurt Ice Cream

FRIDAY

Filled Jacket Potato: Baked Beans, Cheese or Tuna

Fish Fingers with Chips & Garden Peas/ Baked Beans

Lemon Bite Biscuit or Organic Yogurt

All dishes in green are suitable for vegan diet!