

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



Autumn/ Winter 2021

At: **St John the Evangelist**

November 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					

December 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		

January 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						

February 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						

March 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			

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	





Autumn/ Winter Menu 2021

Week 1

Week 2

MONDAY

Organic Beef Meatballs, Pasta & Tomato Sauce

Chicago Town Pizza (v)

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Cajun Chicken Fillet with Chips

Homemade Cheesy Pasta (v)

Fresh Fruit Platter or Fruity Flapjack

WEDNESDAY

Roast Chicken Dinner, Creamed Potatoes, Vegetables & Gravy

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Shortbread

THURSDAY

Homemade Shepherd's Pie

Veg Parcel in a Tomato Sauce (v)

Fresh Fruit Platter or Dorset Apple Cake

FRIDAY

Fish Fingers with Chips & Beans

Cheese Quiche with Chips & Beans

Fresh Fruit Platter or Chocolate Oatie Biscuit or Yogurt

MONDAY

Homemade Cheese, Potato & Onion Pie Baked Beans (v)

Homemade Quorn Korma with Rice (v)

Fresh Fruit Platter or Organic Yogurt

TUESDAY

Homemade Minced Beef Chilli & Rice

Veggie Sausage Roll & Sauté Potatoes (v)

Fresh Fruit Platter or Fruit Crumble & Custard

WEDNESDAY

Butchers/Quorn Sausage with Hash Brown & Beans

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Chocolate Brownie

THURSDAY

Homemade Chicken & Vegetable Casserole with Tomato Bread

Homemade Pasta Italiane (v)

Fresh Fruit Platter or Fruit Sponge & Custard

FRIDAY

Battered Fish Fillet with Chips & Beans

Jacket Potato with a Choice of Fillings (v)

Fresh Fruit Platter or Organic Yogurt or Ginger Biscuit with Fruit Chunk

