

# 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: **St John the Evangelist CE**

| 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 |    |

| M  | Tu | W  | T  | Fri | Sa | Su |
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| 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 |    |    |     |    |    |

| M  | Tu | W  | T  | Fri | Sa | Su |
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|    |    | 1  | 2  | 3   | 4  | 5  |
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| 13 | 14 | 15 | 16 | 17  | 18 | 19 |
| 20 | 21 | 22 | 23 | 24  | 25 | 26 |
| 27 | 28 | 29 | 30 |     |    |    |

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| 19 | 20 | 21 | 22 | 23  | 24 | 25 |
| 26 | 27 | 28 | 29 | 30  |    |    |

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| 3  | 4  | 5  | 6  | 7   | 8  | 9  |
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| 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

Jacket Potato with a Choice of Filling/s (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**

Mild Chicken Curry Korma with Rice & Cous Cous

Jacket Potato Topped with Tuna/ Cheese/ Beans (v)

Chocolate Crunch with Fruit Chunk

**FRIDAY**

Butchers/ Quorn Sausage with Hash Brown & Beans

Battered Fish with Baked Beans & Chips

Ice Cream with Summer Fruit Coulis

**MONDAY**

Organic Beef Burger in a Bun with Paprika Potatoes

Lean & Green Mac & Cheese (v)

Melting Moment with Fruit Chunk

**TUESDAY**

Sweet & Sour Chicken with Rice or Noodles

Mini Omelette Popovers with Salad Potatoes (v)

Summer Fruit Flapjack

**WEDNESDAY**

Roast Gammon with Roast/ Creamed Potatoes & Gravy

Quorn Fillet with Gravy & Roast/ Creamed Potatoes (v)

Chocolate & Mandarin Puddle Pudding

**THURSDAY**

Fruity Pork Curry Rice & Cous Cous

Vegetarian Sausage Roll with Garlic & Herb Potatoes (v)

Frozen Yogurt Ice Cream

**FRIDAY**

BBQ Chicken in a Soft Tortilla Boat with ½ Chips

Fish/ Salmon Fish Fingers with Chips & Peas or Baked Beans

Lemon Bite Biscuit or Organic Yogurt

