

# Excalibur Menu Autumn/Winter 2017/18

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

6<sup>th</sup> Nov, 27<sup>th</sup> Nov,  
18<sup>th</sup> Dec, 22<sup>nd</sup> Jan,  
12<sup>th</sup> Feb, 12<sup>th</sup> March,  
16<sup>th</sup> April

Hidden Vegetable Pizza  
with Paprika Potatoes  
Or

Spanish Rice(v)  
(vegetable paella)

Choc Crunch with  
Fruit Chunk

Organic Beefburger/Quorn  
Burge(v) In a Bap with Potato  
Wedges  
Or

Shepardless Pie(v)  
(Sweet Potato Topping)

Dorset Apple Cake  
with Custard

Beef Bolognese with  
Garlic Bread  
Or

Jacket Potato with a  
Choice of Fillings(v)

Carrot & Pineapple  
Cake Muffin

Paprika Chicken with Rice  
Or  
Vegetarian Sausage Roll  
with Creamed Potato & Gravy

Steamed Pear & Peach  
Sponge with Custard

Roast Gammon & Pineapple  
with Creamed Potato &  
Gravy  
Or

Fish Fingers/Salmon Fish  
Fingers with Chips

Lemon Biscuit  
with Fruit Chunk

### WEEK 2

13<sup>th</sup> Nov, 4<sup>th</sup> Dec,  
8<sup>th</sup> Jan, 29<sup>th</sup> Jan,  
26<sup>th</sup> Feb, 19<sup>th</sup> March,  
23<sup>rd</sup> April

Cheesy Pasta(v)  
Or  
Quorn & Vegetable Stir Fry  
with Noodles(v)

Oaty Biscuit with  
Fruit Chunk

Chicken Korma with  
Rice & Cous Cous  
Or  
Mini Omelette Popovers()  
with Salad Potatoes

Cocoa Beetroot Brownie  
with Choc Sauce

Butchers Sausage/Quorn  
Sausage(v) In Onion Gravy  
with Creamed Potatoes  
Or  
Cheesy Vegetable Bake(v)

Apple & Rhubarb  
Flapjack Slice

Beef & Potato Pie with  
Boiled Potatoes  
Or  
Jacket Potato with a  
Choice of Fillings(v)

Chocolate Crispie Bar

Southern Style Chicken Fillet  
with Chips  
Or  
Bubble Coated Fish  
with Chips

Banana Muffin

### WEEK 3

20<sup>th</sup> Nov, 11<sup>th</sup> Dec,  
15<sup>th</sup> Jan, 5<sup>th</sup> Feb,  
5<sup>th</sup> March, 26<sup>th</sup> March,  
30<sup>th</sup> May

Tuna Pasta Jumble  
Or  
Tomato Pasta Italienne(v)

Flapjack Finger  
with Fruit Chunk

Chicken Chasseur  
Or  
Salmon Fish Fingers with  
Tomato Pasta or Potatoes

Tangy Lemon Cake

Roast Pork ,  
Or  
Quorn Fillet(v)  
Apple Sc, Stuffing & Gravy  
Served with Roast Potatoes

Scotch Pancake with Vanilla  
Ice Cream & Fruit Coulis

Cottage Pie  
Or  
Jacket Potato with a  
Choice of Fillings(v)

Choc Puddle Pudding with  
Mandarin Puree

Butchers Sausage  
Or Quorn Sausage(v)  
Scrambled Egg, Hash Brown  
& Baked Beans

Sultana Cookie  
with Milkshake



**GOLD CATERING**

Available daily – selection of vegetables and/or salad bar, bread basket, seasonal fruit platter, organic yogurt and a selection of drinks including water and milk.

Fresh meat is supplied by local butchers Quality Cuts of Sandbach, Littlers of Northwich and Barrows of Bollington.

All butchers meat is farm assured.

We use organic beefburgers from Lower Hurst Farm in Derbyshire

We use MSC fish and free range eggs.

75% of dishes are homemade – These dishes are freshly prepared and cooked on site by the catering team.

Potatoes, vegetables & fruit are sourced locally when in season. Bread, milk, cheese & eggs are sourced from within the North West.

We use Mornflake Organic oats.



**CATERING WITH THE  
RIGHT INGREDIENTS**