

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 Debyshire.*

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



CATERING WITH THE
RIGHT INGREDIENTS



Autumn/Winter 2018-19

At: **Excalibur**

November 2018						
M	Tu	W	Th	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 2018						
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 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	31			

February 2019						
M	Tu	W	T	Fri	Sa	S
				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 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	31

April 2019						
M	T	W	T	Fr	Sa	S
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	2
29	30					

Autumn/Winter Menu



CATERING WITH THE
RIGHT INGREDIENTS

Week 1

MONDAY

Margherita Pizza (v)
Potato Wedges

Bubble Coated Fish
Potato Wedges

Autumn Feast Muffin

TUESDAY

Butter Chicken
Rice & Cous Cous

Tomato Pasta
Italienne (v)

Chocolate Crunch with
Fruit Chunk

WEDNESDAY

Roast Pork, Apple
Sauce, Stuffing
Creamed Potatoes

Vegetarian Sausage (v),
Gravy & Creamed
Potatoes

Dorset Apple
Cake with
Custard

THURSDAY

Spaghetti
Bolognese
Garlic Bread

Jacket Potato
with a Choice of
Fillings (v)

Orange
Surprise
Traybake
or Yogurt

FRIDAY

Butchers Sausage
All Day
Breakfast

Quorn Sausage (v)
All Day
Breakfast

Cookie with
Fruit Chunk
or Yogurt

Week 2

MONDAY

Quorn Stir Fry
Noodles

Cheesy Pasta (v)

Rosalie Biscuit
with Fruit
Chunk

TUESDAY

Chicken Egg
Fried Rice

Jacket Potato
with a Choice of
Fillings (v)

Lemon
Drizzle Cake

WEDNESDAY

Roast Gammon
& Pineapple
Roast Potatoes

Vegetarian Sausage (v)
Gravy & Roast
Potatoes

Fruit Crumble
and Custard

THURSDAY

Minced Beef &
Potato Pie with
Boiled Potatoes

Vegetarian
Chilli (v) and
Rice

Chocolate
Marble Cake
with Custard
or Yogurt

FRIDAY

Chicken Wrap
Chips

Fish /Salmon
Fish Fingers
Chips

Apple Oatie
Shortbread
or Yogurt

Week 3

MONDAY

Organic Beef
Burger Pasta
Salad

Falafel Wrap (v)
Wedges

Banana
Cake

TUESDAY

Pork & Sweet
Potato Pie

Vegetarian
Sausage Roll (v)
Sweet Potato
Mash

Flapjack
with
Fruit Chunk
or Yogurt

WEDNESDAY

Roast Chicken,
Stuffing & Gravy
Roast Potatoes

Quorn Fillet (v)
Stuffing &
Gravy
Roast Potatoes

Pear &
Chocolate
Crumble with
Custard

THURSDAY

Mild Beef Curry
with Rice &
Cous Cous

Jacket Potato
with a Choice of
Fillings (v)

Choc Penny
With
Fruit Chunk
or Yogurt

FRIDAY

Chicken Korma
Chunks in a
Flatbread

Harry
Ramsdens
Fish Fillet
Chips

Frozen
Yogurt Ice
Cream