

# St Vincents 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

Organic Beefburger in a  
Bap with Potato Wedges  
Or  
Jacket Potato with a  
Choice of Fillings(v)

Choc Crunch  
with Fruit Chunk

Gammon & Pineapple  
with Roast Potatoes  
Or  
Spanish Rice(v)  
(vegetable paella)

Dorset Apple Cake  
with Custard

Beef Bolognese  
with Garlic Bread  
Or  
Jacket Potato with a  
Choice of Fillings(v)

Carrot & Pineapple Muffin

Paprika Chicken with  
Vegetable Cous Cous  
Or  
Vegetarian Sausage Roll  
with Creamed Potato & Gravy

Steamed Pear & Peach  
Sponge with Custard

Hidden Vegetable Pizza  
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 Korma(v) with  
Rice & Cous Cous

Oaty Biscuit with  
Fruit Chunk

Roast Chicken Fillet,  
Stuffing & Gravy with Roast  
Potatoes  
Or  
Mini Omelette Popovers  
with Roast Potatoes

Cocoa Beetroot Brownie  
with Choc Sauce

Butchers Sausage/Quorn  
Sausage(v) Toad in the Hole,  
Onion Gravy with Creamed  
Potatoes  
Or Jacket Potato with a  
Choice of Fillings(v)  
Apple & Rhubarb  
Flapjack Slice

Beef Hot Pot  
Or  
Mexican Quorn Wrap(v)  
with Rice

Chocolate Crispie Bar

Organic Vegetable Bake  
In a Bap  
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  
Vegetarian Sausage Roll(v)  
With Creamed Potato &  
Gravy

Flapjack Finger  
with Fruit Chunk

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

Tangy Lemon Cake

Butchers/Quorn(v) Sausage,  
Scrambled Egg, Baked  
Beans & Hash Brown  
Or  
Jacket Potato with a  
Choice of fillings(v)

Scotch Pancake with Vanilla  
Ice Cream & Fruit Coulis

Pulled Chicken Flatbread  
Or  
Salmon Fish Fingers with  
Herb Potatoes

Choc Puddle Pudding with  
Mandarin Puree

Quorn & Sweet Potato Curry(v)  
with Rice & Cous Cous  
Or  
Crunchy Baked Fish Goujons  
with Potato Wedges

Sultana Cookie & 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