



# Excelsior Academy Sample Lunch Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken with Garlic & Parsley Cream	Cardamom Butter Chicken	Roast Beef with Yorkshire Puds	Mince & Carrot Pie with Parsley Crust	Tandoori Chicken Leg with Coriander
	Chorizo & Sun Blush Tomato Pasta	Sizzling Spare Ribs with BBQ Sauce	Hoisin Pork with Garlic & Ginger Cream	Italian Meatballs with Tomato Sauce	Summer Fish Stew with Rouille
	Freshly Baked Quiche	Tagliatelle with Vegetable Ragu	Creamy Pea & Chive Risotto	Mexican Veggie Wrap	Gnocchi with Broccoli & Parmesan Cream
Week 2	Creamy Smoked Chicken with Pasta	Cardamom Butter Chicken	Roast Turkey	Chicken & Watercress Pie	Supreme of Chicken with Mushroom Sauce
	Slow Cooked Lamb with Rosemary	Sizzling Spare Ribs with BBQ Sauce	Coconut & Lime Crusted Chicken	Pasta Carbonara	Prawn, Salmon & Spring Onion Bake
	Freshly Baked Quiche	Tagliatelle with Vegetable Ragu	Bell Pepper Risotto	Baked Brie & Wild Mushroom Tart	Celeriac, New Potato & Rosemary Gratin
Week 3	Spiced Turkey & Pepper Bake	Chicken Dhansak	Roast Bacon Loin	Chicken & Asparagus Pie	Roast Beef & Yorkshire Puds
	Pork with Puy Lentils & Mustard	Pork Normandy	Tandoried Chicken Breast	Glazed Chicken with Gruyere	Toulouse Sausage & Bean Casserole
	Freshly Baked Quiche	Vegetarian Chilli	Spaghetti with Spinach & Garlic	Sweet Red Pepper & Sun Blushed Bruschetta	Cheese Bake with Spinach & Walnuts
Week 4	Beef Stew & Horseradish Dumplings	Beef Vindaloo	Lemon Roasted Chicken Leg, with Olive Basil & Tomato	Chicken & Veg Pie	Roast Loin of Pork with Apple Sauce
	French Style Chicken & Merguez Sausages	Pasta Carbonara	Sausage Meat Balls with Tomato & Pasta	Ham, Mustard & Parsley Tartiflette	Cajun Chicken Wrap
	Freshly Baked Quiche	Capers with Plum Tomato, Mozzarella, Basil & Rocket Pesto	Wild Mushroom & Thyme Risotto	Lancashire Hot Pot	Spicy Spaghetti with Garlic Mushrooms

All served with a selection of veg, potatoes, rice or salad. Freshly prepared every day, with locally sourced food by our award winning catering team.

Grow Learn Achieve