

Excalibur Primary Menu 2015 summer

Monday

WEEK 1

11th May
1st June
15th June
29th June
13th July

Southern Style Chicken
Fillet with Savoury Rice
Or
Tuna Melt Baguette

Pear Marble Traybake
Seasonal Fruit Platter

Tuesday

Pasta Carbonara
Or
Vegetarian Sausage Roll
With Potato Wedges

Fruit Salad
Organic Yogurt

Wednesday

Roast Turkey, Sage &
Onion Stuffing & Gravy
With Creamed Potatoes
Or
Omelette Popovers
With Potatoes

Apple Muffin
Seasonal Fruit Platter

Thursday

Pasta Bolognese
with Garlic Bread
Or
Falafel Pitta

Choc Flapjack & Fruit
Organic Yogurt
Seasonal Fruit Platter

Friday

Butchers Sausage/Quorn
Sausage, with Scrambled
Egg, Hash Browns

Baked Beans/Tomatoes

Cookie with Fruit, Organic
Yogurt, Fruit Platter

WEEK 2

18th May
8th June
22nd June
6th July
20th July

Sweet & Sour Pork
with Noodles
Or
Salmon & Sweet Potato
Fishcake with Boiled
Potatoes/Noodles

Apple & Sultana Flapjack
Organic Yogurt
Fruit Platter

Quorn & Sweet Potato
Wrap with Savoury Rice
Or
Pizza with Savoury
Rice/Jacket Wedges

Chocolate Brownie
with Fruit Chunk
Fruit Platter

Roast Gammon &
Pineapple with Creamed
Potatoes
Or
Cheese & Onion Quiche
With Creamed Potatoes

Carrot & Pineapple Cake
Organic Yogurt
Fresh Fruit Platter

Chicken Korma with
Rice & Cous Cous
Or
Jacket Potato with a
Choice of Fillings

Cookie Selection with
Fruit Chunk
Fresh Fruit Platter

Lamb Grillstick & Salad
in a Pitta Bread
Or
Fish in Parsley Sauce
with Chips

Fruit Ice Cream
Organic Yogurt
Fresh Fruit Platter

**Available daily – Seasonal Vegetables & Salad Bar, Fresh Fruit Platter,
Wholemeal Bread, Milk & Water**

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

All butchers meat is farm assured pork, turkey & chicken is red tractor certified.

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 are sourced from within the North West. We use organic Mornflake oats & organic yogurts.



**FRESH THINKING
FRESH FOOD**

