

# Excalibur Menu 2015/16 Winter

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

9<sup>th</sup>, 23<sup>rd</sup> Nov  
7<sup>th</sup> Dec  
4<sup>th</sup>, 18<sup>th</sup> Jan  
1<sup>st</sup>, 22<sup>nd</sup> Feb  
7<sup>th</sup>, 21<sup>st</sup> March

Organic Beef Bites  
(Gluten Free)  
with Pasta in a Tomato Sc  
Or  
Tomato, Red Pepper &  
Mozz Sausage(v)  
with Pasta  
  
Flapjack Finger with Fruit  
Chunk

Chicken Korma with  
Rice & Cous Cous  
Or  
Crunchy Bake Fish Fillet  
with Savoury Rice

Angel Delight  
with Fruit Chunk

Roast Gammon &  
Pineapple, with  
Cheesy Potato Gratin  
Or  
Jacket Potato with a  
Choice of Fillings(v)

Winter Sponge & Custard

Pork Casserole  
(Free Range Pork) with  
Tomato Bread  
Or  
Quorn & Vegetable Stir  
Fry with Noodles(v)

Oat & Raisin Cookie  
with Milkshake

Chicken & Vegetable Pie  
with Chips  
Or  
Vinegar Infused Fish  
Goujons with Chips

Coco Beetroot Brownie

### WEEK 2

16<sup>th</sup>, 30<sup>th</sup> Nov  
14<sup>th</sup> Dec  
11<sup>th</sup>, 25<sup>th</sup> Jan  
8<sup>th</sup>, 29<sup>th</sup> Feb  
14<sup>th</sup>, 29<sup>th</sup> March

Cheese & Tomato  
Pizza(v) with Potato  
Wedges  
Or  
Salmon Fish Fingers  
(Gluten Free)  
with Potato Wedges  
  
Coconut Crunch with  
Fruit Chunk

Pork Chasseur with Rice  
(Free Range Pork)  
Or  
Vegetarian Sausage Roll(v)  
with Creamed Potato &  
Gravy

Apple & Rhubarb Flapjack  
Crumble with Custard

Roast Chicken Fillet with  
Stuffing, Gravy and  
Dry Roast Organic Potatoes  
Or  
Rancher Pie(v)

Lemon Spice Cake  
With Custard

Cottage Pie  
Or  
Chilladas(v)  
(bread, lentil & veg bake)  
With Tomato Pasta

Chocolate Penny with  
Milkshake

Free Range Pork  
/Quorn Sausage(v) with  
Scrambled Egg, Hash  
Brown, Baked Beans,  
Tomatoes  
Or  
Crunchy Baked Fish  
Goujons with Savoury  
Potatoes

Cookie Selection

**Available daily – Seasonal Vegetables & Salad Bar, Fresh Fruit Platter, Organic Yogurt, 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, we use free range pork

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 Yogurt, Pasta & Potatoes

