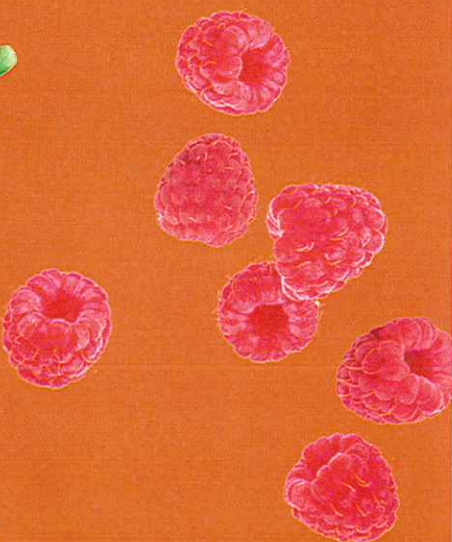
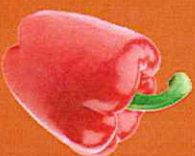


THREE WEEK MENU

Autumn/Winter 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



 **Chartwells**
So much more than fantastic food

WEEK 1 MENU

W/C: 16/1/23 6//2/23 27/3/23 17/4/23

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese 


Served with Two Vegetables

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy


Beef Bolognese 

Served with Wholemeal Pasta and Two Vegetables


Breaded Fish

Served with Chips and Two Vegetables


Alternative Dish

Vegetarian Sausage 


Served with Mashed Potato and Gravy

Cheese and Tomato Pizza 

Served with Vegetables and Salad

Vegan Sausage Casserole 

Served with Two Vegetables

Vegetarian Bolognese 


Served with Wholemeal Pasta and Two Vegetables

Quorn Dippers 

Served with Chips and Two Vegetables

Third Choice

-

Jacket Potato with Salmon Mayonnaise 

-



-



-

Salads



Freshly Prepared Salads
Available every day



Jacket Potato

Jacket Potato  
With a choice of fillings

Jacket Potato  
With a choice of fillings

Jacket Potato  
With a choice of fillings

Jacket Potato  
With a choice of fillings

Jacket Potato  
With a choice of fillings

Pasta

Wholemeal Pasta with homemade Tomato Sauce

Available every day

Two vegetable dishes available daily

Vegetables

Vanilla Ice Cream

Hot Chocolate Sponge with Chocolate Custard

Oat Cookie with Fruit Slices 

Apple Crumble with Custard 

Ice Cream Milkshake with Shortbread

Dessert

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's choice

Internal

WEEK 2 MENU

W/C: 2/1/23 23/1/23 13/2/23 13/3/23

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza	Chicken Noodle Stir Fry	Roast Gammon	Chicken Korma	Breaded Fish
	Served with Carrot and Cucumber Sticks	Served with Two Vegetables	Served with Yorkshire Pudding, Mashed Potato and Gravy	Served with Wholegrain Rice and Two Vegetables	Served with Chips and Two Vegetables
Alternative Dish	Mixed Bean Pasta	Sweet Chilli Vegetable Noodles	Vegetable Pie	Sweet Potato Curry	Quorn Dippers
	Served with Tomato Pizza Bread	Served with Two Vegetables	Served with Mashed Potato and Gravy	Served with Wholegrain Rice and Two Vegetables	Served with Chips and Two Vegetables
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings	With a choice of fillings
Pasta	Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Two vegetable dishes available daily				
Dessert	Jam Sponge	Banana and Apricot Flapjack served with Fresh Fruit	Chocolate Ice Cream	Apple and Berry Crumble served with Custard	Strawberry Milkshake served with Fresh Fruit

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Internal

 Vegetarian  Halal  Fish  Wholegrain  Fruity!  Nutritionist's choice

WEEK 3 MENU

W/C: 9/1/23 30/1/23 27/2/23 20/3/23

 **chartwells**
So much more than fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Pesto Pasta Bake 	Sweet and Sour Chicken 	Roast Pork	Beef Bolognese 	Southern Fried Chicken
	Served with Two Vegetables	Served with Wholegrain Rice	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta and Two Vegetables	Served with Chips and Two Vegetables
Alternative Dish	Vegetable Chill  	Vegetable Chow Mein  	Vegetable Pastry Roll 	Vegetarian Bolognese  	Vegan Meatballs in Tomato Sauce  
	Served with Wholemeal Rice	Served with Two Vegetables	Served with Roast Potatoes and Gravy	Served with Wholemeal Pasta and Two Vegetables	Served with Chips and Two Vegetables
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato   With a choice of fillings	Jacket Potato   With a choice of fillings	Jacket Potato   With a choice of fillings	Jacket Potato   With a choice of fillings	Jacket Potato   With a choice of fillings
Pasta	Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Two vegetable dishes available daily				
Dessert	Strawberry Ice Cream	Fruit Flapjack 	Strawberry Jelly	Orange, Sultana and Carrot Slice 	Chocolate Milkshake served with Chocolate Biscuit

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

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