

# 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



## 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

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**Jacket Potato with Salmon Mayonnaise**

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### 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

**Tomato Pasta**

Wholemeal Pasta with homemade Tomato Sauce  
Available every day

### Vegetables

**Two vegetable dishes available daily**

### Dessert

**Vanilla Ice Cream**

**Hot Chocolate Sponge with Chocolate Custard**

**Oat Cookie with Fruit Slices**

**Apple Crumble with Custard**

**Ice Cream Milkshake with Shortbread**

### 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**

# WEEK 2 MENU

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
































## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY


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

### 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**



# WEEK 3 MENU

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

**Pesto Pasta Bake**

Served with Two Vegetables

**Sweet and Sour Chicken**

Served with Wholegrain Rice

**Roast Pork**

Served with Roast Potatoes and Gravy

**Beef Bolognese**

Served with Wholemeal Pasta and Two Vegetables

**Southern Fried Chicken**

Served with Chips and Two Vegetables

Alternative Dish

**Vegetable Chilli**

Served with Wholemeal Rice

**Vegetable Chow Mein**

Served with Two Vegetables

**Vegetable Pastry Roll**

Served with Roast Potatoes and Gravy

**Vegetarian Bolognese**

Served with Wholemeal Pasta and Two Vegetables

**Vegan Meatballs in Tomato Sauce**

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

**Tomato 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

**Vegetarian** **Oily fish** **Wholegrain** **Fruity!**