

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	Cheese and Tomato Pizza   Served with Carrot and Cucumber Sticks	Chicken Noodle Stir Fry Served with Two Vegetables	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Chicken Korma  Served with Wholegrain Rice and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
Alternative Dish	Mixed Bean Pasta    Served with Tomato Pizza Bread 	Sweet Chilli Vegetable Noodles   Served with Two Vegetables	Vegetable Pie   Served with Mashed Potato and Gravy	Sweet Potato Curry    Served with Wholegrain Rice and Two Vegetables	Quorn Dippers 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	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

 **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!**