

WEEK 3 MENU

W/C: 02/05, 23/05, 13/06, 04/07, 25/07, 05/09,
26/09, 17/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza with potato wedges 🍕	Sweet and Sour Chicken with Rice 🍛	Roast Pork with Roast Potatoes and Gravy	Beef Meatballs in Tomato Sauce with Pasta 🍝	Golden Fish Fingers and Chips
Alternative Dish	Veggie Pasta Bolognese 🍝	Chinese Veggie Noodles 🍜	Quorn Roast with Roast Potatoes and Gravy 🍝	Veggie Lasagne served with a bread wedge	Quorn Dippers and Chips
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
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 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Peas and Carrots	Sweetcorn and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Orange Shortbread with Fruit Slices	Chocolate Sponge and Custard	Oatie Biscuit with Fruit Slices	Chocolate Sponge Cake	Crispy Crackle Bar

PACKED LUNCH--AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

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

🍌 Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍌 Fruity! 🍌 Nutritionist's Choice

Internal

SPRING/SUMMER 2022

WEEK 2 MENU

W/C: 25/04, 16/05, 06/06, 27/06, 18/07, 29/08,
19/09, 10/10

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza with potato wedges 🍕	Pork Sausage With mashed potato	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Beef Bolognese 🍖 A classic Italian beef Bolognese in a yummy tomato sauce	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Veggie Bolognese 🍲 Penne pasta in a yummy tomato sauce	Veggie Sausage and Mash with Gravy 🍲 Fluffy mash with veggie sausages and rich gravy	Quorn Roast with Roast Potatoes and Gravy 🍲	Veggie Balls In Tomato Sauce with Pasta 🍲	Quorn Dippers and Chips 🍲 Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
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 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices 🍌	Chocolate Sponge and Custard	Crunchy Chocolate Biscuit	Apple and Berry Crumble served with Custard 🍏	Vanilla Ice-Cream

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BEAR YO YO OR DESSERT OF THE DAY

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

Internal

🍏 **Vegetarian** 🐟 **Oily fish** 🍖 **Wholegrain** 🍌 **Fruity!** 🍌 **Nutritionist's Choice**

WEEK 1 MENU

W/C: 18/04, 09/05, 30/05, 20/06, 11/07, 12/09,
03/10

Chartwells
So much more than fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Cheese and Tomato Pizza with potato wedges 🍕	Chicken Pie with mashed potato	Roast Chicken with Roast Potatoes and Gravy Succulent roast beef with fluffy roasties and tasty gravy	Bacon All Day Breakfast with potato wedges	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Chinese Veggie Noodles 🍜	Macaroni Cheese 🍝	Quorn Roast with Roast Potatoes and Gravy 🍲	Chinese Veggie Rice 🍚	Quorn Dippers and Chips 🍷 Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	Jacket Potato 🍟 with a choice of fillings	Jacket Potato 🍟 served with Salmon Mayonnaise and 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 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta	Tomato Pasta 🍝 A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Chocolate Ice-Cream	Banana and Apricot Flapjack with Fruit Slices 🍌	Shortbread Biscuit with Fruit Slices 🍪	Chocolate Sponge Cake	Chocolate and Raspberry Swirl Cake

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YOGHURT & FRESH FRUIT

Internal

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SPRING/SUMMER 2022