

WEEK 1 MENU

W/C: 02/01, 23/01, 13/02, 06/03,
27/03, 10/04, 24/04,

Chartwells
So much more than fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	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	-		-	-	-
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	Crispy Crackle Bar	Orange Drizzle Cake	Banana Cake	Secret Brownie	Chocolate Raspberry Swirl Cake

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

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

AUTUMN/WINTER 2022

WEEK 2 MENU

W/C: 09/01, 30/01, 20/02, 13/03,
03/04, 24/04, 15/05.



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 Honey Glazed Ham
Served with Yorkshire Pudding, Mashed Potato and Gravy

Keralan Chicken Curry
Served with Wholegrain Rice and Two Vegetables

Breaded Fish Fingers
Served with Chips and Two Vegetables

Alternative Dish

Bean & Vegetable Chilli
Served with Wholegrain & White Rice

Sweet Chilli Vegetable Noodles
Served with Two Vegetables

Creamy Vegetable Pie
Served with Mashed Potato and Gravy

Cauliflower & Sweet Potato Masala
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

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Two vegetable dishes available daily

Dessert

Jam Sponge

Orange Shortbread

Chocolate and Banana Cake

Raspberry Ripple Cake

Strawberry Milkshake served with Fresh Fruit

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT

Vegetarian **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's choice**

Internal

AUTUMN/WINTER 2022

WEEK 3 MENU

W/C: 16/01, 06/02, 27/02, 20/03, 10/04,
01/05, 22/05.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Tomato & Herb Pasta Bake 	Sweet and Sour Chicken 	Roast Pork	Beef Lasagne 	Southern Fried Chicken
Alternative Dish	Vegetable Chilli  	Vegetable Chow Mein  	Vegetable Pastry Roll 	Vegetarian Bolognese  	Vegan Meatballs in Tomato Sauce  
Salads	Served with Two Vegetables	Served with Wholemeal Rice	Served with Roast Potatoes and Gravy	Served with Two Vegetables	Served with Chips and Two Vegetables
Jacket Potato	Jacket Potato  	Jacket Potato  	Jacket Potato  	Jacket Potato  	Jacket Potato  
Pasta	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
Vegetables			Tomato Pasta  		
Dessert	Strawberry Ice Cream	Fruit Flapjack  	Peach Jelly Trifle Pots	Raspberry Ripple Cake  	Chocolate Milkshake served with Chocolate Biscuit

AUTUMN/WINTER 2022

Freshly Prepared Salads
Available every day

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Two vegetable dishes available daily

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

 Vegetarian  Oily fish  Wholegrain  Fruity! 

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