

		W/C: 13/09 04/10 25/10 15/11 06/12 27/12 17/01 07/02 28/02
	<b>WEEK 3</b>	
	<b>DAILY FAVES...</b>	
<b>MONDAY</b>	<b>HOT SPECIALS...</b> <b>Cheese and Tomato Pizza with Dough Balls</b> Cheesy tomato topped pizza slice ..... <b>Veggie Sausage and Mash with Gravy</b> Veggie sausage and mash with rich gravy	<b>SIDES...</b> <b>Peas and Carrots</b>  <b>PICK A PUD!</b> <b>Oatie Biscuit with Fruit Slices</b>
<b>TUESDAY</b>	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b> Garlic seasoned chicken served with spanish style potatoes ..... <b>Allegra's Cheesy Peasy Risotto Bake</b> A delicious baked cheesy, pea rissoto	<b>Jacket Potato</b> with a choice of fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta  <b>Sweetcorn and Broccoli</b>  <b>Apple &amp; Carrot Yoghurt Cake</b>
<b>WEDNESDAY</b>	<b>Tender Roast Gammon with Roast Potatoes &amp; Gravy</b> Tender roast gammon with fluffy roasties and tasty gravy ..... <b>Butternut Squash and Potato Pastry Slice with Roast Potatoes &amp; Gravy</b> A chunky Butternut Squash and potato slice	<b>Jacket Potato</b> with a choice of fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta  <b>Carrots and Cabbage</b>  <b>Fruit &amp; Yoghurt</b>
<b>THURSDAY</b>	<b>Lasagne with a Garlic &amp; Herb Bread Wedge</b> A classic Italian layered pasta dish with beef mince ..... <b>Mild Chickpea and Potato Curry</b> Served with Wholemeal Rice	<b>Jacket Potato</b> with a choice of fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta  <b>Broccoli and Sweetcorn</b>  <b>Chocolate Sponge Cake with Chocolate Sauce</b>
<b>FRIDAY</b>	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips ..... <b>Soft Taco and Chips</b> A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potato</b> with a choice of fillings ..... <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta  <b>Baked Beans and Peas</b>  <b>Crispy Snow Bar</b>



**Food Super Heroes Menu**

**YOUR FAVOURITES** available every day

**OUR NEW MENU!** chosen by our parents and children

**£2.15**



**THREE WEEK MENU**  
AUTUMN/WINTER 2021


Chartwells



MONDAY

## HOT SPECIALS...

**Burrito**    
A soft wrap filled with lightly spiced veggies and rice

**Vegetable Supreme Pizza with dough balls**   
Cheesy tomato pizza slice topped with sweetcorn and peppers

## DAILY FAVES...

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 1

W/C: 30/08 20/09 11/10  
01/11 22/11 13/12  
03/01 24/01 14/02

## SIDES...

**Carrots and Sweetcorn**


## PICK A PUD!


**Raspberry Ripple Ice Cream**



MONDAY

TUESDAY

**Allegra's Chicken Filo Pie with Mashed Potato**  
A delicious light filo pastry topped chicken pie

**Butternut Squash & Tomato Bake with Rice**   
A vegetable bake topped with a cheesy crust served with rice

**Jacket Potato**   
with a choice of fillings including salmon mayo

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Peas and Broccoli**

**Brownie**

TUESDAY

WEDNESDAY


**Roast Turkey with Roast Potatoes & Gravy**  
Roast turkey with fluffy roasties and tasty gravy

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**    
A chunky sweet potato and chickpea roast

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Carrots and Cabbage**

**Fruit & Yoghurt** 

WEDNESDAY

THURSDAY

**Beef Bolognese**    
A classic Italian Beef Bolognese in a yummy tomato sauce

**Macaroni Cheese**  
Cheesy Macaroni Pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Broccoli and Sweetcorn**

**Pineapple Upside Down Cake with Custard**  

THURSDAY

FRIDAY

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

**Meat-free Nuggets and Chips**   
Crispy Quorn nuggets with their fave sauce - ketchup

**Jacket Potato**   
with a choice of fillings


**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Baked Beans and Peas**

**Shortbread Biscuit with Fruit Slices** 



FRIDAY

## HOT SPECIALS...


**Cheese and Tomato Pizza with Dough Balls**   
Cheesy tomato topped pizza slice

**Veggie Bolognese**    
Yummy veggie Bolognese with pasta

**Sausage and Mash with Gravy**  
Sausage and mash with rich gravy

**Allegra's Oodles of Noodles**    
Delicious noodles with tofu and veggies



**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Creamy Vegetable Pie with Roast Potatoes and Gravy**   
Creamy vegetable pie with a cheesy shortcrust topper

**Cottage Pie**   
Home cooked minced beef with a crispy potato topping


**Macaroni Cheese**   
Cheesy Macaroni Pasta

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips

**Tomato Veggie Burger and Chips**    
A scrummy tomato veggie burger in a soft bap

## DAILY FAVES...

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Carrots and Sweetcorn**

**Flapjack with Fruit Slices** 

## WEEK 2

W/C: 06/09 27/09 18/10  
08/11 29/11 20/12  
10/01 31/01 21/02

**Broccoli and Peas**

**Peach Shortbread Pudding & Custard** 

**Cabbage and Carrots**





**Fruit & Yoghurt** 

**Broccoli and Sweetcorn**

**Fruity Chocolate Brownie**

**Peas and Baked Beans**

**Raspberry Yoghurt Cake**

 Vegetarian  Oily fish  
 Wholegrain  Fruity!  
 Nutritionist's Choice

Water, salad,  
freshly baked bread,  
yoghurt & fresh fruit

Available  
every day!

