

# WEEK 3

W/C: 13/11, 04/12, 25/12, 15/01, 05/02, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Chilli No Carne with Crispy Tortilla</b> 🌱 🍷 🍷 A tasty vegetarian mince and vegetable chilli served with a crispy tortilla and wholegrain rice	<b>Pork Sausages</b> Pork sausages served with mashed potato and tasty gravy	<b>Roast Pork</b> Succulent roast pork served with fluffy roasties and tasty gravy	<b>Chicken and Vegetable Korma</b> 🍷 🍷 A mild and tasty chicken and vegetable curry served with wholegrain rice	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Cheese and Tomato Pizza</b> 🌱 🍷 Cheesy tomato topped pizza slice served with potato wedges	<b>Cheesy Cauliflower Pasta Bake</b> 🌱 🍷 A yummy pasta bake served with a garlic and herb bread wedge	<b>Sweet Potato and Chickpea Roast</b> 🌱 🍷 A chunky sweet potato and chickpea roast served with fluffy roasties and tasty gravy	<b>Vegetarian Cottage Pie</b> 🌱 🍷 A classic vegetarian cottage pie with veg and gravy	<b>Crispy Quorn Nuggets</b> 🌱 Crispy Quorn nuggets and scrummy chips
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
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	<b>Oatie Cookie with Fruit</b> 🌱	<b>Strawberry Jelly</b>	<b>Orange Shortbread with Fruit</b> 🌱	<b>Vanilla Sponge with Custard</b>	<b>Strawberry Frozen Yoghurt</b>

# THREE WEEK MENU

AUTUMN/WINTER 2023

Chartwells  
Schools

£2.85

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN

YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# WEEK 1

W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Cheesy tomato topped pizza slice served with potato wedges	<b>Cottage Pie</b> 🍷 A classic cottage pie with veg and gravy	<b>Chicken, Vegetable and Mash Pie</b> 🍷 A tasty chicken and vegetable pie topped with creamy mashed potato and served with tasty gravy	<b>Beef Bolognese</b> 🍷 Served with Wholewheat Pasta and Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Stir Fried Vegetable Rice</b> 🍷 A chinese spiced Quorn, soya and vegetable stir fried rice	<b>Vegetarian Burger</b> 🍷 A Quorn burger in a bun with tomato ketchup served with potato wedges	<b>Vegetable Pastry Roll</b> 🍷 Tasty vegetables wrapped in puff pastry served with fluffy roasties and tasty gravy	<b>Chinese Vegetable and Egg Fried Rice</b> 🍷 A soya bean and vegetable chinese spiced rice dish	<b>Crispy Quorn Nuggets</b> 🍷 Crispy Quorn nuggets and scrummy chips
JACKET POTATO	<b>Jacket Potato</b> 🍷 with a choice of fillings	<b>Jacket Potato</b> 🍷 with a choice of fillings, including Salmon Mayonnaise 🐟	<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>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Secret Brownie	Crispy Crackle Bar with Fruit 🍌	Original Flapjack	Carrot, Orange and Sultana Slice 🍌	Vanilla Ice Cream

# WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	<b>Cheese and Tomato Pizza</b> 🍕 Cheesy tomato topped pizza slice served with potato wedges	<b>Turkey Con Chilli</b> 🍷 A yummy chilli using healthy turkey mince served with wholegrain rice	<b>Roast Beef</b> Succulent roast beef served with fluffy roasties and tasty gravy	<b>Sausage Pasta Bake</b> 🍷 Pork sausages and pasta in a tasty tomato sauce sprinkled with cheese and served with garlic and herb bread	<b>Breaded Fish Fingers</b> Crispy fish fingers and scrummy chips
	<b>Sweet Potato Curry</b> 🍷 A mild and tasty vegetarian curry served with wholegrain rice	<b>Macaroni Cheese</b> 🍷 Cheesy macaroni pasta	<b>Cheesy Leek and Carrot Crumble</b> 🍷 Tasty vegetables with a cheesy crumble topping served with fluffy roasties and tasty gravy	<b>Roasted Cauliflower, Sweet Potato and Chickpea Masala</b> 🍷 A tikka spiced vegetable curry served with wholegrain rice	<b>Crispy Quorn Nuggets</b> 🍷 Crispy Quorn nuggets and scrummy chips
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
<b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta 🍷 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍌	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 🍌	Strawberry Ice Cream

## AVAILABLE EVERY DAY

Milk, water, salad, freshly baked bread & fresh fruit. Yoghurt available Tuesday & Thursday

🍷 Vegetarian 🐟 Oily Fish 🌱 Wholegrain 🍌 Fruity! 🍷 Nutritionist's Choice