

















# Week 3

W/C: 13/11, 04/12, 08/01, 29/01, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza 	Sweet and Sour Chicken  Served with Wholegrain Rice	Roast Turkey Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma  Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
HOT DISH 2	Sweet Potato Curry  Served with Wholegrain Rice	Sweet and Sour Vegetables  Served with Wholegrain Rice	Sweet Potato and Chickpea Roast  Served with Roast Potatoes and Gravy	Macaroni Cheese 	Crispy Quorn Nuggets  Served with Chips
HALAL DISH		Sweet and Sour Chicken  Served with Wholegrain Rice	Roast Turkey  Served with Roast Potatoes and Gravy	Chicken and Vegetable Korma  Served with Wholegrain Rice	
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings and salad bar available daily	Jacket Potatoes  with a choice of hot and cold fillings and salad bar available daily	Jacket Potatoes  with a choice of hot and cold fillings and salad bar available daily	Jacket Potatoes  with a choice of hot and cold fillings and salad bar available daily	Jacket Potatoes  with a choice of hot and cold fillings and salad bar available daily
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Chocolate Ice Cream	Strawberry Jelly with Fruit Slices 	Orange Drizzle with Fruit 	Chocolate Cake	Chocolate Shortbread

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

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice  Halal Available

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# Three week menu

Autumn/Winter 23



For medical diets requirements please email [chartwells.medicaldiets@compass-group.co.uk](mailto:chartwells.medicaldiets@compass-group.co.uk) or visit [www.chartwells.co.uk/nutrition](http://www.chartwells.co.uk/nutrition)

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



 **Chartwells**  
Schools














# Week 1

W/C: 30/10, 20/11, 11/12, 15/01, 05/02, 04/03, 25/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> 🌱 🍄	<b>Beef Bolognese</b> 🍷❤️ Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Breaded Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Stir Fried Vegetable Rice</b> 🌱 🍄❤️	<b>Vegetarian Bolognese</b> 🌱 🍄❤️ Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Vegetable Pastry Roll</b> 🌱 Served with Roast Potatoes and Gravy	<b>Vegetarian Burger</b> 🌱 Served with Potato Wedges	<b>Crispy Quorn Nuggets</b> 🌱 Served with Chips
HALAL DISH		<b>Beef Bolognese</b> 🍷❤️🍷 Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Roast Turkey</b> 🍷 Served with Roast Potatoes and Gravy and salad bar available daily	<b>Classic Beef Burger</b> 🍷 Served with Potato Wedges	
JACKET POTATO	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b> ❤️🌱🍷 with a choice of hot & cold fillings, inc Salmon Mayo & salad bar available daily	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b> ❤️ 🌱 with a choice of hot and cold fillings and salad bar available daily
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	<b>Vanilla Ice Cream</b>	<b>Crispy Crackle Bar with Fruit</b> 🍌	<b>Banana Cake</b> 🍌	<b>Original Flapjack</b>	<b>Mango Frozen Yoghurt</b>

# Week 2

W/C: 06/11, 27/11, 01/01, 22/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> 	<b>Turkey Con Chilli</b>  Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b>  Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Vegetable Korma</b>  Served with Wholegrain Rice	<b>Macaroni Cheese</b> 	<b>Sweet Potato and Chickpea Roast</b>  Served with Roast Potatoes and Gravy	<b>Vegetarian Lasagne</b>  Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b>  Served with Chips
HALAL DISH		<b>Turkey Con Chilli</b>  Served with Wholegrain Rice	<b>Roast Beef</b>  Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b>  Served with Garlic and Herb Bread	
JACKET POTATO	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings and salad bar available daily	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings and salad bar available daily
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	<b>Strawberry Ice Cream</b>	<b>Crunchy Chocolate Biscuit with Fruit Slices</b> 	<b>Chocolate and Vanilla Marble Cake</b>	<b>Orange Shortbread with Fruit Slices</b> 	<b>Strawberry Jelly</b>

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

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice  Halal Available