

WEEK 1 MENU

W/C 31/10, 21/11, 12/12, 02/01, 23/01,
13/02, 06/03, 27/03

Chartwells
So much more than fantastic food

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese 



Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese  

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Alternative Dish

Vegetarian Sausage  


Served with Mashed Potato and Gravy

Cheese and Tomato Pizza 

Served with Potato Wedges

Vegan Sausage Casserole  

Served with Carrots and Cabbage


Chinese Vegetable Rice 

Served with Chips, Peas, Carrots and Beans

Quorn Dippers 

Third Choice

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Jacket Potato with Salmon Mayonnaise 

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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
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Green Beans


Carrots and Cabbage



Fresh Broccoli and Sweetcorn



Peas, Carrots and Beans


Dessert

Vanilla Ice Cream with Fruit Slices 

Orange Drizzle Cake and Fruit Slices 

Oat Cookie with Fruit Slices  

Pineapple Upside Down Cake  

Chocolate and Raspberry Swirl Cake and Fruit Slices 

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

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

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

WEEK 2 MENU

W/C 07/11, 28/11, 19/12, 09/01, 30/01,
20/02, 13/03, 03/04

Chartwells
So much more than fantastic food

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🍕🌱

Served with Potato Wedges

Chicken Noodle Stir Fry

Served with Sweetcorn
and Broccoli

Roast Gammon

Served with Yorkshire Pudding,
Mashed Potato and Gravy

Keralan Chicken Curry 🍛

Served with Wholemeal Rice,
Sweetcorn and Green Beans

Breaded Fish

Served with Chips, Peas,
Carrots and Beans

Alternative Dish

Mixed Bean Pasta 🌱🍷🍷

Served with
Tomato Pizza Bread 🍕

Vegetable Lasagne 🌱

Served with Sweetcorn
and Broccoli

Vegetable Pie 🌱

Served with Mashed Potato
and Gravy

**Cauliflower and Sweet Potato
Masala** 🌱🍷🍷

Served with Wholemeal Rice,
Sweetcorn and Green Beans

Quorn Dippers 🌱

Served with Chips, Peas,
Carrots and Beans

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

Carrots and Peas

Sweetcorn and Broccoli

Carrots and Cabbage

Sweetcorn and Green Beans

Peas, Carrots and Beans

Dessert

**Jam Sponge
with Fruit Slices** 🍓

**Banana and Apricot Flapjack
served with Fresh Fruit** 🍌🍷

**Chocolate Ice Cream
with Fruit Slices** 🍓

**Raspberry Ripple Cake
with Fruit Slices** 🍓🍷

**Strawberry Frozen Yoghurt
with Fruit Slices** 🍓

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

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

🌱 Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍓 Fruity! 🍷 Nutritionist's choice

AUTUMN/WINTER 2022

WEEK 3 MENU

W/C 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03, 10/04



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🌱🍷

Served with Potato Wedges

Sweet and Sour Chicken

Served with Wholemeal Rice

Roast Pork

Served with Roast Potatoes and Gravy

Beef Bolognese 🌱🍷

Served with Wholemeal Pasta, Sweetcorn and Green Beans

Breaded Fish

Served with Chips, Peas, Carrots and Beans

Alternative Dish

Vegetable Chilli 🌱🍷🍷

Served with Wholemeal Rice

Vegetable Chow Mein 🌱🍷

Served with Broccoli and Sweetcorn

Vegetable Pastry Roll 🌱

Served with Roast Potatoes and Tasty Gravy

Vegetarian Cottage Pie 🌱🍷

Served with Sweetcorn, Green Beans and Gravy

Vegan Meatballs in Tomato Sauce 🌱🍷

Served with Chips, Peas, Carrots and Beans

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

Peas and Carrots

Broccoli and Sweetcorn

Carrots and Cabbage

Sweetcorn and Green Beans

Peas, Carrots and Beans

Dessert

Strawberry Ice Cream and Fruit Slices 🍏

Fruit Flapjack 🍏

Fruit Jelly and Custard with Fruit Slices 🍏

Orange, Sultana and Carrot Slice 🍏

Crispy Crackle Bar and Fruit Slices 🍏

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

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

🌱 Vegetarian 🐟 Oily fish 🌾 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice