

**WEEK  
3**

W/C: 14/11 05/12 09/01 30/01 27/02 20/03

**HOT SPECIALS...**

**DAILY FAVES...**

**SIDES...**

**PICK A PUD!**

**MONDAY**

**Pesto Pasta Bake** 🍀  
Pasta with vegetables in a cheesy sauce with nut-free pesto

**Cheese and Tomato Pizza** 🍀 🍀  
Cheesy tomato topped pizza slice Served with potato wedges

**Jacket Potato** 🍀 🍀  
with a choice of fillings  
**Tomato Pasta** 🍀 🍀 🍀  
Wholemeal Pasta with homemade Tomato Sauce

**Peas and Carrots**

**Strawberry Ice Cream**

**TUESDAY**

**Chicken Korma**  
A mild and tasty chicken curry served with wholemeal rice

**Vegetable Chow Mein** 🍀 🍀  
Egg noodles with vegetarian mince and soya bean with vegetables in a sweet chilli chinese sauce

**Jacket Potato** 🍀 🍀  
with a choice of fillings  
**Tomato Pasta** 🍀 🍀 🍀  
Wholemeal Pasta with homemade Tomato Sauce

**Broccoli and Sweetcorn**

**Fruit Flapjack** 🍀

**WEDNESDAY**

**Roast Pork**  
Succulent roast pork served with fluffy roasties and tasty gravy

**Sweet Potato & Chickpea Roast** 🍀 🍀  
A chunky sweet potato and chickpea roast served with fluffy roasties and tasty gravy

**Jacket Potato** 🍀 🍀  
with a choice of fillings  
**Tomato Pasta** 🍀 🍀 🍀  
Wholemeal Pasta with homemade Tomato Sauce

**Carrots and Peas**

**Jelly with Fruit Slices** 🍀

**THURSDAY**

**Beef Bolognese** 🍀 🍀  
A classic Italian beef bolognese in a yummy tomato sauce served with wholemeal pasta

**Vegetarian Cottage Pie** 🍀 🍀  
A vegetarian mince cottage pie with veg and gravy

**Jacket Potato** 🍀 🍀  
with a choice of fillings  
**Tomato Pasta** 🍀 🍀 🍀  
Wholemeal Pasta with homemade Tomato Sauce

**Sweetcorn and Green Beans**

**Chocolate Slice**

**FRIDAY**

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

**Quorn Dippers and Chips** 🍀  
Crispy Quorn nuggets with their fave sauce - ketchup

**Jacket Potato** 🍀 🍀  
with a choice of fillings  
**Tomato Pasta** 🍀 🍀 🍀  
Wholemeal Pasta with homemade Tomato Sauce

**Peas and Baked Beans**

**Crispy Crackle Bar**

# THREE WEEK MENU

**AUTUMN/WINTER 2022**

**Chartwells**  
So much more than Fantastic Food

**£2.42**

**OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN**

**YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY**



# WEEK 1

W/C: 31/10 21/11 12/12 16/01 06/02 06/03  
27/03

# WEEK 2

W/C: 07/11 28/11 02/01 23/01 20/02 13/03

## HOT SPECIALS...

## DAILY FAVES...

## SIDES...

## PICK A PUD!

MONDAY

**Cheese and Tomato Pizza**    
Cheesy tomato topped pizza slice served with potato wedges

**Sweet Potato Curry**    
A mild and tasty vegetarian curry served with wholemeal rice

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce




**Carrots and Peas**

**Vanilla Ice Cream**

TUESDAY

**Chicken Pie**  
A delicious traditional chicken pie served with mashed potato and gravy

**Macaroni Cheese**   
Cheesy macaroni pasta

**Jacket Potato**    
with a choice of fillings, including Salmon Mayonnaise  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Sweetcorn and Green Beans**

**Hot Chocolate Sponge with Chocolate Custard**

WEDNESDAY

**Roast Turkey**  
Succulent roast turkey served with fluffy roasties and tasty gravy

**Vegan Sausage Casserole**    
A tasty vegan sausage and bean casserole served with fluffy roasties

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Carrots and Peas**

**Oat Cookie with Fruit Slices** 

THURSDAY

**Beef Bolognese**    
A classic Italian beef bolognese in a yummy tomato sauce served with wholemeal pasta

**Chinese Vegetable Rice**   
Rice with vegan mince, soya bean and vegetables, flavoured with soy and chinese five spice

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Broccoli and Sweetcorn**

**Secret Brownie**

FRIDAY

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

**Quorn Dippers and Chips**   
Crispy Quorn nuggets with their fave sauce - ketchup

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce


**Peas and Baked Beans**

**Lemon Slice with Fruit Slices** 

MONDAY

**Cheese and Tomato Pizza**    
Cheesy tomato topped pizza slice served with potato wedges

**Mixed Bean Pasta**     
A mixed bean and tomato veggie pasta served with tomato pizza bread

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Peas and Sweetcorn**

**Jam Sponge**

TUESDAY

**Pork Sausages**  
Pork sausages served with mashed potato and tasty gravy

**Sweet Chilli Vegetable Noodles**     
Egg noodles with vegetables in a sweet chilli sauce

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Carrots and Green Beans**

**Orange Shortbread with Fruit Slices** 

WEDNESDAY

**Roast Gammon**  
Succulent roast gammon served with fluffy roasties and tasty gravy

**Vegetable Pie**   
Creamy vegetable pie with a cheesy shortcrust topper served with fluffy roasties and tasty gravy

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce


**Carrots and Peas**

**Oat Chocolate Biscuit**

THURSDAY

**Beef Lasagne**   
A classic Italian layered pasta dish with beef mince served with a garlic bread wedge

**Cauliflower and Sweet Potato Masala**     
A mild and tasty vegetarian curry served with wholemeal rice


**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Sweetcorn and Carrots**

**Apple and Berry Crumble**   

FRIDAY

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

**Vegetable Burger**   
Tomato veggie burger in a soft bap and scrummy chips

**Jacket Potato**    
with a choice of fillings  
**Tomato Pasta**     
Wholemeal Pasta with homemade Tomato Sauce

**Peas and Baked Beans**

**Strawberry Frozen Yoghurt**

YOGHURT AVAILABLE TUESDAY & THURSDAY

**AVAILABLE EVERY DAY**  
MILK, WATER, SALAD, FRESHLY BAKED BREAD & FRESH FRUIT

 Vegetarian  Oily Fish  Wholegrain  Fruity!  Nutritionist's Choice