

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

PACKED LUNCH AVAILABLE
 Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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

PACKED LUNCH AVAILABLE
Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

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	Cheese and Tomato Pizza 🍕 Cheesy tomato topped pizza slice served with potato wedges	Turkey Con Chilli 🍷 🍷 A yummy chilli using healthy turkey mince served with wholegrain rice	Roast Beef Succulent roast beef served with fluffy roasties and tasty gravy	Sausage Pasta Bake 🍷 Pork sausages and pasta in a tasty tomato sauce sprinkled with cheese and served with garlic and herb bread	Breaded Fish Fingers Crispy fish fingers and scrummy chips
	Sweet Potato Curry 🍷 🍷 🍷 A mild and tasty vegetarian curry served with wholegrain rice	Macaroni Cheese 🍷 Cheesy macaroni pasta	Cheesy Leek and Carrot Crumble 🍷 🍷 Tasty vegetables with a cheesy crumble topping served with fluffy roasties and tasty gravy	Roasted Cauliflower, Sweet Potato and Chickpea Masala 🍷 🍷 🍷 A tikka spiced vegetable curry served with wholegrain rice	Crispy Quorn Nuggets 🍷 Crispy Quorn nuggets and scrummy chips
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
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🍷 🍷 🍷					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍌	Original Flapjack	Orange Shortbread	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