

**WEEK  
3**

W/C: 30/01 27/02 20/03

**Chartwells**  
So much more than Fantastic Food

# THREE WEEK MENU

**AUTUMN/WINTER 2022**

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

**YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY**



	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!	
MONDAY	<b>Pesto Pasta Bake</b> 🍀 Pasta with vegetables in a cheesy sauce with nut-free pesto	<b>Cheese and Tomato Pizza</b> 🍀 🍀 Cheesy tomato topped pizza slice Served with potato wedges	<b>Jacket Potato</b> 🍀 🍀 with a choice of fillings <b>Tomato Pasta</b> 🍀 🍀 🍀 Wholemeal Pasta with homemade Tomato Sauce	<b>Peas and Carrots</b>	<b>Strawberry Ice Cream</b>
TUESDAY	<b>Chicken Korma</b> A mild and tasty chicken curry served with wholemeal rice	<b>Vegetable Chow Mein</b> 🍀 🍀 Egg noodles with vegetarian mince and soya bean with vegetables in a sweet chilli chinese sauce	<b>Jacket Potato</b> 🍀 🍀 with a choice of fillings <b>Tomato Pasta</b> 🍀 🍀 🍀 Wholemeal Pasta with homemade Tomato Sauce	<b>Broccoli and Sweetcorn</b>	<b>Flapjack with Fruit Slices</b> 🍏
WEDNESDAY	<b>Roast Pork</b> Succulent roast pork served with fluffy roasties and tasty gravy	<b>Sweet Potato &amp; Chickpea Roast</b> 🍀 🍀 A chunky sweet potato and chickpea roast served with fluffy roasties and tasty gravy	<b>Jacket Potato</b> 🍀 🍀 with a choice of fillings <b>Tomato Pasta</b> 🍀 🍀 🍀 Wholemeal Pasta with homemade Tomato Sauce	<b>Carrots and Peas</b>	<b>Jelly with Fruit Slices</b> 🍏
THURSDAY	<b>Beef Bolognese</b> 🍀 🍀 A classic Italian beef bolognese in a yummy tomato sauce served with wholemeal pasta	<b>Vegetarian Cottage Pie</b> 🍀 🍀 A vegetarian mince cottage pie with veg and gravy	<b>Jacket Potato</b> 🍀 🍀 with a choice of fillings <b>Tomato Pasta</b> 🍀 🍀 🍀 Wholemeal Pasta with homemade Tomato Sauce	<b>Sweetcorn and Green Beans</b>	<b>Chocolate Shortbread</b>
FRIDAY	<b>Fish Fingers and Chips</b> Crispy fish fingers and scrummy chips	<b>Quorn Dippers and Chips</b> 🍀 Crispy Quorn nuggets with their fave sauce - ketchup	<b>Jacket Potato</b> 🍀 🍀 with a choice of fillings <b>Tomato Pasta</b> 🍀 🍀 🍀 Wholemeal Pasta with homemade Tomato Sauce	<b>Peas and Baked Beans</b>	<b>Crispy Crackle Bar</b>

# WEEK 1

W/C: 16/01 06/02 06/03 27/03

# WEEK 2

W/C: 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**

**Chocolate Shortbread**

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**

**Jelly with Fruit Slices** 

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**

**Flapjack**

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**

**Jelly**

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

**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

**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