

# WEEK 1 MENU

W/C: 20/06, 11/07, 12/09, 03/10

**Chartwells**  
So much more than fantastic food

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

**Cheese and Tomato Pizza**  
Potato wedges 


**Allegra's Proper Chicken Pie**  
with Mashed Potato


**Roast Chicken with Roast Potatoes and Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Beef Bolognese**    
A classic Italian beef Bolognese in a yummy tomato sauce



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


Alternative Dish

**Macaroni Cheese**   
Cheesy macaroni pasta

**Allegra's Broccoli and Cauliflower Cheese Pie**   
Cheesy broccoli and cauliflower with a shortcrust topping

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**  
A chunky sweet potato and chickpea roast  

**Butternut Squash and Tomato Bake with Rice**    
A delicious butternut squash and tomato bake served with rice

**Quorn Dippers and Chips**   
Crispy Quorn nuggets

Salads

A Selection of Fresh Salads  
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber, tomato, grated carrot




A Selection of Fresh Salads  
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber, tomato, grated carrot



Jacket Potato

**Jacket Potato**    
with a choice of fillings



**Jacket Potato**     
with salmon mayonnaise and 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**    
A delicious fresh, homemade tomato sauce with penne pasta

**Tomato Pasta**    
A delicious fresh, homemade tomato sauce with penne pasta

**Tomato Pasta**    
A delicious fresh, homemade tomato sauce with penne pasta

**Tomato Pasta**    
A delicious fresh, homemade tomato sauce with penne pasta

**Tomato Pasta**    
A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage


Broccoli and Sweetcorn

Baked Beans and Peas

Desserts

Vanilla Ice Cream

Secret Brownie

Shortbread Biscuit   
with Fruit Slices






**Banana and Apricot Flapjack**  
with Fruit Slices  

Orange, Sultana and Carrot Slice

SPRING/SUMMER 2022

**PACKED LUNCH-AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT  
OR DESSERT OF THE DAY

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

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

Internal



# WEEK 2 MENU

W/C: 06/06, 27/06, 18/07, 28/08, 19/09, 10/10



SPRING/SUMMER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	Veggie Bolognese Penne pasta in a yummy tomato sauce	Allegra's Asian Sticky Noodles Chicken and vegetables in sweet sauce with noodles	Roast Turkey with Roast Potatoes and Gravy Succulent roast turkey with fluffy roasties and tasty gravy	Cottage Pie A classic cottage pie with veg and gravy	Golden Fish Fingers and Chips Crispy fish fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza Cheesy tomato topped pizza slice	Allegra's BBQ Beans Tasty BBQ beans served with cornbread	Creamy Vegetable Pie with Roast Potatoes and Gravy Creamy vegetable pie with a cheesy shortcrust topper	Mild Chickpea and Potato Curry Served with wholemeal rice	Quorn Dippers and Chips Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
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	<del>Tomato Pasta  A delicious fresh, homemade tomato sauce with penne pasta</del>	<del>Tomato Pasta  A delicious fresh, homemade tomato sauce with penne pasta</del>	<del>Tomato Pasta  A delicious fresh, homemade tomato sauce with penne pasta</del>	<del>Tomato Pasta  A delicious fresh, homemade tomato sauce with penne pasta</del>	<del>Tomato Pasta  A delicious fresh, homemade tomato sauce with penne pasta</del>
Vegetables	Carrot Sticks and Cucumber Sticks	Peas and Broccoli	Carrots and Cabbage	Green Beans and Sweetcorn	Baked Beans and Peas
Desserts	Flapjack with Fruit Slices	Orange Shortbread with Fruit Slices	Crunchy Chocolate Biscuit	Fruity Chocolate Brownie	Vanilla Ice Cream

**PACKED LUNCH-AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT  
OR DESSERT OF THE DAY

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

Internal

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice



# WEEK 3 MENU

W/C:13/06, 04/07, 05/09, 29/09, 17/10

**Chartwells**  
So much more than fantastic food

## MONDAY


## TUESDAY

## WEDNESDAY

## THURSDAY



## FRIDAY

### Hot Main Dish

**Cheese and Tomato Pizza**  
With Wedges 



**Chinese Chicken Noodles**

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

**Beef Bolognese**    
With pasta



**Chicken Tasters**  
Or  
Fishfinger




### Alternative Dish

**Veggie Sausage and Mash**  
with Gravy    
Fluffy mash with veggie sausages  
and rich gravy

**Veggie Balls In Tomato Sauce**  
with Pasta  
  

**Butternut Squash and Potato**  
Pastry Slice with Roast Potatoes  
and Gravy   
A chunky butternut squash and  
potato slice

**Veggie Lasagne**    
served with a bread wedge  
Delicious sheets of pasta layered  
with veggies and tomato sauce

**Soft Taco and Chips**     
A soft taco shell filled with a  
yummy veggie tomato chilli

### Salads

A Selection of Fresh Salads  
Including lettuce, cucumber,  
tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber,  
tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber,  
tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber,  
tomato, grated carrot



A Selection of Fresh Salads  
Including lettuce, cucumber,  
tomato, grated carrot



### 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**  ~~  
A delicious fresh, homemade  
tomato sauce with penne pasta

~~**Tomato Pasta**  ~~  
A delicious fresh, homemade  
tomato sauce with penne pasta

~~**Tomato Pasta**  ~~  
A delicious fresh, homemade  
tomato sauce with penne pasta

~~**Tomato Pasta**  ~~  
A delicious fresh, homemade  
tomato sauce with penne pasta

~~**Tomato Pasta**  ~~  
A delicious fresh, homemade  
tomato sauce with penne pasta

### Vegetables

**Peas and Carrots**



**Sweetcorn and Broccoli**


**Carrots and Cabbage**

**Green Beans and Sweetcorn**

**Baked Beans and Peas**

### Desserts

**Oatie Biscuit with Fruit Slices**  
 

**Apple and Carrot**  
Yoghurt Muffin 

**Strawberry Ice Cream**

**Chocolate Sponge Cake**

**Banana and Apricot Flapjack**

SPRING/SUMMER 2022

**PACKED LUNCH-AVAILABLE DAILY**  
HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT  
OR DESSERT OF THE DAY

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

Internal

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