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

AUTUMN/WINTER 2022

	HOT SPECIALS...		DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	**Macaroni Cheese** (V) Served with Two Vegetables	**Vegetarian Sausage** (V) Served with Mashed Potato and Gravy	**Tomato Pasta** (V) Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** (V) with a choice of hot and cold fillings	**Vanilla Ice Cream with Fruit Slices**
TUESDAY	**Chicken Pie** Served with Mashed Potato and Gravy	**Cheese and Tomato Pizza** (V) Served with Potato Wedges	**Tomato Pasta** (V) Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** (V) with a choice of hot and cold fillings, including Salmon Mayonnaise	**Hot Chocolate Sponge with Chocolate Custard and Fruit Slices**
WEDNESDAY	**Roast Turkey** Served with Roast Potatoes, Two Vegetables and Gravy	**Vegan Sausage Casserole** (V) Served with Two Vegetables	**Tomato Pasta** (V) Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** (V) with a choice of hot and cold fillings	**Oat Cookie served with Fruit Slices**
THURSDAY	**Beef Bolognese** Served with Wholemeal Pasta and Two Vegetables	**Chinese Vegetable Rice** (V) Served with Two Vegetables	**Tomato Pasta** (V) Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** (V) with a choice of hot and cold fillings	**Apple Crumble served with Custard**
FRIDAY	**Breaded Fish** Served with Chips and Three Vegetables	**Quorn Dippers** (V) Served with Chips and Three Vegetables	**Tomato Pasta** (V) Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** (V) with a choice of hot and cold fillings	**Ice Cream Milkshake with Shortbread and Fruit Slices**

PACKED LUNCH - AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL, VEGETABLES, FRESH FRUIT AND DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

ALL MAIN MEALS SERVED

(V) Vegetarian · Oily Fish · Wholegrain · Fruity! · Nutritionist's Choice · (H) Halal Available

WEEK 2 MENU

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

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AUTUMN/WINTER 2022

	HOT SPECIALS...		DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	**Cheese and Tomato Pizza** Served with Potato Wedges	**Mixed Bean Pasta** Served with Tomato Pizza Bread	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Jam Sponge with Fruit Slices**
TUESDAY	**Chicken Noodle Stir Fry** Served with Two Vegetables	**Vegetable Lasagne** Served with Garlic and Herb Bread Wedge	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Banana and Apricot Flapjack served with Fresh Fruit**
WEDNESDAY	**Roast Gammon** Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	**Vegetable Pie** Served with Mashed Potato, Two Vegetables and Gravy	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Chocolate Ice Cream with Fruit Slices**
THURSDAY	**Keralan Chicken Curry** Served with Wholegrain Rice and Two Vegetables	**Cauliflower and Sweet Potato Masala** Served with Wholegrain Rice and Two Vegetables	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Apple and Berry Crumble served with Custard**
FRIDAY	**Breaded Fish** Served with Chips and Three Vegetables	**Quorn Dippers** Served with Chips and Three Vegetables	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Strawberry Milkshake served with Fresh Fruit**

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

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

ALL MAIN MEALS SERVED

V Vegetarian · Oily Fish · Wholegrain
Fruity! · Nutritionist's Choice · H Halal Available

WEEK 3 MENU

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

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So much more than Fantastic Food

AUTUMN/WINTER 2022

	HOT SPECIALS...		DAILY FAVES...	PACKED LUNCH...	JACKET POTATOES...	PICK A PUD!
MONDAY	**Cheese and Tomato Pizza** Served with Potato Wedges	**Vegetable Chilli** Served with Wholegrain Rice	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Strawberry Ice Cream with Fruit Slices**
TUESDAY	**Sweet and Sour Chicken** Served with Wholegrain Rice	**Vegetable Chow Mein** Served with Two Vegetables	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Fruity Flapjack Bar**
WEDNESDAY	**Roast Pork** Served with Roast Potatoes, Two Vegetables and Gravy	**Vegetable Pastry Roll** Served with Roast Potatoes, Two Vegetables and Gravy	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Fruit Jelly and Custard**
THURSDAY	**Beef Bolognese** Served with Wholemeal Pasta and Two Vegetables	**Vegetarian Cottage Pie** Served with Two Vegetables and Gravy	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Orange, Sultana and Carrot Slice**
FRIDAY	**Southern Fried Chicken** Served with Chips and Three Vegetables	**Vegan Meatballs in Tomato Sauce** Served with Chips and Three Vegetables	**Tomato Pasta** Fresh, homemade tomato and basil sauce with penne pasta	**Packed Lunch** See below for details	**Jacket Potatoes** with a choice of hot and cold fillings	**Chocolate Milkshake served with a Chocolate Biscuit and Fruit Slices**

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

AVAILABLE EVERY DAY
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