

## Week one

Monday

30/10 20/11 11/12 01/01 22/01 05/03 26/03

Choose a main meal...

Vegetable Supreme Pizza with Jacket Wedges ✓  
Neapolitan Pasta ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Coleslaw  
Peas  
**for dessert...**  
Wedges of Melon & Orange

Tuesday

Choose a main meal...

Beef & Vegetable Pie with New Potatoes  
Mild Mexican Vegetable Chilli with Rice ✓  
Jacket w/ Cheese  
Sandwich - Turkey or Tuna

on the side...

Green Beans  
Cauliflower  
**for dessert...**  
Pineapple & Peach Crumble with Custard

Wednesday

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cheese & Potato Bake ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Seasonal Cabbage  
Carrots  
**for dessert...**  
Fruit Bar with Yoghurt

Thursday

Choose a main meal...

Chinese Chicken Noodles  
Vegetable Biryani ✓  
Jacket w/ Coleslaw  
Sandwich - Turkey or Tuna

on the side...

Broccoli  
Sweetcorn  
**for dessert...**  
Fruit in Jelly

Friday

Choose a main meal...

Crispy Fish & Chips  
Veggie Hot Dog with Chips ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Baked Beans  
Peas  
**for dessert...**  
Chocolate & Banana Muffin

## Week two

06/11 27/11 18/12 08/01 29/01 19/02 12/03

Choose a main meal...

Mac 'N' Cheese ✓  
Boston Bean Casserole with Rice ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Broccoli  
Crunchy Salad  
**for dessert...**  
Chocolate & Mandarin Sponge with Chocolate Sauce

Choose a main meal...

Sausages with Creamy Mash & Gravy  
Vegetarian Sausages with Creamy Mash & Gravy ✓  
Jacket w/ Cheese  
Sandwich - Turkey or Tuna

on the side...

Carrots  
Seasonal Cabbage  
**for dessert...**  
Oatie Biscuit with Fruit Slices

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Peas  
Carrots  
**for dessert...**  
Peaches with Homemade Granola & Yoghurt

Choose a main meal...

Mild Beef Chilli with Rice  
Creamy Tomato & Basil Pasta ✓  
Jacket w/ Cheese  
Sandwich - Turkey or Tuna

on the side...

Sweetcorn  
Green Beans  
**for dessert...**  
Carrot & Pineapple Cake Slice

Choose a main meal...

Golden Fish Fingers & Chips  
Bean & Potato Burrito with Chips ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Baked Beans  
Crunchy Coleslaw  
**for dessert...**  
Strawberry Cheesecake

## Week three

13/11 04/12 15/01 05/02 26/02 19/03

Choose a main meal...

Mozzarella & Tomato Pizza with Oven Baked Wedges ✓  
Quorn Sausage & Tomato Pasta Bake with a Bread Wedge ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Peas  
Apple Slaw  
**for dessert...**  
Strawberry Fro Yo

Choose a main meal...

Chicken Tikka Thigh with Rice  
Cheese & Sweetcorn Quiche with New Potatoes ✓  
Jacket w/ Cheese  
Sandwich - Turkey or Tuna

on the side...

Broccoli  
Fresh Tomato Salsa  
**for dessert...**  
Apple Cracknell with Custard

Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy  
Shepherdess Pie ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Carrots  
Sweetcorn  
**for dessert...**  
Mini Gingerbread Cake with Fresh Fruit

Choose a main meal...

Pasta Bolognaise  
Mild Yellow Vegetable Curry with Rice ✓  
Jacket w/ Cheese  
Sandwich - Turkey or Tuna

on the side...

Green Beans  
Carrots  
**for dessert...**  
Chocolate Sultana Crispie

Choose a main meal...

Crispy Salmon Fillet or Fish Fingers w/ Chips  
Veggie Quesadilla with Chips ✓  
Jacket w/ Baked Beans  
Sandwich - Ham or Cheese

on the side...

Baked Beans  
Peas  
**for dessert...**  
Creamy Rice Pudding with Fruit

Our chicken and milk are Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

FAIRTRADE All our bananas are FAIRTRADE



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

Chartwells EAT LEARN LIVE