

## Week one

10/09 01/10 22/10

Monday

Choose a main meal...

Mozzarella & Tomato Pizza with Pasta Salad  
Mild Yellow Vegetable Curry with Rice ✓  
Jacket Potato with Baked Beans ✓  
Ham Sandwich

on the side...

Crunchy Salad  
Peas  
for dessert...  
Wedges of Melon & Orange

Tuesday

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges  
Vegetable Biryani ✓  
Jacket Potato with Tuna Cheese Sandwich ✓

on the side...

House Coleslaw  
Sweetcorn  
for dessert...  
Mini Chocolate Brownie with Banana & Custard

Wednesday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓  
Jacket Potato with Cheese  
Turkey Sandwich

on the side...

Seasonal Cabbage  
Carrots  
for dessert...  
Blueberry Frozen Yoghurt

Thursday

Choose a main meal...

Beef Chilli with Rice  
Macaroni, Cheese & Sweetcorn Bake ✓  
Jacket Potato with Baked Beans ✓  
Ham Sandwich

on the side...

Cauliflower  
Broccoli  
for dessert...  
Cheese & Biscuits

Friday

Choose a main meal...

Crispy Fish & Chips  
Veggie Hot Dog with Chips ✓  
Jacket Potato with Cheese ✓  
Tuna Sandwich

on the side...

Baked Beans  
Peas  
for dessert...  
Orange Shortbread with Yoghurt Dipper

## Week two

17/09 08/10

Choose a main meal...

Mac 'N' Cheese ✓  
Quorn Burger with Potato Wedges ✓  
Jacket Potato with Tuna  
Turkey Sandwich

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Vanilla Ice Cream

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy  
Vegetarian Sausages with Creamy Mash & Gravy ✓  
Jacket Potato with Baked Beans ✓  
Cheese Sandwich ✓

on the side...

Carrots  
Seasonal Cabbage  
for dessert...  
Chocolate & Banana Mousse Pot

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓  
Jacket Potato with Cheese ✓  
Ham Sandwich

on the side...

Peas  
Roasted Vegetables  
for dessert...  
Oatie Biscuit with Fruit Slices

Choose a main meal...

Beef Keema Curry with Rice  
Creamy Tomato & Basil Pasta ✓  
Jacket Potato with Tuna  
Turkey Sandwich

on the side...

Green Beans  
Carrots  
for dessert...  
Chocolate & Banana Muffin

Choose a main meal...

Golden Fish Fingers & Chips  
Vege Balls in Tomato Sauce ✓  
Jacket Potato with Baked Beans  
Cheese Sandwich ✓

on the side...

Baked Beans  
Crunchy Coleslaw  
for dessert...  
Strawberry Jelly

## Week three

03/09 24/09 15/10

Choose a main meal...

Mozzarella & Tomato Pizza with Jacket Wedges ✓  
Vegetable Korma with Rice ✓  
Jacket Potato with Cheese ✓  
Ham Sandwich

on the side...

Peas  
Apple Slaw  
for dessert...  
Mango Frozen Yoghurt

Choose a main meal...

Chicken Tikka Masala with Rice  
Quorn Frankfurter Pasta Bake ✓  
Jacket Potato with Tuna  
Cheese Sandwich ✓

on the side...

Carrots  
Broccoli  
for dessert...  
Chocolate Brownie with Banana Custard

Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy  
Country Vegetable Pie & Gravy ✓  
Jacket Potato with Baked Beans  
Tuna Sandwich

on the side...

Seasonal Cabbage  
Sweetcorn  
for dessert...  
Fruity Apricot Bar

Choose a main meal...

Bolognese Pasta  
Mild Potato & Chickpea Curry with Rice ✓  
Jacket Potato with Tuna  
Cheese Sandwich ✓

on the side...

Green Beans  
Roast Mediterranean Vegetables  
for dessert...  
Chocolate & Gingerbread Bite

Choose a main meal...

Salmon Fish Fingers with Chips  
Vegetable Lasagne ✓  
Jacket Potato with Cheese ✓  
Turkey Sandwich

on the side...

Baked Beans  
Peas  
for dessert...  
Lemon Shortbread Biscuit & Fruit Wedge

All our milk is 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