

## Week one

29/10 19/11 10/12 31/12 21/01 11/02 04/03 25/03

Monday

**Choose a main meal...**  
Mac 'N' Cheese ✓  
Veg Balls in Tomato Sauce ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Sweetcorn  
Peas

**for dessert...**  
Flapjack with Fruit Slices

Tuesday

**Choose a main meal...**  
Chicken Mayo Burger with Jacket Wedges  
Creamy Broccoli & Sweetcorn Pasta ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Roasted Vegetables  
Carrots

**for dessert...**  
Iced Sponge

Wednesday

**Choose a main meal...**  
Roast Turkey with Roast Potatoes & Gravy  
Country Veg Pie ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Green Beans  
Cauliflower

**for dessert...**  
Chocolate Ice Cream

Thursday

**Choose a main meal...**  
Pasta Bolgnaise  
Bean Burger in a Bun with Potato Wedges ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Carrots  
Broccoli

**for dessert...**  
Brownie Cake

Friday

**Choose a main meal...**  
Crispy Fish & Chips  
Quorn Dippers with Chips ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Baked Beans  
Crunchy Coleslaw

**for dessert...**  
Cheese & Biscuits

## Week two

05/11 26/11 17/12 07/01 28/01 11/03 01/04

**Choose a main meal...**  
Mozzarella & Tomato Pizza ✓  
Vegetable Biryani ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Broccoli  
Sweetcorn

**for dessert...**  
Vanilla Ice Cream

**Choose a main meal...**  
Pork Sausages with Cheesy Mash  
Vegetarian Sausages with Cheesy Mash ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Baked Beans  
Roasted Vegetables

**for dessert...**  
Banana Marble Cake

**Choose a main meal...**  
Roast Turkey with Roast Potatoes & Gravy  
Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Roast Parsnip  
Carrots

**for dessert...**  
Crunchy Chocolate Biscuits

**Choose a main meal...**  
Chicken & Tomato Lasagne with Garlic & Herb Bread  
Vegetarian Tagine with Rice ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Green Beans  
Cauliflower

**for dessert...**  
Apple & Berry Crumble with Custard

**Choose a main meal...**  
Golden Fish Fingers & Chips  
Quorn Burger & Chips ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Baked Beans  
Peas

**for dessert...**  
Flapjack with Banana & Apricot

## Week three

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12/11 03/12 14/01 04/02 25/02 18/03

**Choose a main meal...**  
Mozzarella & Tomato Pizza with Jacket Wedges ✓  
Tomato & Vegetable Savoury Rice ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Peas  
Roasted Vegetables

**for dessert...**  
Strawberry Ice Cream

**Choose a main meal...**  
Chicken & Broccoli Pie with New Potatoes  
Creamy Tomato & Basil Pasta ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Carrots  
Green Beans

**for dessert...**  
Raspberry Ripple Cake

**Choose a main meal...**  
Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Seasonal Cabbage  
Carrot & Swede Mash

**for dessert...**  
Peach Slice

**Choose a main meal...**  
Beef Burger with Potato Wedges  
Quorn Ball & Tomato Sub Roll ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Broccoli  
Sweetcorn

**for dessert...**  
Shortbread Fingers with Fruit Slices

**Choose a main meal...**  
Salmon Fish Fingers with Chips  
Quorn Sausage & Tomato Pasta Bake ✓  
Jacket Potato with choice of fillings  
Sandwich Option

**on the side...**  
Crunchy Coleslaw  
Peas

**for dessert...**  
Pineapple Upside Down Cake with Custard

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

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