

Week one

30/10 20/11 11/12 01/01 22/01 12/02 05/03 26/03

Monday

Choose a main meal...

Margherita Pizza with Cajun Oven Baked Jacket Wedges
Neapolitan Beany Pasta **v

on the side...

Creamy Coleslaw
Peas and Diced Fresh Carrots

for dessert...

Frozen Strawberry Yoghurt
Fresh Fruit or Yoghurt

Tuesday

Choose a main meal...

Mexican Chilli Beef with Rice
Vegetable Lasagne v

on the side...

Carrot and Sultana Salad
Sweetcorn and Green Beans

for dessert...

Chocolate and Pear Sponge
Fresh Fruit or Yoghurt

Wednesday

Choose a main meal...

Roasts Turkey with Roast Potatoes
Cauliflower and Creamed Corn Bake v

on the side...

Pasta Salad
Broccoli and Swede Mash

for dessert...

Peach Slices with Melon and Yoghurt
Fresh Fruit or Yoghurt

Thursday

Choose a main meal...

Chicken Tikka Thigh with Wholegrain Rice **
Sweet Chilli Vegetable with Noodles v

on the side...

Crunchy Mixed Salad
Sweetcorn and Cauliflower

for dessert...

Carrot Cake
Fresh Fruit or Yoghurt

Friday

Choose a main meal...

Golden Fish Fingers with Chips
Vegetarian Sausages with Chips v

on the side...

Beetroot Salad
Peas and Baked Beans

for dessert...

Ice Cream Pot
Fresh Fruit or Yoghurt

Week two

06/11 27/11 18/12 08/01 29/01 19/02 12/03 02/04

Choose a main meal...

Macaroni Cheese
Shepherdess Pie with Potato Topping v

on the side...

Tomato Cucumber Salad
Sweetcorn and Mixed Vegetables

for dessert...

Apple Pie with Custard *
Fresh Fruit or Yoghurt

Choose a main meal...

Beef Spaghetti Bolognese with Pasta
Quorn Meatballs Wholemeal pasta Bake v

on the side...

Couscous and Red Pepper Salad
Cauliflower and Peas

for dessert...

Chocolate Marble Cake with Custard
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Beef with Roast Potatoes and Gravy
Cheesy Potato Hotpot v

on the side...

Rice Salad
Seasonal Cabbage and Carrots

for dessert...

Cheese and Crackers
Fresh Fruit or Yoghurt

Choose a main meal...

Chinese Chicken with Egg Noodles
Indian Style Vegetable Rice v

on the side...

Mixed Cabbage and Apple Salad
Broccoli and Green Beans

for dessert...

Courgette and Apple Muffin
Fresh Fruit or Yoghurt

Choose a main meal...

Crispy Fish Batter Pollock with Chips
Cheese and Onion Whirl with Chips v

on the side...

Panzanella Salad
Baked Beans and Peas

for dessert...

Lemon Drizzle Cake
Fresh Fruit or Yoghurt

Week three

£2.00

13/11 04/12 25/12 15/01 05/02 26/02 19/03

Choose a main meal...

Beef Burger with Potato Wedges
Quorn Sausages and Tomato Pasta Bake with a Bread Wedge v

on the side...

Crunchy Coleslaw
Peas and Sweetcorn

for dessert...

Fruit Crumble and Custard *
Fresh Fruit or Yoghurt

Choose a main meal...

Fisherman's Pie
Mediterranean Tart - Cheese & Tomato on Shortcrust Pastry v

on the side...

Potato Salad
Diced Swede and Broccoli

for dessert...

Warm Peach Sponge with Custard *
Fresh Fruit or Yoghurt

Choose a main meal...

Roast Chicken Breast with Roast Potatoes and Gravy
Vegetarian Sausage with Mash Potatoes and Gravy

on the side...

Beetroot Salad
Green Beans and Cauliflower

for dessert...

Ice Cream Pot
Fresh Fruit or Yoghurt

Choose a main meal...

Beef Lasagne
Chinese Vegetable Noodles v

on the side...

Mixed Salad
Cabbage and Carrots

for dessert...

Jam and Coconut Sponge
Fresh Fruit or Yoghurt

Choose a main meal...

Golden Fish Fingers with Chips
Vegetable Frittata with Savoury Rice v

on the side...

Pasta Salad
Baked Beans and Peas

for dessert...

Cheese and Crackers
Fresh Fruit or Yoghurt

Our chicken and milk are Red Tractor approved



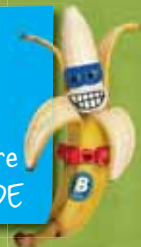
WE BUY 95% of our seasonal vegetables direct from British growers



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 have a fresh salad bar available daily
All of our bread is baked fresh every day



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