

# 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## HOT SPECIALS...

**Macaroni Cheese**   
Served with Two Vegetables

**Vegetarian Sausage**    
Served with Mashed Potato and Gravy

**Chicken Pie**  
Served with Mashed Potato and Gravy

**Cheese and Tomato Pizza**    
Served with Potato Wedges

**Roast Turkey**  
Served with Roast Potatoes, Two Vegetables and Gravy

**Vegan Sausage Casserole**    
Served with Two Vegetables

**Beef Bolognese**    
Served with Wholemeal Pasta and Two Vegetables

**Chinese Vegetable Rice**   
Served with Two Vegetables

**Breaded Fish**  
Served with Chips and Three Vegetables

**Quorn Dippers**   
Served with Chips and Three Vegetables

## DAILY FAVES...

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

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Fresh, homemade tomato and basil sauce with penne pasta

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Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

## PACKED LUNCH...

**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details




**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details



**Packed Lunch**  
See below for details

## JACKET POTATOES...

**Jacket Potatoes**    
with a choice of hot and cold fillings

**Jacket Potatoes**    
with a choice of hot and cold fillings, including Salmon Mayonnaise 

**Jacket Potatoes**    
with a choice of hot and cold fillings

**Jacket Potatoes**    
with a choice of hot and cold fillings

**Jacket Potatoes**    
with a choice of hot and cold fillings

## PICK A PUD!

**Vanilla Ice Cream with Fruit Slices** 

**Hot Chocolate Sponge with Chocolate Custard and Fruit Slices** 

**Oat Cookie served with Fruit Slices** 

**Apple Crumble served with Custard**   

**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  
WITH TWO VEGETABLES**

 **Vegetarian**  **Oily Fish**  **Wholegrain**  
 **Fruity!**  **Nutritionist's Choice**  **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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## HOT SPECIALS...

**Cheese and Tomato Pizza** 🌱 🌿  
Served with Potato Wedges

**Mixed Bean Pasta** 🌱 🌿 🍷  
Served with Tomato Pizza Bread

**Pork Sausages**  
Served with Mashed Potato, Two Vegetables and Gravy

**Vegetable Lasagne** 🌱  
Served with Garlic and Herb Bread Wedge

**Roast Turkey**  
Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy

**Vegetable Pie** 🌱  
Served with Mashed Potato, Two Vegetables and Gravy

**Keralan Chicken Curry** 🍷 🌿  
Served with Wholegrain Rice and Two Vegetables

**Cauliflower and Sweet Potato Masala** 🌱 🍷  
Served with Wholegrain Rice and Two Vegetables

**Breaded Fish**  
Served with Chips and Three Vegetables

**Quorn Dippers** 🌱  
Served with Chips and Three Vegetables

## DAILY FAVES...

**Tomato Pasta** 🌱 🌱  
Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta** 🌱 🌱  
Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta** 🌱 🌱  
Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta** 🌱 🌱  
Fresh, homemade tomato and basil sauce with penne pasta

**Tomato Pasta** 🌱 🌱  
Fresh, homemade tomato and basil sauce with penne pasta

## PACKED LUNCH...

**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details

**Packed Lunch**  
See below for details

## JACKET POTATOES...

**Jacket Potatoes** 🍷 🌱  
with a choice of hot and cold fillings

**Jacket Potatoes** 🍷 🌱  
with a choice of hot and cold fillings

**Jacket Potatoes** 🍷 🌱  
with a choice of hot and cold fillings

**Jacket Potatoes** 🍷 🌱  
with a choice of hot and cold fillings

**Jacket Potatoes** 🍷 🌱  
with a choice of hot and cold fillings

## PICK A PUD!

**Jam Sponge with Fruit Slices** 🍏

**Banana and Apricot Flapjack served with Fresh Fruit** 🍏

**Chocolate Ice Cream with Fruit Slices** 🍏

**Apple and Berry Crumble served with Custard** 🍏 🌿 🍷

**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  
WITH TWO VEGETABLES**

🌱 Vegetarian 🐟 Oily Fish 🌿 Wholegrain  
🍏 Fruity! 🍷 Nutritionist's Choice 🍷 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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AUTUMN/WINTER 2022

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

**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  
WITH TWO VEGETABLES**

🌱 Vegetarian 🐟 Oily Fish 🌿 Wholegrain  
🍏 Fruity! 🍷 Nutritionist's Choice 🍷 Halal Available