

## Week one

16/04 07/05 28/05 18/06 09/07 10/09 01/10 22/10

Monday

Choose a main meal...

Mozzarella & Tomato Pizza with Pasta Salad ✓

Mediterranean Summer Beans with Rice ✓

Jacket w/ Baked Beans

Sandwiches - Turkey or Cheese

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 w/ Cheese

Wrap - BBQ Chicken Salad or Cheese Salad

on the side...

House Coleslaw

Sweetcorn

for dessert...

Mini Chocolate Brownie with Banana and Custard

Wednesday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy

Quorn Roast with Roast Potatoes & Gravy ✓

Jacket w/ Baked Beans

Sandwiches - Egg Mayo or Ham

on the side...

Seasonal Cabbage

Carrots

for dessert...

Strawberry Yoghurt

Thursday

Choose a main meal...

Mild Beef Chili with Rice

Macaroni, Cheese & Sweetcorn Bake ✓

Jacket w/ Cheese

Sub - Tuna Mayo or Ham

on the side...

Broccoli

Cauliflower

for dessert...

Berry Flapjack

Friday

Choose a main meal...

Crispy Fish & Chips

Veggie Hot Dog with Chips ✓

Jacket w/ Baked Beans

Sandwiches - Cheese or Ham

on the side...

Baked Beans

Peas

for dessert...

Orange Shortbread with Yoghurt Dipper

## Week two

02/04 23/04 14/05 04/06 25/06 16/07 17/09 08/10 29/10

Choose a main meal...

Mozzarella & Tomato Pizza with Baked Wedges ✓

Mac 'N' Cheese ✓

Jacket w/ Baked Beans

Sandwiches - Ham or Cheese

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 w/ Cheese

Sub - Chicken Mayo or Cheese

on the side...

Carrots

Seasonal Cabbage

for dessert...

Chocolate Mousse Pot

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy

Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓

Jacket w/ Baked Beans

Sandwiches - Tuna Mayo or Turkey

on the side...

Peas

Roasted Vegetables

for dessert...

Oatie Biscuit with Fruit Slices

Choose a main meal...

Beef Keema Curry (Mild Minced Beef Curry) with Rice

Creamy Tomato & Basil Pasta ✓

Jacket w/ Cheese

Sub - Ham Salad or Cheese Salad

on the side...

Carrots

Green Beans

for dessert...

Fruity Slice with Custard

Choose a main meal...

Golden Fish Fingers & Chips

Bean Burger in a Bun with Tomato Relish & Chips ✓

Jacket w/ Baked Beans

Sandwiches - Ham or Egg Mayo

on the side...

Baked Beans

Crunchy Coleslaw

for dessert...

Strawberry Jelly

## Week three

09/04 30/04 21/05 11/06 02/07 23/07 03/09 24/09 15/10

Choose a main meal...

Cheesy Pizza Bianca with Jacket Wedges ✓

Vegetarian Bolognese Pasta ✓

Jacket w/ Baked Beans

Wrap - Chicken Tikka or Tuna Mayo

on the side...

Peas

Apple Slaw

for dessert...

Mango Frozen Yoghurt

Choose a main meal...

Creamy Mild Chicken Curry with Rice

Vegetable Lasanage

Jacket w/ Cheese

Sub - Ham or Cheese

on the side...

Broccoli

Carrots

for dessert...

Apple Crumble with Custard

Choose a main meal...

Honey Roast Gammon with Roast Potatoes & Gravy

Country Vegetable Pie with Gravy ✓

Jacket w/ Baked Beans

Sandwiches - Turkey or Cheese

on the side...

Seasonal Cabbage

Sweetcorn

for dessert...

Cookie

Choose a main meal...

Bolognese Pasta

Mild Potato & Chickpea Curry with Rice ✓

Jacket w/ Cheese

Bag - Ham Salad or Tuna Salad

on the side...

Green Beans

Roast Mediterranean Vegetables

for dessert...

Chocolate & Gingerbread Bite

Choose a main meal...

Fish Fingers with Chips

Bean & Pepper Fajita with Chips ✓

Jacket w/ Baked Beans

Sandwiches - Tuna or Egg Mayo

on the side...

Baked Beans

Peas

for dessert...

Strawberry Mousse

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



Chartwells EAT LEARN LIVE

The Food Bar  
Monday- Pasta/ Tuesday – Panini/  
Wednesday – Pizza/ Thursday – Pasta/ Friday - Panini