

THREE WEEK MENU

SPRING/SUMMER 2022



Chartwells
So much more than Fantastic Food



OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06, 18/07, 19/09, 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Burrito   


A soft wrap filled with lightly spiced veggies and rice

Allegra's BBQ Chicken Burger Corn and Pineapple Relish

BBQ chicken breast burger with zingy corn relish


Roast Chicken with Roast Potatoes and Gravy

Succulent roast chicken with fluffy roasties and tasty gravy


Lamb Bolognese 



Golden Fish Fingers and Chips
Crispy fish fingers and scrummy chips

Alternative Dish




Macaroni Cheese 

Cheesy macaroni pasta


The Incredible Burger with Potato Wedges 

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  

A chunky sweet potato and chickpea roast

Butternut Squash and Tomato Bake with Rice   

A delicious butternut squash and tomato bake served with rice

Quorn Dippers and Chips 

Crispy Quorn nuggets

Salads

A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot




A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber, tomato, grated carrot



Jacket Potato

Jacket Potato with a choice of fillings  



Jacket Potato with salmon mayonnaise and a choice of fillings   

Jacket Potato with a choice of fillings  



Jacket Potato with a choice of fillings  

Jacket Potato with a choice of fillings  

Pasta

Tomato Pasta  



A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  



A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  

A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta  

A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Green Beans and Sweetcorn

Peas and Broccoli

Carrots and Cabbage


Broccoli and Sweetcorn



Baked Beans and Peas

Desserts

Raspberry Ripple Ice Cream

Secret Brownie

Shortbread Biscuit with Fruit Slices 

Berry and Peach Oaty Crumble with Custard  

Chocolate and Raspberry Swirl Cake

SPRING/SUMMER 2022

PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

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

WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07,
05/09, 26/09, 17/10



MONDAY




TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

Hot Main Dish

Veggie Bolognese   
Penne pasta in a yummy
tomato sauce

Allegra's Asian Sticky Noodles
Chicken and vegetables in sweet
sauce with noodles

**Roast Turkey with
Roast Potatoes and Gravy**
Succulent roast turkey with fluffy
roasties and tasty gravy

**Lamb Lasagne with a Garlic &
Herb Bread Wedge** 




Golden Fish Fingers and Chips
Crispy fish fingers
and scrummy chips


Alternative Dish

Cheese and Tomato Pizza  
Cheesy tomato topped pizza slice

Vegetable Lasagne  
with a Garlic & Herb Bread
Wedge

Creamy Vegetable Pie 
with Roast Potatoes and Gravy
Creamy vegetable pie with a
cheesy shortcrust topper

Mild Chickpea and Potato Curry
Served with wholemeal rice
  

The Incredible Burger with Chips


Salads

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



Jacket Potato

Jacket Potato  
With a choice of fillings



Jacket Potato  
With a choice of fillings



Jacket Potato  
With a choice of fillings



Jacket Potato  
With a choice of fillings



Jacket Potato  
With a choice of fillings



Pasta

Tomato Pasta  
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta  
A delicious fresh, homemade
tomato sauce with penne pasta

Vegetables

Carrot Sticks and Cucumber Sticks

Peas and Broccoli


Carrots and Cabbage

Green Beans and Sweetcorn


Baked Beans and Peas

Desserts

Flapjack with Fruit Slices  

**Orange Shortbread
with Fruit Slices** 

Raspberry Yoghurt Cake 

Fruity Chocolate Brownie 

Vanilla Ice Cream

SPRING/SUMMER 2022

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

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

WEEK 3 MENU

W/C 02/05, 23/05, 20/06, 11/07,
12/09, 03/10 ,



MONDAY

TUESDAY


WEDNESDAY

THURSDAY


FRIDAY

Hot Main Dish

Macaroni Cheese 
Cheesy Macaroni Pasta

Sweet and Sour Chicken 
with Rice


Roast Chicken
with Roast Potatoes and Gravy
Succulent roast chicken with
fluffy roasties and tasty gravy

Lamb Bolognese 



Southern Fried Chicken Tasters
Lightly seasoned crispy chicken
strips and scrummy chips



Alternative Dish

Veggie Sausage and Mash
with Gravy 
Fluffy mash with veggie sausages
and rich gravy

Veggie Balls In Tomato Sauce
with Pasta 

Butternut Squash and Potato
Pastry Slice with Roast Potatoes
and Gravy 
A chunky butternut squash and
potato slice

Veggie Lasagne
served with a bread wedge 
Delicious sheets of pasta layered
with veggies and tomato sauce

Soft Taco and Chips 
A soft taco shell filled with a
yummy veggie tomato chilli

Salads

A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



A Selection of Fresh Salads
Including lettuce, cucumber,
tomato, grated carrot



Jacket Potato

Jacket Potato 
With a choice of fillings



Jacket Potato 
With a choice of fillings



Jacket Potato 
With a choice of fillings



Jacket Potato 
With a choice of fillings



Jacket Potato 
With a choice of fillings



Pasta

Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta

Tomato Pasta 
A delicious fresh, homemade
tomato sauce with penne pasta

Vegetables

Peas and Carrots

Sweetcorn and Broccoli


Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices 

Apple and Carrot
Yoghurt Muffin 

Strawberry Ice Cream

Chocolate Sponge Cake

Cheese & Biscuits Soft Cheese
Portion 

SPRING/SUMMER 2022

PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
WITH VEG STICKS AND FRESH FRUIT OR
BEAR YO YO OR DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,
YOGHURT & FRESH FRUIT

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