Week one

09/04 30/04 21/05 09/07 01/10 22/10

Monday

Choose a main meal...
- Mozzarella & Tomato Pizza V with Pasta Salad**
- Cheese Wrap V

on the side...
- Carrot Batons
- Choice of Fresh Seasonal Salads

for dessert...
- Apple Flapjack*

Tuesday

Choose a main meal...
- Chicken Mayo Burger with Jacket Wedges
- Vegetable & Noodle Stir Fry V

on the side...
- Green Beans
- Choice of Fresh Seasonal Salads

for dessert...
- Mini Chocolate Brownie with Banana* & Custard

Wednesday

Choose a main meal...
- Roast Pork with Roast Potatoes & Gravy
- Quorn Roast V with Roast Potatoes & Gravy

on the side...
- Spring Cabbage
- Choice of Fresh Seasonal Salads

for dessert...
- Blueberry Frozen Yoghurt*

Thursday

Choose a main meal...
- Savoury Beef with Rice**
- Macaroni, Cheese & Sweetcorn Bake V

on the side...
- Broccoli
- Choice of Fresh Seasonal Salads

for dessert...
- Crunchy Chocolate Biscuit with Fruit Slices*

Friday

Choose a main meal...
- Crispy Fish & Chips
- Veggie Hot Dog V with Chips

on the side...
- Carrot Batons & Peas, Baked Beans
- Choice of Fresh Seasonal Salads

for dessert...
- Orange Jelly with Mandarin Segments*

Week two

16/04 07/05 04/06 25/06 16/07 17/09 08/10

Monday

Choose a main meal...
- Mac 'N' Cheese V
- Vegetarian Meatballs in a Tomato Sauce V with Wholegrain Rice **

on the side...
- Broccoli
- Choice of Fresh Seasonal Salads

for dessert...
- Vanilla Ice Cream with Sliced Peaches*

Tuesday

Choose a main meal...
- Pork Sausages with Creamy Mash & Gravy
- Vegetarian Sausages V with Creamy Mash & Gravy

on the side...
- Carrot Batons
- Choice of Fresh Seasonal Salads

for dessert...
- Chocolate & Banana Mousse Pot*

Wednesday

Choose a main meal...
- Roast Chicken with Roast Potatoes & Gravy
- Cheese and Potato Pie V with Roast Potatoes & Gravy

on the side...
- Roasted Vegetables
- Choice of Fresh Seasonal Salads

for dessert...
- Oatie Biscuit with Fruit Slices*

Thursday

Choose a main meal...
- Traditional Beef Lasagne with a Garlic & Herb Bread Wedge
- Creamy Tomato & Basil Pasta V**

on the side...
- Fresh Cauliflower
- Choice of Fresh Seasonal Salads

for dessert...
- Carrot & Banana Slice with Custard*

Friday

Choose a main meal...
- Golden Fish Fingers & Chips
- Quorn Burger in a Bun V with Chips

on the side...
- Carrot Batons & Peas, Baked Beans
- Choice of Fresh Seasonal Salads

for dessert...
- Lemon Shortbread Biscuit with Fresh Melon*

Week three

23/04 14/05 11/06 02/07 03/09 24/09 15/10

Monday

Choose a main meal...
- Vegetable Supreme Pizza V with Jacket Wedges
- Vegetarian Bolognaise V**

on the side...
- Carrot Batons
- Choice of Fresh Seasonal Salads

for dessert...
- Mango Frozen Yoghurt*

Tuesday

Choose a main meal...
- Creamy Chicken Curry with Wholegrain Rice**
- Vegetable Lasagne V

on the side...
- Fresh Cauliflower
- Choice of Fresh Seasonal Salads

for dessert...
- Chocolate & Mandarin Sponge* with Custard

Wednesday

Choose a main meal...
- Roast Turkey with Roast Potatoes & Gravy
- Shepherdess Pie V with Gravy

on the side...
- Broccoli
- Choice of Fresh Seasonal Salads

for dessert...
- Carrot & Pineapple Cake*

Thursday

Choose a main meal...
- Pasta Bolognaise**
- Mild Potato & Chickpea Curry V with Rice**

on the side...
- Roast Mediterranean Vegetables
- Choice of Fresh Seasonal Salads

for dessert...
- Custard Biscuit with Fruit Slices*

Friday

Choose a main meal...
- Salmon Fish Fingers*** or Golden Fish Fingers with Chips
- Quorn Sausage V & Tomato Pasta Bake

on the side...
- Carrot Batons & Peas, Baked Beans
- Choice of Fresh Seasonal Salads

for dessert...
- Strawberry Jam & Coconut Sponge* with Custard

Our chicken and milk are Red Tractor approved

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

ALL OUR BEEF is from THE UK OR IRELAND

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

All of our bread is baked fresh every day
We have a fresh salad bar available daily
*Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian

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

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