

# Week 3

W/C: 18/11, 09/12, 13/01, 03/02, 03/03, 24/03

# Three week menu

Autumn/Winter 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Macaroni Cheese V	Pork Sausages Served with Mashed Potato and Gravy	Roast Beef Served with Roast Potatoes and Gravy	BBQ Chicken Pizza Served with Pasta Salad	Southern Fried Chicken Served with Chips
HOT DISH 2	BBQ Quorn Fillet V, ♥, 🌾 Served with Wholegrain Rice	Veggie Sausages V Served with Mashed Potato and Gravy	Roasted Vegetable and Cranberry Slice V Served with Roast Potatoes and Gravy	Sweet Potato Curry V Served with Wholegrain Rice	Quorn Dippers V Served with Chips
HALAL DISH		Chicken Sausages H Served with Mashed Potato and Gravy	Roast Beef H Served with Roast Potatoes and Gravy	BBQ Chicken Pizza H Served with Pasta Salad	
JACKET POTATO	Jacket Potatoes ♥, V with a choice of hot and cold fillings	Jacket Potatoes ♥, V with a choice of hot and cold fillings	Jacket Potatoes ♥, V with a choice of hot and cold fillings	Jacket Potatoes ♥, V with a choice of hot and cold fillings	Jacket Potatoes ♥, V with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Chocolate Cookie with Fruit Slices V	Orange Drizzle Cake with Custard	Lemon Shortbread with Fruit Slices V	Jam and Coconut Sponge with Custard	Vanilla Ice Cream

AVAILABLE EVERY DAY: WATER, SALAD, FRESHLY BAKED BREAD, TWO VEGETABLES, YOGHURT AND FRESH FRUIT

V Vegetarian    🐟 Oily fish    🌾 Wholegrain    🍏 Fruity!    ♥ Nutritionist's Choice    H Halal Available

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For medical diets requirements please email [chartwells.medicaldiets@compass-group.co.uk](mailto:chartwells.medicaldiets@compass-group.co.uk) or visit [www.chartwells.co.uk/nutrition](http://www.chartwells.co.uk/nutrition)

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



# Week 1

W/C: 04/11, 25/11, 16/12, 20/01, 10/02, 10/03, 31/03

# Week 2

W/C: 11/11, 02/12, 06/01, 27/01, 24/02, 17/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Macaroni Cheese	Classic Beef Burger Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	BBQ Chicken Served with Rainbow Rice	Fish Fingers Served with Chips
HOT DISH 2	Bean Burrito	Quorn Burger Served with Potato Wedges	Vegetarian Cottage Pie Served with Gravy	Meatless Cheesy Feast Pizza Served with Pasta Salad	Quorn Dippers Served with Chips
HALAL DISH		Classic Beef Burger Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	BBQ Chicken Served with Rainbow Rice	
JACKET POTATO	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
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Chocolate Brownie	Apple Crumble with Custard	Ice Cream	Flapjack with Fruit	Raspberry Jelly

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Veggie Supreme Pizza Served with Pasta Salad	Beef Bolognese Served with Wholewheat Pasta	Roast Chicken Served with Roast Potatoes and Gravy	Meatballs in a Tomato Sauce Served with Wholegrain Rice	Fish Fingers Served with Chips
HOT DISH 2	Vegetable Fajita Served with Wholegrain Rice	Vegetarian Bolognese Served with Wholewheat Pasta	Winter Vegetable Hotpot Served with Gravy	Macaroni Cheese	Quorn Dippers Served with Chips
HALAL DISH		Beef Bolognese Served with Wholewheat Pasta	Roast Chicken Served with Roast Potatoes and Gravy	Meatballs in a BBQ Sauce Served with Wholegrain Rice	
JACKET POTATO	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
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Crunchy Chocolate Mousse	Banana Cake with Custard	Fruits of the Forest Jelly	Orange Glazed Sticky Sponge Pudding with Custard	Flapjack

AVAILABLE EVERY DAY: WATER, SALAD, FRESHLY BAKED BREAD, TWO VEGETABLES, YOGHURT AND FRESH FRUIT

Vegetarian Fruity! Halal Available Oily fish Wholegrain Nutritionist's Choice