# WEEK 3

W/C: 16/11, 07/12, 11/01, 01/02, 01/03, 22/03

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Potato Wedges** (V)<br>Simple but classic!<br>**Vege Soft Taco with Rice** (V)<br>Tortilla Wrap filled with Quorn in a Tomato Sauce | **Jacket Potato** (V) with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Sweetcorn and Broccoli** | **Secret Brownie** |
| TUESDAY | **Organic Beef Lasagne with Garlic & Herb Bread Wedge**<br>A Classic Italian layered pasta dish with beef mince<br>**Quorn Hotdog with Potato Wedges**<br>Veggie hotdog served with ketchup in a roll<br>**Halal Traditional Beef Lasagne with Garlic & Herb Bread Wedge** | **Jacket Potato** (V) with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Peas and Carrots** | **Raspberry Ripple Ice Cream** |
| WEDNESDAY | **Organic Roast Beef with Roast Potatoes and Gravy**<br>Traditional Roast dinner with Organic Roast Beef<br>**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**<br>A twist on the classic vegetarian Roast with a Sweet Potato and Chickpea roast slice<br>**Halal Roast Beef with Roast Potatoes and Gravy** | **Jacket Potato** (V) with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Carrots and Cabbage** | **Fruity Picnic Bar** |
| THURSDAY | **Farm Assured Chicken Tikka Masala with Rice**<br>A classic mild and creamy curry<br>**Mac 'N' Cheese**<br>Pasta spirals in a tasty cheesy sauce<br>**Halal Chicken Tikka Masala with Rice** | **Jacket Potato** (V) with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Mediterranean Vegetables and Sweetcorn** | **Banana Oat Bite** with Custard |
| FRIDAY | **Fish Fingers and Chips**<br>A classic fish finger lunch<br>**Jacket Potato with Salmon Mayonnaise**<br>**Quorn Dippers and Chips**<br>Tasty Quorn Dippers | **Jacket Potato** (V) with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Baked Beans and Peas** | **Strawberry Swirl Sponge** |

Chartwells

# Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.25

THREE WEEK MENU

AUTUMN/WINTER 2020

Chartwells

## WEEK 1

W/C: 02/11, 23/11, 14/12, 18/01, 08/02, 08/03, 29/03

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Potato Wedges** (V)<br>Simple but classic!<br>**Chinese Veggie Noodles** (V)<br>Mixed vegetables and noodles coated in a Chinese 5 spice seasoning | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Broccoli & Cauliflower Medley and Sweetcorn** | **Raspberry Yoghurt Cake** |
| TUESDAY | **Farm Assured Chicken Mayo Burger with Potato Wedges**<br>Roast Farm Assured Chicken served in a soft bun with lettuce and mayo<br>**Country Vegetable Pie (pastry) with Mashed Potato**<br>Leek, broccoli, chickpea and carrot in a creamy sauce topped with shortcrust pastry<br>**Halal Chicken Mayo Burger with Potato Wedges** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Peas and Coleslaw** | **Peach Shortbread Pudding with Custard** |
| WEDNESDAY | **Farm Assured Roast Pork with Roast Potatoes and Gravy**<br>Traditional Roast dinner with Farm Assured Roast Pork<br>**Quorn Roast With Roast Potatoes and Gravy**<br>Traditional vegetarian roast with Quorn<br>**Halal Roast Turkey with Roast Potatoes and Gravy** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Carrots and Cabbage** | **Flapjack with Fruit Slices** |
| THURSDAY | **Farm Assured Beef Meatballs in Tomato Sauce with Pasta**<br>Farm Assured beef meatballs in a tasty tomato sauce served with pasta<br>**Mild Chickpea & Potato Curry with a Rice side**<br>A mild curry with tomato, potato and chick peas<br>**Halal Chicken Meatballs in Tomato Sauce with Pasta** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Sweetcorn and Mediterranean Vegetables** | **Chocolate Apricot Brownie** |
| FRIDAY | **Fish Fingers and Chips**<br>A classic fish finger lunch<br>**Tomato Beany Burger with Chips**<br>A lightly spiced veggie burger with burger relish in a soft bun | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Baked Beans and Peas** | **Vanilla Ice Cream** |

## WEEK 2

W/C: 09/11, 30/11, 04/01, 25/01, 22/02, 15/03

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Potato Wedges** (V)<br>Simple but classic!<br>**Vege Burrito** (V)<br>Tomato and beans in a mild sauce with rice served in a tortilla wrap | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Coleslaw and Sweetcorn** | **Raspberry Ripple Cake** |
| TUESDAY | **Organic Beef Bolognese with a Garlic & Herb Bread Wedge**<br>A classic Italian Organic Beef Bolognese<br>**Vegetable Lasagne with a Garlic & Herb Bread Wedge**<br>A classic Italian layered pasta dish made with mixed vegetables<br>**Halal Beef Bolognese with a Garlic & Herb Bread Wedge** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Peas and Broccoli** | **Apple & Carrot Yoghurt Muffin** |
| WEDNESDAY | **Farm Assured Roast Chicken with Roast Potatoes and Gravy**<br>Traditional Roast dinner with Farm Assured Roast Chicken<br>**Vegetable Pastry Slice with Roast Potatoes and Gravy (pastry)**<br>A tasty mix of vegetables wrapped in delicious puff pastry<br>**Halal Roast Chicken with Roast Potatoes and Gravy** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Cabbage and Carrots** | **Strawberry Ice Cream** |
| THURSDAY | **Organic Pork Sausages with Mashed Potato and Gravy**<br>Simple but classic… sausage and mash<br>**Vegetarian Sausages with Mashed Potato and Gravy** (V)<br>A classic Quorn sausage and mash<br>**Halal Chicken Sausages with Mashed Potato and Gravy** | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Sweetcorn and Broccoli** | **Chocolate Cake with Custard** |
| FRIDAY | **Fish Fingers and Chips**<br>A classic fish finger lunch<br>**Quorn Bolognese**<br>A classic Vegetarian Italian Bolognese | **Jacket Potato** (V)<br>with a choice of fillings<br>**Tomato Pasta** (V)<br>Fresh, homemade tomato and basil sauce with penne pasta | **Peas and Baked Beans** | **Oatie Biscuit with Fruit Slices** |

(V) Vegetarian · Oily fish · Wholegrain · Fruity!

**Water, salad, freshly baked bread, yoghurt & fresh fruit** — Available every day!