Week 3 W/C: 14/11, 05/12, 09/01, 30/01, 27/02, 20/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
HOT DISH 1	Pesto Pasta Bake Served with Two Vegetables	Roast Chicken Served with Roast Potatoes and Gravy	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Turkey Served with Mashed Potato and Gravy	Breaded Fish Served with Chips and Two Vegetables		
HOT DISH 2	Vegetable Chilli	Vegetable Pastry Roll o Served with Roast Potatoes and Gravy	Vegetable Chow Mein ⊚ Served with Two Vegetables	Vegetable Pie Served with Mashed Potato and Gravy	Quorn Dippers Some Served with Chips and Two Vegetables		
HALAL DISH		Roast Chicken Served with Roast Potatoes and Gravy	Sweet and Sour Chicken (1) Served with Wholemeal Rice	Roast Turkey © Served with Mashed Potato and Gravy			
JACKET POTATO	Jacket Potatoes		Jacket Potatoes		Jacket Potatoes		
	PASTA: Wholemeal pasta with homemade tomato sauce served daily						
		All main meals	s served with two ve	egetables			
DESSERTS	Vanilla Ice Cream	Fruity Flapjack Bar ⊚	Strawberry Jelly	Apple Crumble served with Custard 6 & 9	Chocolate Milkshake with a Chocolate Biscuit		

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











Three week menu

Autumn/Winter 22

For medical diets requirements please email

or visit www.chartwells.co.uk/nutrition

chartwells.medicaldiets@compass-group.co.uk



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Week 1 W/C: 31/10, 21/11, 12/12, 16/01, 06/02, 06/03, 27/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Macaroni Cheese Served with Two Vegetables	Roast Turkey Served with Roast Potatoes and Gravy	Chicken Pie Served with Potato Wedges	Roast Pork Served with Mashed Potato and Gravy	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Vegetarian Sausage ♥ ❤ Served with Mashed Potato and Gravy	Vegan Sausage Casserole	Vegetable Pie Served with Potato Wedges	Sweet Potato and Chickpea Roast Served with Mashed Potato and Gravy	Quorn Dippers Served with Chips and Two Vegetables
HALAL DISH		Roast Turkey Served with Roast Potatoes and Gravy	Chicken Pie Served with Potato Wedges	Roast Chicken Served with Mashed Potato and Gravy	
JACKET POTATO	Jacket Potatoes © with a choice of hot and cold fillings, including Salmon Mayonnaise		Jacket Potatoes		Jacket Potatoes
	PASTA:	ato sauce served da	aily		
All main meals served with two vegetables					
DESSERTS	Strawberry Ice Cream	Crunchy Chocolate Biscuit with Chocolate Custard	Fruity Flapjack &	Apple Crumble served with Custard 6 😻 🧡	Shortbread served with Fruit Slices

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









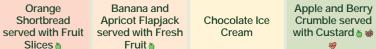




Week 2 W/C: 07/11, 28/11, 02/01, 23/01, 20/02, 13/03



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
HOT DISH 1	Cheese & Tomato Pizza	Roast Gammon Served with Yorkshire Pudding, Mashed Potato and Gravy	Beef Lasagne Served with a Garlic and Herb Bread Wedge	Roast Chicken Served with Potato Wedges and Gravy	Breaded Fish Served with Chips and Two Vegetables		
HOT DISH 2	Vegetable Korma	Vegetable Pie ♥ Served with Yorkshire Pudding, Mashed Potato and Gravy	Vegetable Lasagne	Butternut Squash and Potato Pastry Slice Served with Potato Wedges and Gravy	Quorn Dippers ♥ Served with Chips and Two Vegetables		
HALAL DISH		Roast Turkey Served with Yorkshire Pudding, Mashed Potato and Gravy	Beef Lasagne Served with a Garlic and Herb Bread Wedge	Roast Chicken 3 Served with Potato Wedges and Gravy			
JACKET POTATO	Jacket Potatoes		Jacket Potatoes		Jacket Potatoes		
PASTA: Wholemeal pasta with homemade tomato sauce served daily							
	All main meals served with two vegetables						



Orange

Shortbread

Slices *

Strawberry Milkshake with Fresh Fruit

