

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 Served with Wholegrain Rice | Vegetable Pastry Roll Served with Roast Potatoes and Gravy | Vegetable Chow Mein Served with Two Vegetables | Vegetable Pie Served with Mashed Potato and Gravy | Quorn Dippers Served with Chips and Two Vegetables |
| HALAL DISH | | Roast Chicken Served with Roast Potatoes and Gravy | Sweet and Sour Chicken Served with Wholemeal Rice | Roast Turkey Served with Mashed Potato and Gravy | |
| 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 |
| PASTA: Wholemeal pasta with homemade tomato sauce served daily | | | | | |
| All main meals served with two vegetables | | | | | |
| DESSERTS | Vanilla Ice Cream | Fruity Flapjack Bar | Strawberry Jelly | Apple Crumble served with Custard | Chocolate Milkshake with a Chocolate Biscuit |

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

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

CHART2022-3WFOLDED-AWB_749460

Three week menu

Autumn/Winter 22



For medical diets requirements please email chartwells.medicaldiets@compass-group.co.uk or visit www.chartwells.co.uk/nutrition



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 Served with Roast Potatoes and Gravy | 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 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 | Strawberry Ice Cream | Crunchy Chocolate Biscuit with Chocolate Custard | Fruity Flapjack | Apple Crumble served with Custard | Shortbread served with Fruit Slices |

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 Served with Potato Wedges | 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 Served with Wholegrain Rice | Vegetable Pie Served with Yorkshire Pudding, Mashed Potato and Gravy | Vegetable Lasagne Served with a Garlic and Herb Bread Wedge | 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 Served with Potato Wedges and Gravy | |
| 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 |
| PASTA: Wholemeal pasta with homemade tomato sauce served daily | | | | | |
| All main meals served with two vegetables | | | | | |
| DESSERTS | Orange Shortbread served with Fruit Slices | Banana and Apricot Flapjack served with Fresh Fruit | Chocolate Ice Cream | Apple and Berry Crumble served with Custard | Strawberry Milkshake with Fresh Fruit |

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

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