









# Week 3

W/C: 13/11, 04/12, 08/01, 29/01, 26/02, 18/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> 	<b>Sweet and Sour Chicken</b>  Served with Wholegrain Rice	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b>  Served with Wholegrain Rice	<b>Breaded Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Sweet Potato Curry</b>  Served with Wholegrain Rice	<b>Macaroni Cheese</b> 	<b>Sweet Potato and Chickpea Roast</b>  Served with Roast Potatoes and Gravy	<b>Sweet and Sour Vegetables</b>  Served with Wholegrain Rice	<b>Crispy Quorn Nuggets</b>  Served with Chips
HALAL DISH		<b>Sweet and Sour Chicken</b>  Served with Wholegrain Rice	<b>Roast Turkey</b>  Served with Roast Potatoes and Gravy	<b>Chicken and Vegetable Korma</b>  Served with Wholegrain Rice	
JACKET POTATO	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings	<b>Jacket Potatoes</b>  with a choice of hot and cold fillings
<b>PASTA: Wholemeal pasta with homemade tomato sauce served daily</b>					
<b>All main meals served with two vegetables</b>					
DESSERTS	<b>Chocolate Ice Cream</b>	<b>Strawberry Jelly with Fruit Slices</b> 	<b>Orange Drizzle with Fruit</b> 	<b>Pineapple Upside Down Cake</b>	<b>Chocolate Shortbread</b>

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

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

CHART2023-3WFOLDED-AWB\_799727

# Three week menu

Autumn/Winter 23



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: 30/10, 20/11, 11/12, 15/01, 05/02, 04/03, 25/03

# Week 2

W/C: 06/11, 27/11, 01/01, 22/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> 	<b>Beef Bolognese</b>   Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Roast Turkey</b> Served with Roast Potatoes and Gravy	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Breaded Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Stir Fried Vegetable Rice</b>  	<b>Vegetarian Bolognese</b>    Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Vegetable Pastry Roll</b>  Served with Roast Potatoes and Gravy	<b>Vegetarian Burger</b>  Served with Potato Wedges	<b>Crispy Quorn Nuggets</b>  Served with Chips
HALAL DISH		<b>Beef Bolognese</b>    Served with Wholewheat Pasta and Garlic & Herb Bread	<b>Roast Turkey</b> 	<b>Classic Beef Burger</b>  Served with Potato Wedges	
JACKET POTATO	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings, including Salmon Mayonnaise 	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   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	<b>Crispy Crackle Bar with Fruit</b> 	Banana Cake 	Original Flapjack	Mango Frozen Yoghurt

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> 	<b>Turkey Con Chilli</b>   Served with Wholegrain Rice	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b>  Served with Garlic and Herb Bread	<b>Breaded Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Vegetable Korma</b>    Served with Wholegrain Rice	<b>Macaroni Cheese</b> 	<b>Sweet Potato and Chickpea Roast</b>   Served with Roast Potatoes and Gravy	<b>Vegetarian Lasagne</b>    Served with Garlic and Herb Bread	<b>Crispy Quorn Nuggets</b>  Served with Chips
HALAL DISH		<b>Turkey Con Chilli</b>    Served with Wholegrain Rice	<b>Roast Beef</b>  Served with Roast Potatoes and Gravy	<b>Beef Lasagne</b>  Served with Garlic and Herb Bread	
JACKET POTATO	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   with a choice of hot and cold fillings	<b>Jacket Potatoes</b>   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	<b>Crunchy Chocolate Biscuit with Fruit Slices</b> 	Chocolate and Vanilla Marble Cake	Orange Shortbread with Fruit Slices 	Strawberry Jelly

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

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