# WEEK 3

W/C: 26/04, 17/05, 07/06, 28/06, 19/07, 09/08, 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03, 18/04

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Cheese & Tomato Pizza** (V)<br>Cheesy tomato topped pizza slice<br>**Beef Meatballs & Pasta**<br>Classic Italian beef meatballs in a tomato sauce | **Jacket Potato** (V)<br>with baked beans | Sweetcorn<br>Green Beans | **Oat & Honey Shortbread** |
| TUESDAY | **Traditional Mac 'N' Cheese** (V)<br>Delicious macaroni in a creamy cheese sauce<br>**Chicken Korma with Rice**<br>Chicken in a mild curry sauce with rice | **Jacket Potato**<br>with tuna & cucumber mayo | Peas<br>Carrots | **Yoghurt & Granola** |
| WEDNESDAY | **Roast Ham with Roast Potatoes and Gravy**<br>Sliced ham with roasties and gravy<br>**Quorn Sausage & Potatoes with Gravy** (V)<br>Roast potatoes with Quorn sausages and rich gravy | **Jacket Potato** (V)<br>with cheese or baked beans | Cabbage<br>Carrots | **Banana Cake & Custard** |
| THURSDAY | **Cheese & Tomato Pasta** (V)<br>Tomato and basil sauce with fusili pasta topped with cheese<br>**Butternut Squash & Chickpea Curry with Rice** (V)<br>A butternut squash and chickpea curry | **Jacket Potato** (V)<br>with veggie bolognese | Spring Vegetable Mix | **Yoghurt & Fruit Slices** |
| FRIDAY | **Fish & Chips**<br>Our traditional Friday favourite<br>**Veggie Burger & Chips** (V)<br>A delicious Quorn burger with chips | **Jacket Potato** (V)<br>with coleslaw & cheese | Baked Beans<br>or<br>Peas | **Apple & Mango Drizzle Cake** |

Chartwells

# Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

## THREE WEEK MENU

2021/22

Chartwells

# WEEK 1

W/C: 03/05, 24/05, 14/06, 05/07, 26/07, 16/08, 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Sausage & Mash with Gravy** Mash with pork and beef sausages and rich gravy<br>**Cheese & Tomato Pasta** (V) Tomato and basil sauce with fusili pasta topped with cheese | **Jacket Potato** (V) with cheese or baked beans | Green Beans<br>Carrots | Yoghurt & Granola |
| TUESDAY | **Traditional Mac 'N' Cheese** (V) Delicious macaroni in a creamy cheese sauce<br>**Chicken Tikka Masala with Rice** (Wholegrain) A delicious mild Chicken Tikka Masala | **Jacket Potato** with salmon & cucumber mayo (Oily fish) | Spring Vegetable Mix | Apple & Mango Drizzle Cake (Fruity!) |
| WEDNESDAY | **Roast Beef with Roast Potatoes & Gravy** Succulent roast beef with roasties and gravy<br>**Sweet Potato & Chickpea Loaf** (V) with roast potatoes & gravy | **Jacket Potato** with baked beans | Cabbage<br>Carrots | Jammy Jack Flapjack |
| THURSDAY | **Cheese & Tomato Pizza** (V) Cheesy tomato topped pizza slice<br>**Vegetable Burrito** (Wholegrain) (V) A soft wrap filled with lightly spiced veggies and rice | **Jacket Potato** (V) with veggie bolognese | Sweetcorn<br>Coleslaw | Oat & Honey Shortbread |
| FRIDAY | **Fish & Chips** Our traditional Friday favourite<br>**Veggie Nuggets & Chips** (V) Battered Quorn nuggets with chips | **Jacket Potato** (V) with tuna mayo or cheese | Baked Beans or Peas | Yoghurt & Fruit Slices (Fruity!) |

# WEEK 2

W/C: 19/04, 10/05, 31/05, 21/06, 12/07, 02/08, 23/08, 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04

| | HOT SPECIALS... | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|
| MONDAY | **Cheese & Tomato Pizza** (V) Cheesy tomato topped pizza slice<br>**Beef Pasta Bolognese** A classic Italian beef bolognese in a yummy tomato sauce | **Jacket Potato** (V) with cheese | Peas<br>Sweetcorn | Muesli Flapjack |
| TUESDAY | **Sausage & Mash with Gravy** Mash with pork and beef sausages and rich gravy<br>**Veggie Chilli & Rice** (Wholegrain) (V) A classic vegetable chilli served with rice | **Jacket Potato** (V) with baked beans | Green Beans<br>Peas | Yoghurt & Fruit Slices (Fruity!) |
| WEDNESDAY | **Roast Chicken with Roast Potatoes & Gravy** Delicious roast chicken with roasties and gravy<br>**Sweet Potato & Chickpea Loaf** (V) with roast potatoes & gravy | **Jacket Potato** (V) with cheese or baked beans | Cabbage<br>Carrots | Jammy Jack Flapjack |
| THURSDAY | **Traditional Mac 'N' Cheese** (V) Delicious macaroni in a creamy cheese sauce<br>**Chicken Fillet Sandwich with Diced Potatoes** A chicken fillet sandwich with diced potatoes | **Jacket Potato** with tuna & cucumber mayo | Green Beans<br>Sweetcorn | Yoghurt & Granola |
| FRIDAY | **Fish & Chips** Our traditional Friday favourite<br>**Cheese & Vegetable Frittata & Chips** (V) Yummy cheese and vegetable frittata with chips | **Jacket Potato** (V) with veggie bolognese | Baked Beans or Peas | Banana Cake & Custard (Fruity!) |

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

**Water, milk, salad, bread and fruit** Available every day!