



















# 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> <br>Served with Potato Wedges  | <b>Beef Lasagne</b> <br>Served with Garlic and Herb Bread   | <b>Roast Turkey</b><br>Served with Roast Potatoes and Gravy  | <b>Sausage and Mash</b><br>Served with Gravy  | <b>Breaded Fish Fingers</b><br>Served with Chips   |
| HOT DISH 2  | <b>Chilli No Carne with Crispy Tortilla</b>   <br>Served with Wholegrain Rice | <b>Cauliflower Macaroni Cheese</b>    | <b>Sweet Potato and Chickpea Roast</b>  <br>Served with Roast Potatoes and Gravy | <b>Sweet and Sour Vegetables</b>   <br>Served with Wholegrain Rice | <b>Crispy Quorn Nuggets</b> <br>Served with Chips   |
| HALAL DISH  |  | <b>Beef Lasagne</b>  <br>Served with Garlic and Herb Bread         | <b>Roast Turkey</b> <br>Served with Roast Potatoes and Gravy  | <b>Sausage and Mash</b> <br>Served with Gravy  |  |
| JACKET POTATO   | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings   | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings           | <b>Jacket Potatoes</b>  <br>with a choice of hot and cold fillings  | <b>Jacket Potatoes</b>  <br>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>Strawberry Jelly</b>  | <b>Magic Apple and Cinnamon Bake</b>    | <b>Banana Cake</b>    | <b>Pineapple Upside Down Cake with Custard</b>  | <b>Strawberry Frozen Yoghurt</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\_799702

# 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><br>Served with Potato Wedges      | <b>Classic Beef Burger</b><br>Served with Potato Wedges                                       | <b>Roast Turkey</b><br>Served with Roast Potatoes and Gravy          | <b>Beef Bolognese</b><br>Served with Wholewheat Pasta and Garlic and Herb Bread       | <b>Breaded Fish Fingers</b><br>Served with Chips                 |
| HOT DISH 2  | <b>Stir Fried Vegetable Rice</b><br>                             | <b>Vegetarian Burger</b><br>Served with Potato Wedges   | <b>Vegetable Pastry Roll</b><br>Served with Roast Potatoes and Gravy | <b>Vegetarian Bolognese</b><br>Served with Wholewheat Pasta and Garlic and Herb Bread | <b>Crispy Quorn Nuggets</b><br>Served with Chips                 |
| HALAL DISH  |  | <b>Classic Beef Burger</b><br>Served with Potato Wedges                                       | <b>Roast Turkey</b><br>Served with Roast Potatoes and Gravy          | <b>Beef Bolognese</b><br>Served with Wholewheat Pasta and Garlic and Herb Bread       |  |
| JACKET POTATO   | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings, including Salmon Mayonnaise | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings     | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings                      | <b>Jacket Potatoes</b><br>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  | Vanilla Ice Cream  | <b>Crispy Crackle Bar with Fruit</b>  | Banana Cake  | Original Flapjack   | Brownie  |

|   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|--|---|---|--|
| HOT DISH 1  | <b>Cheese and Tomato Pizza</b><br>Served with Potato Wedges      | <b>Turkey Con Chilli</b><br>Served with Wholegrain Rice          | <b>Roast Beef</b><br>Served with Roast Potatoes and Gravy                     | <b>Sausage Pasta Bake</b><br>Served with Garlic and Herb Bread            | <b>Breaded Fish Fingers</b><br>Served with Chips                 |
| HOT DISH 2  | <b>Sweet Potato Curry</b><br>Served with Wholegrain Rice         | <b>Macaroni Cheese</b>   | <b>Cheesy Leek and Carrot Crumble</b><br>Served with Roast Potatoes and Gravy | <b>Vegetarian Sausage Pasta Bake</b><br>Served with Garlic and Herb Bread | <b>Crispy Quorn Nuggets</b><br>Served with Chips                 |
| HALAL DISH  |  | <b>Turkey Con Chilli</b><br>Served with Wholegrain Rice          | <b>Roast Beef</b><br>Served with Roast Potatoes and Gravy                     | <b>Sausage Pasta Bake</b><br>Served with Garlic and Herb Bread            |  |
| JACKET POTATO   | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings              | <b>Jacket Potatoes</b><br>with a choice of hot and cold fillings          | <b>Jacket Potatoes</b><br>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  | Strawberry Ice Cream   | <b>Crunchy Chocolate Biscuit</b>                                 | <b>Chocolate and Vanilla Marble Cake</b>                                      | Carrot Cake   | <b>Apple Crumble with Custard</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