

# Week one

09/04 30/04 21/05 09/07 01/10 22/10

Monday

**Choose a main meal...**  
Mozzarella & Tomato Pizza ✓  
with Pasta Salad\*\*  
Cheese Wrap ✓

**on the side...**  
Carrot Batons  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Apple Flapjack\*

Tuesday

**Choose a main meal...**  
Chicken Mayo Burger with  
Jacket Wedges  
Vegetable & Noodle Stir Fry ✓

**on the side...**  
Green Beans  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Mini Chocolate Brownie with  
Banana\* & Custard

Wednesday

**Choose a main meal...**  
Roast Pork with Roast  
Potatoes & Gravy  
Quorn Roast ✓ with Roast  
Potatoes & Gravy

**on the side...**  
Spring Cabbage  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Blueberry Frozen Yoghurt\*

Thursday

**Choose a main meal...**  
Savoury Beef with Rice\*\*  
Macaroni, Cheese &  
Sweetcorn Bake ✓

**on the side...**  
Broccoli  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Crunchy Chocolate Biscuit  
with Fruit Slices\*

Friday

**Choose a main meal...**  
Crispy Fish & Chips  
Veggie Hot Dog ✓ with Chips

**on the side...**  
Carrot Batons & Peas, Baked  
Beans  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Orange Jelly with Mandarin  
Segments\*

# Week two

16/04 07/05 04/06 25/06 16/07 17/09 08/10

**Choose a main meal...**  
Mac 'N' Cheese ✓  
Vegetarian Meatballs in a  
Tomato Sauce ✓ with  
Wholegrain Rice \*\*

**on the side...**  
Broccoli  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Vanilla Ice Cream with  
Sliced Peaches\*

**Choose a main meal...**  
Pork Sausages with Creamy  
Mash & Gravy  
Vegetarian Sausages ✓ with  
Creamy Mash & Gravy

**on the side...**  
Carrot Batons  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Chocolate & Banana Mousse  
Pot\*

**Choose a main meal...**  
Roast Chicken with Roast  
Potatoes & Gravy  
Cheese and Potato Pie ✓  
with Roast Potatoes & Gravy

**on the side...**  
Roasted Vegetables  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Oatie Biscuit with Fruit Slices\*

**Choose a main meal...**  
Traditional Beef Lasagne with  
a Garlic & Herb Bread Wedge  
Creamy Tomato & Basil  
Pasta ✓\*\*

**on the side...**  
Fresh Cauliflower  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Carrot & Banana Slice with  
Custard\*

**Choose a main meal...**  
Golden Fish Fingers & Chips  
Quorn Burger in a Bun ✓ with  
Chips

**on the side...**  
Carrot Batons & Peas, Baked  
Beans  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Lemon Shortbread Biscuit  
with Fresh Melon\*

# Week three

23/04 14/05 11/06 02/07 03/09 24/09 15/10

**Choose a main meal...**  
Vegetable Supreme Pizza ✓  
with Jacket Wedges  
Vegetarian Bolognese ✓\*\*

**on the side...**  
Carrot Batons  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Mango Frozen Yoghurt\*

**Choose a main meal...**  
Creamy Chicken Curry with  
Wholegrain Rice\*\*  
Vegetable Lasagne ✓

**on the side...**  
Fresh Cauliflower  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Chocolate & Mandarin  
Sponge\* with Custard

**Choose a main meal...**  
Roast Turkey with Roast  
Potatoes & Gravy  
Shepherdess Pie ✓ with  
Gravy

**on the side...**  
Broccoli  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Carrot & Pineapple Cake\*

**Choose a main meal...**  
Pasta Bolognese\*\*  
Mild Potato & Chickpea Curry  
✓ with Rice\*\*

**on the side...**  
Roast Mediterranean  
Vegetables  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Custard Biscuit with Fruit  
Slices\*

**Choose a main meal...**  
Salmon Fish Fingers\*\*\* or  
Golden Fish Fingers with  
Chips  
Quorn Sausage ✓ & Tomato  
Pasta Bake

**on the side...**  
Carrot Batons & Peas, Baked  
Beans  
Choice of Fresh Seasonal  
Salads

**for dessert...**  
Strawberry Jam & Coconut  
Sponge\* with Custard

Our chicken  
and milk  
are Red  
Tractor  
approved



WE BUY 95%  
of our seasonal  
vegetables  
direct from  
British growers



ALL OUR BEEF  
is from  
THE UK OR  
IRELAND

FRESH SALAD  
IS AVAILABLE ON  
A DAILY BASIS

REDUCING OUR  
CARBON  
FOOTPRINT  
OVER 30%  
of our products are  
transported by vehicles  
that run on biodiesel



All our  
bananas are  
FAIRTRADE



All of our bread is baked fresh every day  
We have a fresh salad bar available daily  
\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian



WE SUPPORT  
82 BRITISH  
DAIRY  
FARMS



We only use  
Lion Quality  
British Eggs

FARM TO FORK  
We can trace every  
cut of meat back to  
the farms of origin

ALL OUR  
BREAD IS

FRESHLY BAKED  
EVERY DAY

Chartwells  
EAT LEARN LIVE