

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	Sweet and Sour Chicken Served with Wholegrain Rice	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Vegetable Chilli Served with Wholegrain Rice	Vegetable Chow Mein Served with Two Vegetables	Vegetable Pastry Roll Served with Roast Potatoes, Two Vegetables and Gravy	Vegetarian Cottage Pie Served with Two Vegetables and Gravy	Vegan Meatballs in Tomato Sauce Served with Chips and Two Vegetables
HALAL DISH		Sweet and Sour Chicken Served with Wholegrain Rice	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	
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	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
All main meals served with two vegetables					
DESSERTS	Vanilla Ice Cream	Fruity Flapjack Bar	Fruit Jelly and Custard	Orange, Sultana and Carrot Slice	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

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	Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Vegetarian Sausage Served with Mashed Potato and Gravy	Cheese & Tomato Pizza Served with Potato Wedges	Vegan Sausage Casserole Served with Two Vegetables	Vegetarian Bolognese Served with Wholemeal Pasta and Two Vegetables	Quorn Dippers Served with Chips and Two Vegetables
HALAL DISH		Chicken Pie Served with Mashed Potato and Gravy	Roast Turkey Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	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	Jacket Potatoes with a choice of hot and cold fillings
All main meals served with two vegetables					
DESSERTS	Strawberry Ice Cream	Hot Chocolate Sponge served with Chocolate Custard	Oat Cookie served with Fruit Slices	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	Chicken Noodle Stir Fry Served with Two Vegetables	Roast Gammon Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Keralan Chicken Curry Served with Wholegrain Rice and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Mixed Bean Pasta Served with Stromboli Pizza Wedge	Sweet Chilli Vegetable Noodles Served with Two Vegetables	Vegetable Pie Served with Mashed Potato, Two Vegetables and Gravy	Cauliflower and Sweet Potato Masala Served with Wholegrain Rice and Two Vegetables	Quorn Dippers Served with Chips and Two Vegetables
HALAL DISH		Chicken Noodle Stir Fry Served with Two Vegetables	Roast Chicken Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Keralan Chicken Curry Served with Wholegrain Rice and Two Vegetables	
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	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
All main meals served with two vegetables					
DESSERTS	Jam Sponge	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