














Week 3

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza  Served with Potato Wedges	Beef Lasagne  Served with Garlic and Herb Bread	Roast Chicken Served with Roast Potatoes and Gravy	Sausage and Mash Served with Gravy	Breaded Fish Fingers Served with Chips
HOT DISH 2	Chilli No Carne with Crispy Tortilla    Served with Wholegrain Rice	Cauliflower Macaroni Cheese 	Sweet Potato and Chickpea Roast   Served with Roast Potatoes and Gravy	Sweet and Sour Vegetables   Served with Wholegrain Rice	Crispy Quorn Nuggets  Served with Chips
HALAL DISH		Beef Lasagne   Served with Garlic and Herb Bread	Roast Chicken  Served with Roast Potatoes and Gravy	Sausage and Mash  Served with Gravy	
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	Strawberry Jelly	Magic Apple and Cinnamon Bake 	Banana Cake 	Pineapple Upside Down Cake with Custard	Strawberry Frozen Yoghurt

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_814837

Three week menu

Autumn/Winter 23



For medical diets requirements please email chartwells.medicaldiets@compass-group.co.uk or visit 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	Cheese and Tomato Pizza Served with Potato Wedges	Classic Beef Burger Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
HOT DISH 2	Stir Fried Vegetable Rice 	Vegetarian Burger Served with Potato Wedges	Vegetable Pastry Roll Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets Served with Chips
HALAL DISH		Classic Beef Burger Served with Potato Wedges	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	
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	Vanilla Ice Cream	Crispy Crackle Bar with Fruit	Banana Cake	Original Flapjack	Brownie

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza Served with Potato Wedges	Turkey Con Chilli Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
HOT DISH 2	Sweet Potato Curry Served with Wholegrain Rice	Macaroni Cheese	Cheesy Leek and Carrot Crumble Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	Crispy Quorn Nuggets Served with Chips
HALAL DISH		Turkey Con Chilli Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread	
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	Strawberry Ice Cream	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake	Apple Crumble with Custard



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

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