

Week one

14/9 5/10 2/11 23/11 14/12

Monday

Burrito (V)
Soft Wrap
Filled with Lightly Spiced
Veggies and Rice **on the side...**
Carrots
Peas
for dessert...
Orange & Mango
Sorbet

Tuesday

Chicken Sausages
With Mash & Gravy **on the side...**
Sweetcorn
Broccoli
Baked Macaroni(V)
Traditional Mac N Cheese **for dessert...**
Secret Brownie

Wednesday

Roasted Chicken
With Roast Potatoes & Gravy
Traditional Roast Dinner **on the side...**
Carrots
Cabbage
for dessert...
Fruity Apricot Bar

Thursday

Pasta Bolognese*
A Classic Italian Beef Bolognese
In a yummy Tomato Sauce **on the side...**
Broccoli
Sweetcorn
for dessert...
Apple & Berry
Crumble with Custard

Friday

Golden Fish Fingers
with Chips **on the side...**
Peas
Baked Beans
for dessert...
Strawberry Swirl Sponge

Week two

31/8 21/9 12/10 9/11 30/11

Cheese Tomato Pizza
With Dough Balls (V)
Cheesy Tomato Topped Pizza Slice **on the side...**
Peas
Broccoli and Cauliflower
Medley
for dessert...
Raspberry Sorbet

Chicken Tikka Masala
With Rice **on the side...**
Broccoli
Chicken in a Mild
Curry Sauce with Rice
Sweetcorn
for dessert...
Apple & Carrot Yoghurt Muffin

Roasted Chicken
with Roast Potatoes & Gravy
Traditional Roast Dinner **on the side...**
Cabbage
Peas
for dessert...
Mango Frozen Yoghurt

Beef Burrito
Soft Wrap Filled with Spiced Beef & Rice **on the side...**
Carrot
Broccoli
for dessert...
Chocolate Slice

Fish Fingers
with Chips **on the side...**
Sweetcorn
Favourite Fish Finger Lunch
Baked Beans
for dessert...
Oatie Biscuit

Soft Taco Shell (V)
Filled with a Veggie Tomato
Chilli and Chips

Week three

7/9 28/9 19/10 16/11 7/12

Chinese Veggie Noodles (V)
Fragrant Egg Noodles with
Stir Fried Vegetables **on the side...**
Sweetcorn
Broccoli
for dessert...
Raspberry Ripple Cake

Chicken Korma
With Rice **on the side...**
Carrots
Chicken in a Mild Curry Sauce
Peas
for dessert...
Pineapple & Peach Crumble
With Custard

Roast Chicken
Fluffy Roast Potatoes and Tasty Gravy **on the side...**
Broccoli
Cabbage
for dessert...
Fruity Picnic Bar

Favourite Beef Lasagne
with a Garlic & Herb Bread
Wedge ** **on the side...**
Sweetcorn
Peas
for dessert...
Crunchy Chocolate Biscuit

Golden Fish Fingers & Chips
Crispy fish fingers and scrummy chips **on the side...**
Broccoli
Baked beans
for dessert...
Strawberry Frozen Yoghurt

Soft Taco & Chips (V)
Soft Taco Shell Filled
with Veggie Tomato Chilli



NEW LUNCH OPTIONS

Tomato and Basil Pasta ** (V)
A delicious fresh, homemade tomato
and basil sauce with penne pasta.

Jacket Potato with
a choice of Fillings



PACKED LUNCH

Chicken or Cheese Sandwich
or Daily Special Wrap
or Baguette served with Veg Sticks
and Fresh Fruit or Bear YoYo
or Dessert of the Day



Chartwells' Promise

- WE ONLY USE **Free Range** British eggs
- 82% of our produce is sourced from **local suppliers**
- ALL OUR MEAT IS **100% British**
- WE USE **Fairtrade** products
- REDUCING OUR CARBON FOOTPRINT **over 30%**
- ALL OUR FISH comes from **sustainable** and **ethical sources**
- WE USE **95%** of our own British produce
- Our **alcohol and nuts are RESTRICTION APPROVED**

More than just amazing food. Eat, Learn, Live helps us to educate young people about how to lead a happy, safe and healthy lifestyle while contributing to a sustainable world.

Cool Water, Fresh Fruit,
Freshly Baked Bread and Yoghurt
available daily.

Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

