

EAT

LEARN

LIVE

Chartwells



## Week 1 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> V	Lentil & Vegetable	Tomato & Basil	Yellow Spilt Pea	Carrot & Sweet Potato	Mushroom
<b>Main Meal</b>	Penne Beef Bolognese	Chicken Curry & Boiled Rice	Spring Lamb Hot Pot	Honey Roasted Gammon	Breaded Haddock & Chips
<b>Vegetarian Option</b> V	Mexican 5 Bean & Vegetable Tortillas	Mushroom & Pepper Stroganoff	Cheese & Tomato Pizzas	Macaroni Cheese	Mediterranean Vegetable Quorn Bake
<b>Third Choice</b>	Pasta Bake or Baked Potato	Pasta Bake or Baked Potato	Pasta Bake or Baked Potato	Pasta Bake or Baked Potato	Pasta Bake or Baked Potato
<b>Accompaniments</b>	Seasonal Vegetables, Salad Bar and a selection of wholemeal bread	Seasonal Vegetables, Salad Bar and a selection of wholemeal bread	Seasonal Vegetables, Salad Bar and a selection of wholemeal bread	Seasonal Vegetables, Salad Bar and a selection of wholemeal bread	Seasonal Vegetables, Salad Bar and a selection of wholemeal bread
<b>Dessert of the Day</b>	Mini Muffin	Fruits of the forest cheesecake	Apple Crumble & Custard	Raspberry Crannachan	Dairy Ice Cream
<b>Healthy Choice Dessert</b>	Selection of Fruit or Fromage Frais	Selection of Fruit or Fromage Frais	Selection of Fruit or Fromage Frais	Selection of Fruit or Fromage Frais	Selection of Fruit or Fromage Frais

= Dishes which meet with the Healthy Living Award Guide Lines

V = Suitable for vegetarians