

EAT

LEARN

LIVE

Chartwells



## Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> V	Vegetable Broth	Tomato & Roast Pepper	Leek & Potato	Cauliflower	Carrot & Coriander
<b>Main Meal</b>	Mince & Tatties	Stovies, Beetroot & Oatcakes	Toad in The Hole	Roast Scottish Lamb	Breaded Scampi & Chips
<b>Vegetarian Option</b> V	3 Egg Omelette	Five Spice Noodles	Cheese & Broccoli Quiche	Macaroni Cheese	Sweet Potato & Pea Risotto
<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>	Profiteroles	Jam Sponge & Custard	Strawberry Jelly	Sticky Toffee Pudding	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