

EAT

LEARN

LIVE

Chartwells



Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup V	Lentil & Vegetable 🍏	Tomato & Basil 🍏	Yellow Spilt Pea 🍏	Carrot & Sweet Potato 🍏	Mushroom 🍏
Main Meal	Chicken & Vegetable Pie	Steak Beef Curry 🍏	Pork Meatballs 🍏	Roast Turkey 🍏	Breaded Haddock & Chips
Vegetarian Option V	Vegetable Quarter Pounder 🍏	Vegetable Pitta Pockets 🍏	Mediterranean Vegetable Tart 🍏	Macaroni Cheese	Chinese Stir Fry & Noodles 🍏
Third Choice	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 🍏
Accompaniments	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 🍏
Dessert of the Day	Semolina Pudding 🍏	Jam Roly Poly	Angel Delight	Chocolate Sponge	Dairy Ice Cream
Healthy Choice Dessert	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