

EAT

LEARN

LIVE

Chartwells



## Week 4 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> V	Vegetable Broth	Tomato & Roast Pepper	Leek & Potato	Cauliflower	Carrot & Coriander
<b>Main Meal</b>	Haggis, Neeps & Tatties	Chicken in a Tomato & Basil sauce	Braised Pork Sausages	Roast Beef & Yorkshire Pudding	Breaded Fish Cakes & Chips
<b>Vegetarian Option</b> V	Spinach & Ricotta Cannelloni	Cauliflower Cheese	Vegetable Chilli	Macaroni Cheese	Vegetable Sweet & Sour Spring Rolls
<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>	Bread & Butter Pudding	Rice Pudding	Lime 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