



Week 3

W/C: 14/11, 05/12, 09/01, 30/01, 27/02, 20/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza  Served with Potato Wedges	Sweet and Sour Chicken  Served with Wholegrain Rice	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese  Served with Wholemeal Pasta and Two Vegetables	Southern Fried Chicken Served with Chips and Two Vegetables
HOT DISH 2	Sweet Potato Curry  Served with Wholegrain Rice	West African Vegetable Rice  Served with Two Vegetables	Sweet Potato Chickpea Roast  Served with Roast Potatoes, Two Vegetables and Gravy	Vegetarian Cottage Pie  Served with Two Vegetables and Gravy	Vegan Meatballs in Tomato Sauce  Served with Chips and Two Vegetables
HALAL DISH		Sweet and Sour Chicken  Served with Wholegrain Rice	Roast Chicken  Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese  Served with Wholemeal Pasta and Two Vegetables	Southern Fried Chicken  Served with Chips and Two Vegetables
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Vanilla Ice Cream	Fruity Flapjack Bar 	Fruit Jelly	Orange Shortbread with Fruit Slices 	Chocolate Milkshake with a Chocolate Biscuit

AVAILABLE EVERY DAY: WATER, SALAD, FRESHLY BAKED BREAD, TWO VEGETABLES, YOGHURT AND FRESH FRUIT

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice  Halal Available

CHART2022-3WFOLDED-AWB_747826

Three week menu

Autumn/Winter 22



For medical diets requirements please email chartwells.medicaldiets@compass-group.co.uk or visit www.chartwells.co.uk/nutrition

Week 1

W/C: 31/10, 21/11, 12/12, 16/01, 06/02, 06/03, 27/03

Week 2

W/C: 07/11, 28/11, 02/01, 23/01, 20/02, 13/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Macaroni Cheese Served with Two Vegetables	BBQ Chicken Served with Wholegrain Rice	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Vegetable Biryani Served with Two Vegetables	Cheese & Tomato Pizza Served with Potato Wedges	Sweet Potato and Chickpea Roast Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta and Two Vegetables	Quorn Dippers Served with Chips and Two Vegetables
HALAL DISH		BBQ Chicken Served with Wholegrain Rice	Roast Chicken Served with Roast Potatoes, Two Vegetables and Gravy	Beef Bolognese Served with Wholemeal Pasta and Two Vegetables	
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Strawberry Ice Cream	Hot Chocolate Sponge	Oat Cookie served with Fruit Slices	Secret Brownie	Shortbread served with Fruit Slices

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese & Tomato Pizza Served with Potato Wedges	Chicken Korma Served with Wholegrain Rice	Roast Turkey Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Beef Lasagne Served with Garlic and Herb Bread Wedge	Breaded Fish Served with Chips and Two Vegetables
HOT DISH 2	Mild Bean Chilli Served with Wholegrain Rice	Vegetable Korma Served with Wholegrain Rice	Vegetable Pastry Roll Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread Wedge	Quorn Dippers Served with Chips and Two Vegetables
HALAL DISH		Chicken Korma Served with Wholegrain Rice	Roast Turkey Served with Mashed Potato, Two Vegetables, Yorkshire Pudding and Gravy	Beef Lasagne Served with Garlic and Herb Bread Wedge	
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Chocolate Ice Cream	Banana and Apricot Flapjack served with Fresh Fruit	Jam Sponge	Raspberry Ripple Cake	Strawberry Milkshake with Fresh Fruit

AVAILABLE EVERY DAY: WATER, SALAD, FRESHLY BAKED BREAD, TWO VEGETABLES, YOGHURT AND FRESH FRUIT

Vegetarian
 Oily fish
 Wholegrain
 Fruity!
 Nutritionist's Choice
 Halal Available