

# Week one

05/11 26/11 17/12 21/01 11/02 11/03 01/04

Monday

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Pasta Salad\*\*  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Carrot Batons, Peas  
Fresh Seasonal Salad Bar

**for dessert...**  
Flapjack with Fruit Slices\*

Tuesday

**Choose a main meal...**  
Chicken Fillet in a Bun with Jacket Wedges  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Roasted Vegetables  
Fresh Seasonal Salad Bar

**for dessert...**  
Crunchy Plum Crumble\* with Custard

Wednesday

**Choose a main meal...**  
Roast Turkey with Roast Potatoes & Gravy  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Green Beans, Carrot Batons  
Fresh Seasonal Salad Bar

**for dessert...**  
Chocolate Ice Cream with Mandarin Segments\*

Thursday

**Choose a main meal...**  
Mexican Beef (A Mild Chilli Con Carne) with Rice\*\*  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Sweetcorn, Broccoli  
Fresh Seasonal Salad Bar

**for dessert...**  
Brownie Cake with Banana\*

Friday

**Choose a main meal...**  
Crispy Fish & Chips  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Peas, Carrot Batons & Baked Beans  
Fresh Seasonal Salad Bar

**for dessert...**  
Lemon Shortbread with Fruit Slices\*

# Week two

12/11 03/12 07/01 28/01 25/02 18/03 08/04

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Pasta Salad\*\*  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Sweetcorn, Peas  
Fresh Seasonal Salad Bar

**for dessert...**  
Vanilla Ice Cream with Fruit Slices\*

**Choose a main meal...**  
Chicken & Sweetcorn Pie with Creamy Mashed Potato  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Roasted Vegetables  
Fresh Seasonal Salad Bar

**for dessert...**  
Orange & Lemon Sponge Cake with Fruit Slices\*

**Choose a main meal...**  
Roast Pork with Roast Potatoes & Gravy  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Broccoli, Carrot Batons  
Fresh Seasonal Salad Bar

**for dessert...**  
Crunchy Chocolate Biscuits with Fruit Slices\*

**Choose a main meal...**  
Beef Burger with Potato Wedges  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Green Beans, Sweetcorn  
Fresh Seasonal Salad Bar

**for dessert...**  
Apple & Berry Crumble\* with Custard

**Choose a main meal...**  
Golden Cod Fillet Fish Fingers & Chips  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Peas, Carrot Batons & Baked Beans  
Fresh Seasonal Salad Bar

**for dessert...**  
Flapjack with Banana & Apricot\*

# Week three

19/11 10/12 14/01 04/02 04/03 25/03

**Choose a main meal...**  
Mozzarella & Tomato Pizza\*\* with Jacket Wedges  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Green Beans, Sweetcorn  
Fresh Seasonal Salad Bar

**for dessert...**  
Strawberry Ice Cream with Fruit Slices\*

**Choose a main meal...**  
Pork Sausages with Creamy Mashed Potato  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Broccoli, Sweetcorn  
Fresh Seasonal Salad Bar

**for dessert...**  
Raspberry Ripple Cake with Fruit Slices\*

**Choose a main meal...**  
Roast Turkey with Roast Potatoes & Gravy  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Seasonal Cabbage, Carrot Batons  
Fresh Seasonal Salad Bar

**for dessert...**  
Peach Slice\* with Custard

**Choose a main meal...**  
Beef Lasagne with a Garlic & Herb Bread Wedge  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Roasted Vegetables  
Fresh Seasonal Salad Bar

**for dessert...**  
Shortbread Fingers with Fruit Slices\*

**Choose a main meal...**  
Golden Cod or Crispy Salmon\*\*\* Fillet Fish Fingers with Chips  
A Selection of Sandwiches & Loaded Jacket Potatoes  
Fresh Bread Daily

**on the side...**  
Peas, Carrot Batons & Baked Beans  
Fresh Seasonal Salad Bar

**for dessert...**  
Pineapple Upside Down Cake\*\* with Custard

All our milk is Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

All our bananas are FAIRTRADE



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



FARM TO FORK We can trace every cut of meat back to the farms of origin

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY

Chartwells EAT LEARN LIVE

Self serve Salad Bar available to accompany main meal and fresh Home Baked Breads available throughout the week  
Fresh Fruit & Yoghurt and a choice of Organic Milk, Fruit Juice & Cool Water served daily  
\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian. LOOK OUT FOR OUR EXCITING THEME DAY PROMOTIONS!

