W/C: 31/10, 21/11, $x x / x x, x x / x x, x x / x x, x x / x x$, $\mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}$, $\mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}$,


## WEDNESDAY

THURSDAY

Chartwells

©
 FRIDAY


Dessert
Served with Peas and Carrots
Segetarian Sausage
Served with Mashed Potato and Ser
Gravy
With a choice of fillings
Carrots and Peas
Vanilla Ice Cream
-

Chicken Pie
Roast Turkey
Beef Bolognese
Breaded Fish

| Served with Mashed Potato and |  |
| :---: | :---: |
| Gravy | Served with Roast Potatoes and <br> Gravy |
| Cheese and Tomato Pizza | Segan Sausage Casserole |
| Sery |  |

Served with Wholemeal Pasta, Broccoli and Sweetcorn

Served with Chips, Peas and Beans (~) Quorn Dippers $v$

Served with Chips, Peas and Beans Freshly Prepared Salads
Available every day

| Jacket Potato $\boldsymbol{v}$ | Jacket Potato $\boldsymbol{\sim}$ | Jacket Potato $\mathbb{m}$ |
| :---: | :---: | :---: |
| With a choice of fillings | With a choice of fillings | With a choice of fillings |

Tomato Pasta
Wholemeal Pasta with homemade Tomato Sauce
Available every day
Sweetcorn and Fresh Salad
Hot Chocolate Sponge with
Chocolate Custard

| Carrots and Cabbage | Broccoli and Sweetcorn |
| :---: | :---: |
| Ice Cream Milkshake with |  |
| Shortbread |  | Shortbread

PACKED LUNCH - AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL VEGETABLES AND FRESH FRUIT DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD YOGHURT AND FRESH FRUITVegetarian Oily fish

Wholegrain Fruity! Nutritionist's choice Internal

W/C: $x x / x x, x x / x x, x x / x x, x x / x x, x x / x x, x x / x x$, $\mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}$, $x x / x x, x x / x x, x x / x x, x x / x x, x x / x x$,
(a) Chartwells MENU

## MONDAY

TUESDAY

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WEDNESDAY
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FRIDAY

W/C: $x x / x x, x x / x x, x x / x x, x x / x x, x x / x x, x x / x x$, $\mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}$, $\mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}, \mathrm{xx} / \mathrm{xx}$,

MONDAY
TUESDAY

## WEDNESDAY

THURSDAY

Chartwells
Hot Main Dish
Alternative Dish
Salads
Pasta Potato
Vegetables
Dessert
Pesto Pasta Bake
Served with Peas and Carrots
Cheese and Tomato Pizza
Served With Salad Sticks
Jacket Potato
With a choice of fillings

Sweet and Sour Chicken
Roast Pork
Cottage Pie
Cottage Pie Southern Fried Chicken
Served with Sweetcorn and Served with Chips, Peas and Beans
Green Beans

Southern Fried Chicken

| Served with Peas and Carrots | Served with Wholemeal Rice | Served with Roast Potatoes and <br> Gravy |
| :---: | :---: | :---: |
| Cheese and Tomato Pizza | Caribbean Vegetable Ricervale Pastry Roll | Vegetable |
| Served With Salad Sticks | Served with Broccoli and <br> Sweetcorn | Served with Roast Potatoes and <br> Gravy |

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

