

THREE WEEK MENU

Autumn/Winter 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



Chartwells
So much more than Fantastic Food





WEEK 1 MENU

W/C: 31/10, 21/11, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Vegetarian

 **Oily fish** Wholegrain

Fruity!

 **Nutritionist's choice**

Internal



WEEK 2 MENU

W/C: xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT AND FRESH FRUIT



Realist's

choice

Internal

Internal



WEEK 3 MENU

W/C: xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,
xx/xx, xx/xx, xx/xx, xx/xx, xx/xx,



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

 Vegetarian
  Oily fish
  Wholegrain
  Fruity!
 

Internal