

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Chicken and Vegetable Wrap	Spaghetti Bolognaise with Crusty Bread	Roast Chicken served with Roast Potatoes and Gravy	Sausage, Baked Beans and Mashed Potato	Cod Fish Fingers served with Jacket Wedges
<b>Vegetarian</b>	Macaroni Cheese	Margarita Pizza	Baked Bean Lasagne	Cheese Flan	Vegetable Ravioli served with Jacket Wedges
<b>Vegetables</b>	Golden Sweetcorn Garden Peas	Baked Beans Green Beans	Savoy Cabbage Carrots	Broccoli Florets Sweetcorn	Baked Beans Garden Peas
<b>Salad Selection</b>	Mixed Bean	Potato & Spring Onion	Coleslaw	Mixed Leaf	Tomato and Cucumber Salsa
<b>Desserts</b>	Toffee Apple Crumble served with Custard  Seasonal Fresh Fruit Yogurt & Fruit Dippers	Iced Carrot Cake  Fresh Fruit Salad Yogurt with Fruit	Chocolate Sponge served with Chocolate Sauce  Seasonal Fresh Fruit Yogurt with Fruit	Fruity Flapjack served with Custard  Fresh Fruit Salad Yogurt with Fruit	Berry Chill with Fresh Fruit Salad  Seasonal Fresh Fruit Yogurt with Fruit
<b>Drinks</b>	Chilled Water or Cold Milk	Chilled Water or Cold Milk	Chilled Water or Cold Milk	Chilled Water or Cold Milk	Chilled Water or Cold Milk

**“We use only free range eggs and sustainable fisheries”**

**“Our bread is fresh baked and all of our food is nutritionally balanced”**

**“We offer a 5 choice salad bar daily”**

**EAT**

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W/C: 20/02/12 12/03/12

  
Chartwells

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Tuna & Sweetcorn Pasta served with Herb and Tomato Bread	Chilli con Carne served with Rice and Garlic Bread	Roast Chicken with Roast Potatoes and Gravy	Lasagne with Crusty Bread	Turkey Burger (Quorn Burger available) with Chipped Potatoes
<b>Vegetarian</b>	Cheese and Pepper Pastry Whirl	Tomato & Basil Pasta Bake served with Garlic Bread	Jacket Potato with Cheese and/or Baked Beans or Tuna Mayonnaise	Quorn Vegetable Korma Wraps	Vegetable Burger
<b>Vegetables</b>	Cauliflower Green Beans	Sweetcorn Garden Peas	Savoy Cabbage Carrots	Broccoli Florets Sweetcorn	Garden Peas Baked Beans
<b>Salad</b>	Cheese Coleslaw	Mixed Leaf	Bombay Cous Cous	Carrot & Sultana	Pasta Salad
<b>Desserts</b>	Ice Cream with Fruit  Seasonal Fresh Fruit	Banana Pudding served with Chocolate Sauce  Fresh Fruit Salad	Apple Flapjack served with Custard  Seasonal Fresh Fruit	Chocolate and Orange Mousse  Fresh Fruit Salad	Fruity Jelly with Fresh Fruit Pieces  Seasonal Fresh Fruit
<b>Drinks</b>	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water

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W/C 27/02/12 19/03/12

  
Chartwells

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	Chicken Sausages served with Champ Mash and Gravy	Traditional Shepherds Pie with Gravy	Roast Turkey served with Roast Potatoes and Gravy	Chicken Fajitas served with Rice and Peas	Crispy Salmon Fish Fingers served with Chipped Potatoes
<b>Vegetarian</b>	Vegetarian Sausages served with Champ Mash and Gravy	Pasta Neapolitan with Garlic & Herb Bread	Jacket Potato topped with Cheese and/or Baked Beans and/or Tuna Mayonnaise	Cheese Pasty	Vegetable Pizza Baguette
<b>Vegetables</b>	Baked Beans Sweetcorn	Cauliflower Garden Peas	Carrots Green Beans	Broccoli Mixed Vegetables	Baked Beans Garden Peas
<b>Salad</b>	Apple & Celery Salad	Cucumber Raita	Savoury Rice	Tuna Pasta	Mixed Leaf
<b>Desserts</b>	Creamy Rice Pudding served with Peaches  Seasonal Fresh Fruit	Lemon Drizzle Cake served with Custard  Fresh Fruit Salad	Rice Crispy Slice with Fruit and Ice Cream  Seasonal Fresh Fruit	Pineapple Upside Down Cake served with Custard  Fresh Fruit Salad	Peach Crumble served with Custard  Seasonal Fresh Fruit
<b>Drinks</b>	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water	Cool Milk Chilled Water

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