WEEK 3 MENU

W/C: **22/01 19/02 11/03**

Chartwells
So much more than fantastic food

AUTUMN/WINTER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish 1	**Sweet Chilli Vegetable Noodles** (V)	**Sausage Pasta Bake** with Garlic and Herb Bread	**Roast Chicken** with Roast Potatoes & Gravy	**Chinese Vegetable Egg Fried Rice** (V)	**Breaded Fish Fingers Or BBQ Chicken** with Chips
Main Dish 2	**Cheese and Tomato Pizza** with Potato Wedges (V)	**Mexican Vegetable Tortilla Pie** with Wholegrain Rice (V)	**Creamy Vegetable Pie** with Roast Potatoes & Gravy (V)	**Macaroni Cheese** with Broccoli and Carrots (V)	**Veggie Hot Dog** with Chips (V) VE
Schools Choice	**Freshly Made Tomato Pasta or Topped Jacket Potato** with Cheese, Coleslaw, Beans or Tuna Mayo **or Filled Sandwich/Baguette** (V) VE (V) VE (V) VE				
Vegetables	**Sweetcorn Peas**	**Green Beans Carrots**	**Cabbage Sweetcorn**	**Broccoli Carrots**	**Baked Beans Peas**
Salads	**Pasta Salad, Carrot, Tomato, Cucumber, Lettuce**	**Noodle Salad, Peppers, Tomato, Cucumber, Lettuce**	**Cous Cous Salad, Sweetcorn, Tomato, Cucumber, Lettuce**	**Potato Salad, Carrot, Tomato, Cucumber, Lettuce**	**Coleslaw, Sweetcorn, Tomato, Cucumber, Lettuce**
Dessert	**Organic Yoghurt & Fresh Fruit Slices** **Apple & Cinnamon Bake with Custard**	**Organic Yoghurt & Fresh Fruit Slices** **Original Flapjack with Fresh Fruit**	**Organic Yoghurt & Fresh Fruit Bowl** **Strawberry Jelly with Fresh Fruit Slices**	**Organic Yoghurt & Fresh Fruit Salad** **Banana Cake with Custard**	**Organic Yoghurt & Fresh Fruit Slices** **Chocolate Brownie with Fresh Fruit Slices**

Water, Organic Milk & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to availability and individual school changes.

(V) Vegetarian · Oily fish · Wholegrain · Fruity! · Nutritionist's choice · VE Vegan

FOOD FOR LIFE SILVER SERVED HERE Soil Association

Sustainable Seafood Coalition

SUGAR SMART LEWISHAM