

# Week 3

W/C: 29/04, 20/05, 17/06, 08/07, 16/09, 07/10

# Three week menu

Spring/Summer 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Margherita Pizza</b> Served with Potato Wedges	<b>Beef Lasagne</b> Served with Garlic and Herb Bread	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Chicken and Broccoli Pasta Bake</b>	<b>Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Vegetable Korma</b> Served with Wholegrain Rice	<b>Vegetarian Lasagne</b> Served with Garlic and Herb Bread	<b>Quorn Roast</b> Served with Roast Potatoes and Gravy	<b>Macaroni Cheese</b>	<b>Quorn Dippers</b> Served with Chips
HALAL DISH		<b>Beef Lasagne</b> Served with Garlic and Herb Bread	<b>Roast Beef</b> Served with Roast Potatoes and Gravy	<b>Chicken and Broccoli Pasta Bake</b>	
JACKET POTATO	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling
<b>PASTA: Wholemeal pasta with homemade tomato sauce served daily</b>					
<b>All main meals served with two vegetables</b>					
DESSERTS	<b>Vanilla Ice Cream</b>	<b>Strawberry Jelly</b>	<b>Banana Cake</b>	<b>Scillian Lemon Cookie</b>	<b>Chocolate Brownie with Fruit</b>

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

🌿 Vegetarian
🐟 Oily fish
🌾 Wholegrain
🍏 Fruity!
🩺 Nutritionist's Choice
🍲 Halal Available

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For medical diets requirements please email [chartwells.medicaldiets@compass-group.co.uk](mailto:chartwells.medicaldiets@compass-group.co.uk) or visit [www.chartwells.co.uk/nutrition](http://www.chartwells.co.uk/nutrition)

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



# Week 1

W/C: 15/04, 06/05, 03/06, 24/06, 15/07, 02/09, 23/09, 14/10

# Week 2

W/C: 22/04, 13/05, 10/06, 01/07, 22/07, 09/09, 30/09, 21/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Margherita Pizza</b> Served with Potato Wedges	<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>BBQ Chicken</b> Served with Wholegrain Rice	<b>Fish Fingers</b> Served with Chips
HOT DISH 2	<b>Sweet Potato Curry</b> Served with Wholegrain Rice	<b>Vegetarian Burger</b> Served with Potato Wedges	<b>Vegetarian Cottage Pie</b> Served with Gravy	<b>Chilli No Carne with Crispy Tortilla</b> Served with Wholegrain Rice	<b>Quorn Dippers</b> Served with Chips
HALAL DISH		<b>Classic Beef Burger</b> Served with Potato Wedges	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>BBQ Chicken</b> Served with Wholegrain Rice	
JACKET POTATO	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of fillings, including salmon mayo	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling
<b>PASTA: Wholemeal pasta with homemade tomato sauce served daily</b>					
<b>All main meals served with two vegetables</b>					
DESSERTS	<b>Strawberry Ice Cream</b>	<b>Crispy Crackle Bar with Fruit</b>	<b>Tutti Fruiti Jelly</b>	<b>Flapjack</b>	<b>Chocolate Sponge</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	<b>Cheese and Tomato Pizza</b> Served with Potato Wedges	<b>Beef Bolognese</b> Served with Wholewheat Pasta	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Butter Chicken Curry</b> Served with Wholegrain Rice	<b>Fish Fingers</b> Served with Chips
HOT DISH 2	<b>West African Vegetable Rice</b> Served with Wholegrain Rice	<b>Vegetarian Bolognese</b> Served with Wholewheat Pasta	<b>Quorn Roast</b> Served with Roast Potatoes and Gravy	<b>Cauliflower Macaroni Cheese</b>	<b>Veggie Fingers</b> Served with Chips
HALAL DISH		<b>Beef Bolognese</b> Served with Wholewheat Pasta	<b>Roast Chicken</b> Served with Roast Potatoes and Gravy	<b>Butter Chicken Curry</b> Served with Wholegrain Rice	
JACKET POTATO	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling	<b>Jacket Potato</b> with a choice of filling
<b>PASTA: Wholemeal pasta with homemade tomato sauce served daily</b>					
<b>All main meals served with two vegetables</b>					
DESSERTS	<b>Strawberry Ice Cream</b>	<b>Chocolate Cookie with Fruit</b>	<b>Orange Jelly</b>	<b>Vanilla Sponge</b>	<b>Chocolate Shortbread with Fruit</b>

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🌾 Wholegrain
🍏 Fruity!
❤️ Nutritionist's Choice
🕸 Halal Available