

Week 3

W/C: 01/05, 22/05, 19/06, 10/07, 04/09, 25/09, 16/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza  Served with Potato Wedges	Mexican Beef Tortilla Pie  Served with Wholegrain Rice	Roast Turkey Served with Roast Potatoes and Gravy	Butter Chicken Curry  Served with Wholegrain Rice	Breaded Fish Fingers Served with Chips
HOT DISH 2	Vegetable Korma  Served with Wholegrain Rice	Mexican Vegetarian Tortilla Pie  Served with Wholegrain Rice	Vegetable Pastry Roll  Served with Roast Potatoes and Gravy	Macaroni Cheese 	Tomato Vegetable Burger  Served with Chips
HALAL DISH		Mexican Beef Tortilla Pie  Served with Wholegrain Rice	Roast Turkey  Served with Roast Potatoes and Gravy	Butter Chicken Curry  Served with Wholegrain Rice	
JACKET POTATO	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings	Jacket Potatoes  with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Vanilla Ice Cream	Orange Shortbread with Fruit 	Chocolate Brownie with Fruit 	Crispy Crackle Bar	Chocolate Milkshake with Cookie

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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Three week menu

Spring/Summer 23



For medical diets requirements please email chartwells.medicaldiets@compass-group.co.uk or visit www.chartwells.co.uk/nutrition



Week 1

W/C: 17/04, 08/05, 05/06, 26/06, 17/07, 11/09, 02/10

Week 2

W/C: 24/04, 15/05, 12/06, 03/07, 28/08, 18/09, 09/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza Served with Potato Wedges	Chicken Korma Served with Wholegrain Rice	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
HOT DISH 2	Sweet Potato Curry Served with Wholegrain Rice	Macaroni Cheese	Roasted Vegetable Butterbean Crumble Served with Roast Potatoes and Gravy	Vegetarian Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	Vegetarian Dippers Served with Chips
HALAL DISH		Chicken Korma Served with Wholegrain Rice	Roast Turkey Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholemeal Pasta and Garlic and Herb Bread	
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings, including Salmon Mayonnaise	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Mango Frozen Yoghurt	Hot Chocolate Sponge with Chocolate Custard	Strawberry Jelly with Fruit	Fruity Picnic Bar	Chocolate Ice Cream

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISH 1	Cheese and Tomato Pizza Served with Potato Wedges	Chinese Chicken and Vegetable Rice 	Roast Chicken Served with Roast Potatoes and Gravy	Beef Lasagne Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
HOT DISH 2	Vegetable Pastry Roll Served with Potato Wedges	Cauliflower Macaroni Cheese 	Sweet Potato and Chickpea Roast Served with Roast Potatoes and Gravy	Vegetable Lasagne Served with Garlic and Herb Bread	Vegetarian Dippers Served with Chips
HALAL DISH		Chinese Chicken and Vegetable Rice 	Roast Chicken Served with Roast Potatoes and Gravy	Beef Lasagne Served with Garlic and Herb Bread	
JACKET POTATO	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings	Jacket Potatoes with a choice of hot and cold fillings
PASTA: Wholemeal pasta with homemade tomato sauce served daily					
All main meals served with two vegetables					
DESSERTS	Orange Jelly	Berry Flapjack with Fruit	Crunchy Chocolate Biscuit	Pineapple Upside Down Cake	Strawberry Ice Cream

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

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice Halal Available