



MONDAY

### HOT SPECIALS...

**Chicken Korma with Rice**  
Chicken in a tasty mild curry sauce with rice

**Cheese & Tomato Pasta**  
Creamy cheese sauce with tomatoes & pasta

### DAILY FAVES...

**Jacket Potato** with baked beans

**WEEK 3** W/C: 07/09, 28/09, 19/10, 09/11, 30/11, 21/12, 11/01, 01/02, 22/02, 15/03, 05/04

### SIDES...

Mixed Vegetables  
or  
Salad

### PICK A PUD!

Apple & Mango Drizzle Cake  
Fruit Salad

TUESDAY

**Cheese & Tomato Pizza**  
Deep pan pizza with a cheese & tomato topping

**Salmon & Broccoli Pasta**  
Salmon flakes with broccoli & sweetcorn in a white pasta sauce

**Jacket Potato** with Quorn bolognese

Green Beans  
or  
Salad

Oat & Honey Shortbread  
Fruit Salad

WEDNESDAY

**Roast Gammon with Roast Potatoes & Gravy**

**Veggie Sausage & Roast Potatoes with Gravy**  
Quorn sausages & potatoes with vegetarian gravy

**Jacket Potato** with cheese

Seasonal Cabbage & Carrot Mix

Melon & Orange Cocktail  
Fruit Salad

THURSDAY

**Beef Burger in a Bun with Baked Beans**  
Beef burger with optional ketchup

**Butternut Squash & Chickpea Curry with Rice**  
Chunky vegetables in a mild korma sauce

**Jacket Potato** with tuna & cucumber mayo

Peas & Sweetcorn  
or  
Salad

Yoghurt & Fruit Slices  
Fruit Salad

FRIDAY

**Fish & Chips**  
Traditional battered fish

**Veggie Nuggets & Chips**  
Shaped breaded Quorn nuggets

**Jacket Potato** with cheese

Baked Beans  
or  
Salad

Banana Marble Cake & Custard  
Fruit Salad



# Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.35

THREE WEEK MENU  
SEPT '20—APRIL '21



Chartwells

MONDAY

**HOT SPECIALS...**

**Beef Bolognese**  
A classic Italian beef bolognese in a tomato sauce

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**Butternut Squash & Chickpea Curry with Rice** 🌱 (V)

**DAILY FAVES...**

**Jacket Potato**  
with tuna & cucumber mayo

**WEEK 1** W/C: 14/09, 05/10, 26/10, 16/11, 07/12, 28/12, 18/01, 08/02, 01/03, 22/03, 12/04

**SIDES...**

**Green Beans**  
or  
Salad

**PICK A PUD!**

**Yoghurt & Granola**  
.....  
**Fruit Salad** 🍏

MONDAY

TUESDAY

**Traditional Mac 'N' Cheese** (V)  
Macaroni in a creamy cheese sauce

.....

**Quorn Sausage & Bean Hotpot** (V)  
Vegetarian sausage & mixed beans in a tomato sauce with roast potatoes

**Jacket Potato** (V)  
with baked beans

**Carrots & Sweetcorn**  
or  
Salad

**Melon & Orange Cocktail** 🍏  
.....  
**Fruit Salad** 🍏

TUESDAY

WEDNESDAY

**Roast Chicken with Roast Potatoes & Gravy**  
.....

**Cauliflower & Sweetcorn Bake with Roast Potatoes** (V)  
Cauliflower cheese & sweetcorn

**Jacket Potato** (V)  
with cheese

**Seasonal Cabbage & Carrot Mix**

**Oat & Honey Shortbread**  
.....  
**Fruit Salad** 🍏

WEDNESDAY

THURSDAY

**Sausage & Mash with Gravy**  
Pork & beef sausages & mash with gravy

.....

**Cheese & Tomato Pasta** (V)  
Creamy cheese sauce with tomatoes & pasta

**Jacket Potato**  
with tuna & cucumber mayo

**Mixed Vegetables**  
or  
Salad

**Apple & Mango Drizzle Cake** 🍏  
.....  
**Fruit Salad** 🍏

THURSDAY

FRIDAY

**Fish & Chips**  
Traditional battered fish

.....

**Plain Omelette with Chips** (V)

**Jacket Potato** (V)  
with cheese

**Baked Beans**  
or  
Salad

**Gingerbread Cookie**  
.....  
**Fruit Salad** 🍏

FRIDAY

**HOT SPECIALS...**

**Cheese & Tomato Pizza** (V)  
Deep pan pizza with a cheese & tomato topping

.....

**Creamy Chicken Pasta**  
Chicken in a tomato & basil pasta sauce

**DAILY FAVES...**

**Jacket Potato** (V)  
with baked beans

**SIDES...**

**Peas & Sweetcorn**  
or  
Salad

**PICK A PUD!**

**Muesli Flapjack**  
.....  
**Fruit Salad** 🍏

MONDAY

**Sausage & Mash with Gravy**  
Pork and beef sausages & mash with gravy

.....

**Bean & Lentil Casserole** (V)

**Jacket Potato**  
with a tuna & sweetcorn mayo

**Green Beans**  
or  
Salad

**Banana Marble Cake & Custard** 🍏  
.....  
**Fruit Salad** 🍏

TUESDAY

**Roast Beef with Roast Potatoes & Gravy**  
.....

**Quorn Balls in Gravy with Roast Potatoes** (V)  
Vegetarian balls in vegetarian gravy

**Jacket Potato** (V)  
with cheese

**Seasonal Cabbage & Carrot Mix**

**Melon & Orange Cocktail** 🍏  
.....  
**Fruit Salad** 🍏

WEDNESDAY

**Traditional Mac 'N' Cheese** (V)  
Macaroni in a creamy cheese sauce

.....

**Vegetable Masala with Rice** (V)  
Chunky vegetables in a mild masala sauce & wholegrain rice

**Jacket Potato** (V)  
with Quorn bolognese

**Mixed Vegetables**  
or  
Salad

**Gingerbread Cookie**  
.....  
**Fruit Salad** 🍏

THURSDAY

**Fish & Chips**  
Traditional battered fish

.....

**Quorn Burger in a Bun & Chips** (V)  
Quorn patty in a bun with optional ketchup

**Jacket Potato** (V)  
with cheese

**Baked Beans**  
or  
Salad

**Yoghurt & Fruit Slices** 🍏  
.....  
**Fruit Salad** 🍏

FRIDAY

(V) Vegetarian 🐟 Oily fish  
🌱 Wholegrain 🍏 Fruity!

Water, milk, salad, bread and fruit available every day

Available every day!

