

		W/C: 13/09 04/10 25/10 15/11 06/12 27/12 17/01 07/02 28/02
	WEEK 3	
	DAILY FAVES...	
MONDAY	HOT SPECIALS... Cheese and Tomato Pizza with Dough Balls Cheesy tomato topped pizza slice Veggie Sausage and Mash with Gravy Veggie sausage and mash with rich gravy	SIDES... Peas and Carrots PICK A PUD! Oatie Biscuit with Fruit Slices
TUESDAY	Allegra's Garlicky Chicken and Spanishy Spuds Garlic seasoned chicken served with spanish style potatoes Allegra's Cheesy Peasy Risotto Bake A delicious baked cheesy, pea rissoto	Jacket Potato with a choice of fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta Sweetcorn and Broccoli Apple & Carrot Yoghurt Cake
WEDNESDAY	Tender Roast Gammon with Roast Potatoes & Gravy Tender roast gammon with fluffy roasties and tasty gravy Butternut Squash and Potato Pastry Slice with Roast Potatoes & Gravy A chunky Butternut Squash and potato slice	Jacket Potato with a choice of fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta Carrots and Cabbage Fruit & Yoghurt
THURSDAY	Lasagne with a Garlic & Herb Bread Wedge A classic Italian layered pasta dish with beef mince Mild Chickpea and Potato Curry Served with Wholemeal Rice	Jacket Potato with a choice of fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta Broccoli and Sweetcorn Chocolate Sponge Cake with Chocolate Sauce
FRIDAY	Golden Fish Fingers and Chips Crispy fish fingers with scrummy chips Soft Taco and Chips A soft taco shell filled with a yummy veggie tomato chilli	Jacket Potato with a choice of fillings Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta Baked Beans and Peas Crispy Snow Bar



Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children



£2.15

THREE WEEK MENU
AUTUMN/WINTER 2021


Chartwells

MONDAY

HOT SPECIALS...

Burrito  
A soft wrap filled with lightly spiced veggies and rice

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Vegetable Supreme Pizza with dough balls 
Cheesy tomato pizza slice topped with sweetcorn and peppers

DAILY FAVES...

Jacket Potato 
with a choice of fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

WEEK 1

W/C: 30/08 20/09 11/10
01/11 22/11 13/12
03/01 24/01 14/02

SIDES...

Carrots and Sweetcorn

PICK A PUD!


Raspberry Ripple Ice Cream


MONDAY

TUESDAY



Allegra's Chicken Filo Pie with Mashed Potato
A delicious light filo pastry topped chicken pie

.....

Butternut Squash & Tomato Bake with Rice 
A vegetable bake topped with a cheesy crust served with rice

Jacket Potato 
with a choice of fillings including salmon mayo

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Peas and Broccoli



Brownie

TUESDAY

WEDNESDAY

Roast Turkey with Roast Potatoes & Gravy
Roast turkey with fluffy roasties and tasty gravy

.....


Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy  
A chunky sweet potato and chickpea roast

Jacket Potato 
with a choice of fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Carrots and Cabbage

Fruit & Yoghurt 

WEDNESDAY

THURSDAY

Beef Bolognese  
A classic Italian Beef Bolognese in a yummy tomato sauce

.....

Macaroni Cheese
Cheesy Macaroni Pasta

Jacket Potato 
with a choice of fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Broccoli and Sweetcorn

Pineapple Upside Down Cake with Custard  

THURSDAY

FRIDAY

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

.....

Meat-free Nuggets and Chips 
Crispy Quorn nuggets with their fave sauce - ketchup

Jacket Potato 
with a choice of fillings

.....


Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Baked Beans and Peas



Shortbread Biscuit with Fruit Slices 

FRIDAY

HOT SPECIALS...



Cheese and Tomato Pizza with Dough Balls 
Cheesy tomato topped pizza slice

.....

Veggie Bolognese  
Yummy veggie Bolognese with pasta


Sausage and Mash with Gravy
Sausage and mash with rich gravy

.....

Allegra's Oodles of Noodles  
Delicious noodles with tofu and veggies

Roast Chicken with Roast Potatoes & Gravy
Succulent roast chicken with fluffy roasties and tasty gravy

.....

Creamy Vegetable Pie with Roast Potatoes and Gravy 
Creamy vegetable pie with a cheesy shortcrust topper



Cottage Pie 
Home cooked minced beef with a crispy potato topping

.....

Macaroni Cheese 
Cheesy Macaroni Pasta

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips


.....

Tomato Veggie Burger and Chips  
A scrummy tomato veggie burger in a soft bap

DAILY FAVES...

Jacket Potato 
with a choice of fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Jacket Potato 
with a choice of fillings

.....

Tomato Pasta  
Fresh, homemade tomato and basil sauce with penne pasta

Carrots and Sweetcorn

PICK A PUD!
Flapjack with Fruit Slices 

WEEK 2

W/C: 06/09 27/09 18/10
08/11 29/11 20/12
10/01 31/01 21/02

Broccoli and Peas

Peach Shortbread Pudding & Custard 

Cabbage and Carrots





Fruit & Yoghurt 

Broccoli and Sweetcorn

Fruity Chocolate Brownie

Peas and Baked Beans

Raspberry Yoghurt Cake

 Vegetarian  Oily fish
 Wholegrain  Fruity!
 Nutritionist's Choice

Water, salad,
freshly baked bread,
yoghurt & fresh fruit

Available
every day!

