



Autumn 2024  
Week 1

Chartwells

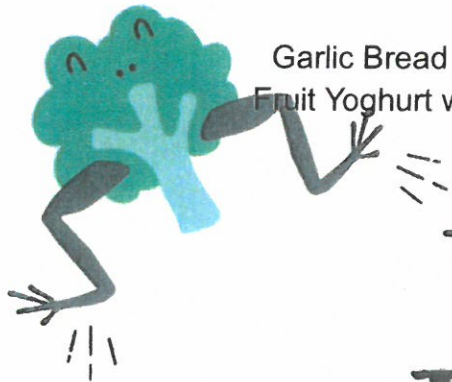
INDEPENDENT

# This week's menu

## Monday

### PLANT POWER

Vegan Bolognese with Spaghetti and Italian Cheese (WHEAT)(CELERY) (MILK)  
Roasted Vegetable Pesto Gnocchi (WHEAT)(MILK)  
Roasted Vegetables  
Broccoli  
Garlic Bread (WHEAT) May Contain SOYA, MILK  
Fruit Yoghurt with Granola Crumb (WHEAT)(MILK)



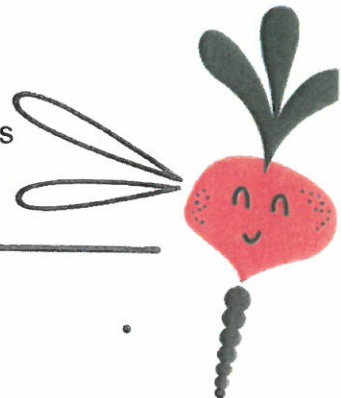
## Tuesday

Harissa & Lemon Chicken  
Moroccan Cauliflower, Spinach & Borlotti Bean Stew (CELERY)  
Lemon Potatoes,  
Pickled Red Cabbage  
Roasted Cumin Carrots,  
Green Beans  
Lime Yoghurt Dressing (MILK)  
Apple Crumble with Custard (WHEAT) (MILK)



## Wednesday

Enchiladas Beef Meatball Bake (WHEAT)(CELERY)(MILK)  
Mexican Veggie Tortilla Pie (WHEAT)(CELERY)(MILK)  
Mexican Rice  
Refried Beans,  
Chipotle Sweetcorn  
Guacamole & Salsa  
Crushed Tortilla Chips  
Raspberry Jelly



## Thursday

Roast loin of Pork, Stuffing Balls and Gravy (WHEAT)  
Butternut Squash & Feta Bake (MILK)(CELERY)  
Zero Waste Herb Potatoes  
Savoy Cabbage & Steamed Carrots  
Apple Sauce  
Chocolate & Raspberry Blondie (WHEAT)(MILK) (EGGS)



## Friday

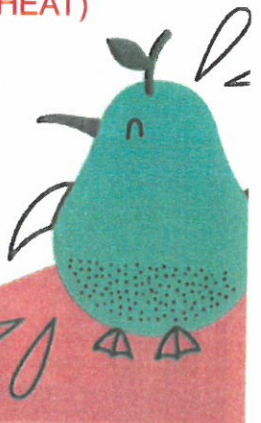
### Traditional Fish & Chips

Battered Cod (WHEAT)(FISH)  
Veggie Chick-less Burger (WHEAT)  
Oven Roasted Chips  
Garden Peas  
Tartare Sauce  
Lemons  
Jamaican Ginger Cake (WHEAT)(EGGS)



## Every day

Seasonal Soup of the Day with Croutons  
Jacket Potatoes  
Baked Beans  
Freshly-made Salad Bar  
Pasta with Tomato & Basil Sauce (WHEAT)  
Cheese Sauce (MILK)  
Grated Cheese (MILK)  
Boiled Eggs (EGGS)  
Sliced Fresh Fruit  
\*Free-From Alternatives\*



\*For those with special dietary requirements or allergies who may wish to know more about the food ingredients used, please ask the Chef Manager\*





Autumn 2024  
Week 2

# This week's menu

## Monday PLANT POWER

Quorn and Roasted Vegetable Lasagne (WHEAT)  
(MILK)  
Courgette & Parmesan Risotto (MILK)  
Caesar Salad  
Pesto  
Garlic Bread (WHEAT) May Contain SOYA, MILK  
Fruit Yoghurt with Granola Crumb (WHEAT)(MILK)

## Tuesday

Sausage Day  
Pork Sausages, Chicken Sausages, (WHEAT)  
(SULPHITES)  
Quorn Sausages (WHEAT)  
Creamy Mash Potatoes  
Peas & Sweetcorn  
Gravy  
Baked Fruit Pie with Custard (WHEAT) (MILK)

## Wednesday

Crispy Chicken Katsu Curry  
(WHEAT)(MUSTARD)  
Crispy Tofu Katsu Curry  
(WHEAT)(MUSTARD)(SOYA)  
Sticky Coconut Rice  
Roasted Sweet Potatoes  
Soy Sauce (SOYA)  
Lemon Posset

## Thursday

Honey Roast Glazed Gammon (WHEAT)  
Vegetarian Toad in a Hole (MILK)(WHEAT)(EGGS)  
Zero Waste Herb Potatoes  
Broccoli  
Yorkshire Pudding (WHEAT)(EGGS)(MILK)  
Chocolate Brownie  
(WHEAT)(MILK) (EGGS) (SOYA)

## Friday

### Traditional Fish & Chips

Breaded Fish Fingers (WHEAT)(FISH)  
Veggie Chick-less Dippers (WHEAT)  
Oven Roasted Chips  
Garden Peas  
Tartare Sauce  
Lemons  
Sugar Ring Doughnut (WHEAT)(EGGS)(MILK)

## Every day

Seasonal Soup of the Day with Croutons  
Jacket Potatoes  
Baked Beans  
Freshly-made Salad Bar  
Pasta with Tomato & Basil Sauce (WHEAT)  
Cheese Sauce (MILK)  
Grated Cheese (MILK)  
Boiled Eggs (EGGS)  
Sliced Fresh Fruit  
\*Free-From Alternatives\*





Autumn 2024  
Week 3

# This week's menu

## Monday

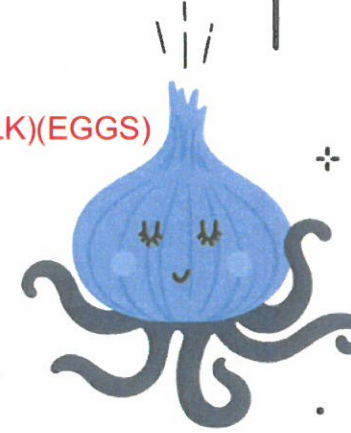
### PLANT POWER

- Vegetable Moussaka (MILK)
- Sticky BBQ Quorn Pitta (WHEAT) (MILK)
- Roasted New Potatoes with Garlic & Rosemary
- Roasted Sweetcorn & Peppers
- Green Beans
- Fruit Yoghurt with Granola Crumb (WHEAT)(MILK)



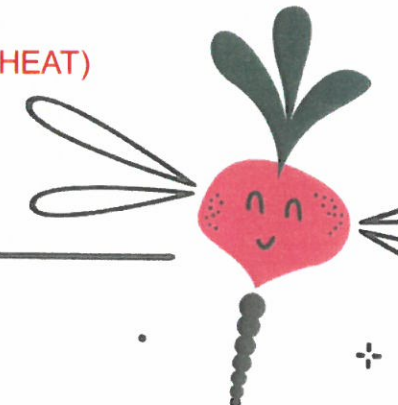
## Tuesday

- Traditional Cottage Pie (MILK)
- Curried Swede & Lentil Cottage Pie (WHEAT)
- Spiced Sweet Potato
- Peas & Glazed Carrots
- Gravy
- Vanilla Marble Cake (WHEAT) (MILK)(EGGS)



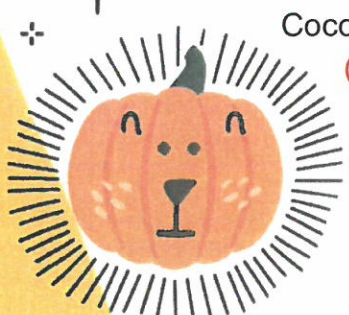
## Wednesday

- Roast Chicken
- Potato & Leek Filo Pie (WHEAT)
- Mashed Potatoes (MILK)
- Cauliflower Cheese (MILK)
- Parsley Carrots
- Toffee Apple Crumble (WHEAT)
- Custard (MILK)



## Thursday

- Turkey Chilli Con Carne
- Braised Beans & Red Pepper Chilli with Corn
- Bread Dumplings
- Brown Rice
- Salsa, Sour Cream (MILK) Guacamole
- Nachos
- Coconut & Chocolate Jam Sponge (WHEAT)(EGGS) (SOYA)



## Friday

### Traditional Fish & Chips

- Breaded Chicken Goujons (WHEAT)
- Vegetarian Meatball Sub (WHEAT)
- Oven Roasted Chips
- Garden Peas
- Chocolate Orange Shortbread (WHEAT)(MILK)(SOYA)



## Every day

- Seasonal Soup of the Day with Croutons
- Jacket Potatoes
- Baked Beans
- Freshly-made Salad Bar
- Pasta with Tomato & Basil Sauce (WHEAT)
- Cheese Sauce (MILK)
- Grated Cheese (MILK)
- Boiled Eggs (EGGS)
- Sliced Fresh Fruit
- \*Free-From Alternatives\*



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