



# SPRING MENU

## WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings
MAIN	Margherita Pizza (WHEAT) (MILK)	Pork Ragu	Beef Bourguignon Pie (WHEAT) (SULPHITES)	Hunter's Chicken, with Bacon, Diced Garlic, Herb Potatoes	Cod Fish Fingers (WHEAT) (FISH)
VEGETARIAN	Roasted Vegetable & Tomato Gnocchi (WHEAT) (MILK) (SOYA)	Roasted Vegetable Ragu	Potato & Vegetable Frittata (EGG) (MILK)	Honey, Soy, Sweet Chilli Jumbo Spring Rolls (WHEAT) (SOYA)	Vegetarian Battered Sausages (WHEAT)
SIDES	Potato Wedges Peas & Sweetcorn	Spaghetti Green Beans (WHEAT)	Buttered New Potatoes Carrots, Cabbage	Broccoli	Oven Roasted Chips Garden Peas, Carrots
EVERY DAY	Jacket Potato, Baked Beans, Grated Cheese, Penne Pasta, Tomato & Basil Sauce (MILK) (WHEAT)				
DESSERT	Fruity Yoghurts (MILK)	Banana Cake (WHEAT) (EGG)	Butterscotch Mousse (MILK)	Pineapple Upside-down Cake (WHEAT) (EGG)	Chocolate Chip Muffin (WHEAT) (MILK) (EGG) (SOYA)
	Fresh Fruit Platter				
SALAD BAR	Roasted Butternut Squash Sweet Potato Salad	Greek Salad (MILK)	Pesto Pasta Salad (WHEAT) (MILK)	Honey Mustard Potato Salad (EGG) (MUSTARD)	Honey Mustard Potato Salad
	Cucumber, Sweetcorn, Coleslaw, Beetroot, Tomato, Mixed leaves, Tuna, Boiled Eggs, Grated Cheese, Selection of Dressings and Toppings				



# SPRING MENU

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP OF THE DAY	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings
MAIN	Pasta Puttanesca (WHEAT)	Chicken Fajitas (WHEAT)	Bangers & Mash Pork or Chicken Sausages (WHEAT) (SULPHITES)	Roast Chicken with Stuffing (WHEAT)	Pepperoni Pizza Paninis (WHEAT) (MILK) (SOYA)
VEGETARIAN	Mushroom & Parmesan Risotto (MILK)	Cajun, Sweet Chilli Vegetable Wrap (WHEAT) (MUSTARD)	Glamorgan Sausages (WHEAT) (MILK) (MUSTARD)	Caramelized Onion & Feta Tart (WHEAT) (MILK) (EGGS)	Cheese, Tomato, Pesto Paninis (WHEAT)(MILK) (SOYA)
SIDES	Broccoli	Brown Rice Sour Cream Salsa (MILK)	Creamy Mashed Potatoes Peas & Sweetcorn	Roast Potatoes Carrots, Cauliflower, Gravy	Oven Roasted Chips Garden Peas, Carrots
EVERY DAY	Jacket Potato, Baked Beans, Grated Cheese, Penne Pasta, Tomato & Basil Sauce (WHEAT) (MILK)				
DESSERT	Fruity Yoghurt (MILK)	Lemon Drizzle Cake (WHEAT) (EGGS)	Chocolate Rice Pudding (MILK)	Apple Crumble & Custard (WHEAT) (MILK)	Chocolate Waffles (WHEAT) (MILK) (EGGS) (SOYA)
	Fresh Fruit Platter				
SALAD BAR	Indian Roasted Chickpea Salad	Caesar Salad (WHEAT) (MILK) (SOYA)	Greek Salad (MILK)	Noodle Salad (WHEAT) (SOYA)	Noodle Salad (WHEAT) (SOYA)
	Cucumber, Sweetcorn, Coleslaw, Beetroot, Tomato, Mixed leaves, Tuna, Boiled Eggs, Grated Cheese, Selection of Dressings and Toppings				





# SPRING MENU

## WEEK 3

Chartwells Independent	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP OF THE DAY</b>	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings	Soup of The Day Toppings
<b>MAIN</b>	Pasta Bar Wholemeal Pasta Garlic Bread (WHEAT) (MILK) (SOYA)	Chicken Chow Mein (WHEAT)(SOYA)	BBQ Pulled Beef Brisket Pitta Bread, Peruvian Slaw (WHEAT) (EGG)	Honey Roast Gammon	Crispy Chicken (WHEAT)
<b>VEGETARIAN</b>	Tomato & Basil Sauce Mushroom Tarragon Sauce Grated Mozzarella (MILK)	Quorn Sweet & Sour Vegetable Sauce (WHEAT) (EGGS) (SOYA)	Spiced Halloumi Pitta Bread Hummus (WHEAT) (MILK)	Vegetable & Bean Crumble (WHEAT)	Chick-less Goujons (WHEAT)
<b>SIDES</b>	Pesto & Sundried Tomatoes Feta (MILK)	Noodles Broccoli & Kale	Roasted Sweet Potato, Slaw, Corn	Roast Potatoes, Carrots, Parsnips	Oven Roasted Chips, Garden Peas, Carrots
<b>EVERY DAY</b>	Jacket Potato, Baked Beans, Grated Cheese, Penne Pasta, Tomato, Basil Sauce (MILK) (WHEAT)				
<b>DESSERT</b>	Fruity Yoghurts (MILK)	Carrot Cake (WHEAT) (EGGS)	Strawberry Cheesecake (WHEAT) (MILK)	Treacle Pudding & Ice Cream (WHEAT) (MILK) (EGGS)	Chocolate Cake (WHEAT) (EGG) (SOYA)
Fresh Fruit platter					
<b>SALAD BAR</b>	Cous Cous Salad (WHEAT)	Potato, Chive Salad (EGG)	Italian Pasta Salad (WHEAT)	Greek Salad (MILK)	Greek Salad (MILK)
Cucumber, Sweetcorn, Coleslaw, Beetroot, Tomato, Mixed leaves, Tuna, Boiled Eggs, Grated Cheese, Selection of Dressings and Toppings					