# WEEK 3

W/C: 06/09 27/09 18/10 15/11 06/12 10/01 31/01 28/02 21/03

| | HOT SPECIALS... | | | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Dough Balls** (V)<br>Cheesy tomato topped pizza slice | **Veggie Bolognese** (V)<br>Yummy veggie Bolognese with pasta | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Peas and Carrots** | **Oatie Biscuit with Fruit Slices** |
| TUESDAY | **Hot Chicken Sandwich with Potato Wedges**<br>Roast chicken served in a soft bun with lettuce and mayo | **Macaroni Cheese** (V)<br>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce | **Halal Chicken Sandwich with Potato Wedges** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Sweetcorn and Broccoli** | **Pineapple & Peach Crumble with Custard** |
| WEDNESDAY | **Roast Chicken with Roast Potatoes & Gravy**<br>Succulent roast chicken with fluffy roasties and tasty gravy | **Pastry Slice with Roast Potatoes and Gravy** (V)<br>A chunky butternut squash and potato pastry slice | **Halal Roast Chicken with Roast Potatoes & Gravy** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Carrots and Cabbage** | **Strawberry Ice Cream** |
| THURSDAY | **Organic Beef Bolognese**<br>A classic Italian beef Bolognese in a yummy tomato sauce | **Veggie Bolognese**<br>Yummy Veggie Bolognese with Pasta (V) | **Halal Beef Bolognese** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Green Beans and Sweetcorn** | **Chocolate Sponge Cake** |
| FRIDAY | **Golden Fish Fingers and Chips**<br>Crispy fish fingers with scrummy chips | **Soft Taco and Chips** (V)<br>A soft taco shell filled with a yummy veggie tomato chilli | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Baked Beans and Peas** | **Crispy Snow Bar** |

## Try something different!

Trying different foods is a great way of getting all the nutrition your body needs

Chartwells

# Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.10

## THREE WEEK MENU

AUTUMN/WINTER 21

**TRY SOMETHING DIFFERENT - NEW TASTES & FLAVOURS!**

**I'm here to Takeover your Tuesdays! My dishes contain new tastes and flavours to encourage your little ones to try something new. I hope they love them as much as I do!**

**Allegra McEvedy, Presenter of CBBC's Step Up to the Plate and Junior Bake Off.**

Chartwells

# WEEK 1

W/C: 13/09 04/10 01/11 22/11 13/12 17/01 07/02 07/03 28/03

| | HOT SPECIALS... | | | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Dough Balls** (V) (Wholegrain)<br>Cheesy tomato topped pizza slice | **Burrito** (V) (Nutritionist's Choice)<br>A soft wrap filled with lightly spiced veggies and rice | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Green Beans and Sweetcorn** | **Raspberry Ripple Ice Cream** |
| TUESDAY | **Allegra's Poco Loco Chicken Lasagne with Rice** (Wholegrain)<br>A yummy chicken lasagne with rice | **Macaroni Cheese** (V)<br>Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce | **Allegra's Halal Poco Loco Chicken Lasagne with Rice** | **Jacket Potatoes**<br>A choice of hot and cold fillings, including salmon mayonnaise (Oily fish) | **Peas and Broccoli** | **Brownie with Frut Slices** (Fruity!) |
| WEDNESDAY | **Roast Chicken with Roast Potatoes & Gravy**<br>Succulent roast chicken with fluffy roasties and tasty gravy | **Meat-free Roast with Roast Potatoes and Gravy** (V)<br>Delicious Quorn roast with fluffy roasties and tasty gravy | **Halal Roast Chicken with Roast Potatoes & Gravy** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Carrots and Cabbage** | **Shortbread Biscuit with Fresh Cut Fruit Slices** (Fruity!) |
| THURSDAY | **Beef Meatballs in Tomato Sauce with Pasta** (Wholegrain)<br>Delicious beef meatballs in a tasty tomato sauce with pasta | **Veggie Balls in Tomato Sauce with Pasta** (V) (Wholegrain)<br>Delicious veggie balls in a tasty tomato sauce with pasta | **Halal Meatballs** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Broccoli and Sweetcorn** | **Orange Drizzle Cake with Custard** |
| FRIDAY | **Golden Fish Fingers and Chips**<br>Crispy fish fingers with scrummy chips | **Meat-free Nuggets and Chips** (V)<br>Crispy Quorn nuggets with their fave sauce - ketchup | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Baked Beans and Peas** | **Lemon Slice** |

**Try something different!**
Trying different foods is a great way of getting all the nutrition your body needs

# WEEK 2

W/C: 30/08 20/09 11/10 08/11 29/11 03/01 24/01 14/02 14/03 04/04

| | HOT SPECIALS... | | | DAILY FAVES... | SIDES... | PICK A PUD! |
|---|---|---|---|---|---|---|
| MONDAY | **Cheese and Tomato Pizza with Dough Balls** (V) (Wholegrain)<br>Cheesy tomato topped pizza slice | **Veggie Bolognese** (V) (Wholegrain) (Nutritionist's Choice)<br>Yummy veggie Bolognese with pasta | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Peas and Sweetcorn** | **Flapjack with Fruit Slices** (Fruity!) |
| TUESDAY | **Allegra's Chicken Katsu with a Rice Side** (Wholegrain)<br>Yummy crispy Chicken Katsu with rice | **Allegra's Oodles of Noodles** (V) (Nutritionist's Choice)<br>Delicious noodles with tofu and veggies | **Allegra's Halal Chicken Katsu with a Rice Side** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Broccoli and Peas** | **Orange Shortbread with Fruit Slices** (Fruity!) |
| WEDNESDAY | **Prime Roast Beef with Roast Potatoes & Gravy**<br>Prime roast beef with fluffy roasties and tasty gravy | **Sweet Potato Chickpea Roast with Roast Potatoes and Gravy** (V)<br>A chunky sweet potato and chickpea roast | **Halal Roast Beef with Roast Potatoes & Gravy** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Cabbage and Carrots** | **Crunchy Chocolate Biscuit** |
| THURSDAY | **Organic Beef Lasagne**<br>A classic Italian layered pasta dish with beef mince | **Vegetable Lasagne Served with a Garlic & Herb Bread Wedge** (V)<br>Delicious sheets of pasta layered with veggies and tomato sauce | **Halal Beef Lasagne** | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Green Beans and Sweetcorn** | **Raspberry Ripple Cake** |
| FRIDAY | **Golden Fish Fingers and Chips**<br>Crispy fish fingers with scrummy chips | **The Incredible Burger** (V) (Wholegrain)<br>Meatless burger in a soft bap | | **Jacket Potatoes**<br>A choice of hot and cold fillings | **Peas and Baked Beans** | **Vanilla Ice Cream** |

(V) Vegetarian (Wholegrain) Wholegrain (Oily fish) Oily fish (Fruity!) Fruity! (Nutritionist's Choice) Nutritionist's Choice

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

**Available every day!**

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