

FFL THREE WEEK MENU

THREE WEEK MENU
AUTUMN/WINTER 2022

OUR NEW
MENU CHOSEN
BY PARENTS
AND CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



Chartwells
So much more than Fantastic Food



WEEK 1 MENU

W/C 31/10, 21/11, 12/12, 02/01, 23/01,
13/02, 06/03, 27/03

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese

Served with Peas and Carrots

Chicken Pie

Served with Mashed Potato and Gravy

Roast Turkey

Served with Roast Potatoes and Gravy

Beef Bolognese

Served with Wholemeal Pasta

Breaded Fish

Served with Chips

Alternative Dish

Vegetarian Sausage

Served with Mashed Potato and Gravy

Cheese and Tomato Pizza

Served with Potato Wedges

Vegan Sausage Casserole

Served with Carrots and Cabbage

Chinese Vegetable Rice

Quorn Dippers

Served with Chips

Third Choice

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Jacket Potato with Salmon Mayonnaise

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-

Salads

Freshly Prepared Salads
Available every day

Jacket Potato

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Jacket Potato
With a choice of fillings

Pasta

Tomato Pasta

Wholemeal Pasta with homemade Tomato
Available every day

Vegetables

Carrots and Peas

Peas and Green Beans

Carrots and Cabbage

Peas and Sweetcorn

Peas, Carrots and Beans

Dessert

Vanilla Ice Cream with Fruit Slices

Jelly with Fruit Slices

Oat Cookie with Fruit Slices

Apple Crumble with Custard

Shortbread with Fruit Slices

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT, FRESH FRUIT AND FRUIT JUICE

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's choice

AUTUMN/WINTER 2022

WEEK 2 MENU

W/C 07/11, 28/11, 19/12, 09/01, 30/01,
20/02, 13/03, 03/04

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Cheese and Tomato Pizza 🍕🌱

Served with Potato Wedges

Chicken Noodle Stir Fry

Roast Gammon

Served with Yorkshire Pudding,
Mashed Potato and Gravy

Chicken Korma 🍗

Served with Wholemeal Rice

Breaded Fish

Served with Chips

Alternative Dish

Mixed Bean Pasta 🌱🍷🍷

Served with
Tomato Pizza Bread 🍕

Vegetable Lasagne 🌱

Served with Garlic and Herb Bread
Wedge

Vegetable Pie 🌱

Served with Mashed Potato
and Gravy

Sweet Potato Curry
🌱🍷🍷

Served with Wholemeal Rice

Quorn Dippers 🌱

Served with Chips

Salads

Freshly Prepared Salads
Available every day

Jacket Potato

Jacket Potato 🌱🍷
With a choice of fillings

Jacket Potato 🌱🍷
With a choice of fillings

Jacket Potato 🌱🍷
With a choice of fillings

Jacket Potato 🌱🍷
With a choice of fillings

Jacket Potato 🌱🍷
With a choice of fillings

Pasta

Tomato Pasta 🌱🍷🍷

Wholemeal Pasta with homemade Tomato Sauce
Available every day

Vegetables

Carrots and Peas

Sweetcorn and Peas

Carrots and Cabbage

Peas and Green Beans

Peas, Carrots and Beans

Dessert

Fruity Picnic Bar 🍏🍷

Orange Shortbread 🍊

**Chocolate Ice Cream
with Fruit Slices** 🍏

Jelly with Fruit Slices 🍏

**Strawberry Frozen Yoghurt
with Fruit Slices** 🍏

AUTUMN/WINTER 2022

PACKED LUNCH – AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH POTATO
DESSERT OF THE DAY

AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT, FRESH FRUIT AND FRUIT JUICE

🌱 **Vegetarian** 🐟 **Oily fish** 🍷 **Wholegrain** 🍏 **Fruity!** 🍷 **Nutritionist's choice**

WEEK 3 MENU

W/C 14/11, 05/12, 26/12, 16/01, 06/02, 27/02, 20/03, 10/04

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AUTUMN/WINTER 2022

Hot Main Dish	Cheese and Tomato Pizza 🍕🌱 Served with Potato Wedges	Sweet and Sour Chicken Served with Wholemeal Rice	Roast Pork Served with Roast Potatoes and Gravy	Beef Bolognese 🍷🌱 Served with Wholemeal Pasta	Breaded Fish Served with Chips
Alternative Dish	Vegetable Chilli 🌱🍄🍷 Served with Wholemeal Rice	Vegetable Chow Mein 🌱🍷 Served with Wholemeal Rice	Vegetable Pastry Roll 🌱 Served with Roast Potatoes and Tasty Gravy	Vegetarian Bolognese 🌱🍄🍷 Served with Wholemeal Pasta	Vegan Meatballs in Tomato Sauce 🌱🍷 Served with Chips
Salads	Freshly Prepared Salads Available every day				
Jacket Potato	Jacket Potato 🌱🍷 With a choice of fillings	Jacket Potato 🌱🍷 With a choice of fillings	Jacket Potato 🌱🍷 With a choice of fillings	Jacket Potato 🌱🍷 With a choice of fillings	Jacket Potato 🌱🍷 With a choice of fillings
Pasta	Tomato Pasta 🌱🍄🍷 Wholemeal Pasta with homemade Tomato Sauce Available every day				
Vegetables	Peas and Carrots	Peas and Sweetcorn	Carrots and Cabbage	Peas and Green Beans	Peas, Carrots and Beans
Dessert	Strawberry Ice Cream and Fruit Slices 🍓	Fruit Flapjack 🍏	Strawberry Jelly with Fruit Slices 🍓	Shortbread with Fruit Slices 🍓	Crispy Crackle Bar and Fruit Slices 🍓

PACKED LUNCH – AVAILABLE DAILY
HAM OR CHEESE SANDWICH OR DAILY SPECIAL
VEGETABLES AND FRESH FRUIT
DESSERT OF THE DAY

AVAILABLE EVERY DAY
WATER, SALAD, FRESHLY BAKED BREAD
YOGHURT, FRESH FRUIT AND FRUIT JUICE

🌱 Vegetarian 🐟 Oily fish 🍄 Wholegrain 🍏 Fruity! 🍷 Nutritionist's choice