

Autumn 2015

WEEK 1

W/C 2nd Nov, 23rd Nov, 14th Dec, 4th Jan, 25th Jan, 15th Feb, 7th March

MONDAY

Spaghetti Bolognese

Spicy Vegetable and
Bean Quesadillas
with Cous Cous

Oat Crusted Bloomer

Sweetcorn
Panzanella Salad

Plum and Cinnamon
Twice Cooked Crumble
with Custard
(fruit based)

TUESDAY

Chicken Korma
with Basmati Rice

Goan Vegetable Curry
with Coconut and Lime
and Basmati Rice

Naan Bread

Raitta
Coconut and Green
Bean Stir Fry

Lemon Soufflé Custard

WEDNESDAY

Roast Turkey
with Crispy Roast
Potatoes
and Gravy

Vegetable Hotpot

Wholemeal Loaf

Seasonal Cabbage
Cauliflower

Apple and Blackberry
Pie
with Custard
(fruit based)

THURSDAY

Beef Bourguignon
with New Potatoes

Quorn and Vegetable
Lasagne
with 50/50 Garlic Bread
Wedge (wholegrain)

Garlic Bread Wedge
50/50

Fresh Carrots
Fresh Broccoli

Chocolate Brownie
with Crème Fraiche

FRIDAY

Crispy Battered
Fillet of Fish
with Chunky Chips

Spinach and Mushroom
Roulade
with Chunky Chips

Poppy Bread

Garden or Mushy Peas
Coleslaw

Wildberry Fool
with Shortbread

Cool drinking water, yoghurt and fresh fruit available daily.

This menu is compliant with the school food standards. We encourage pupils to enjoy a healthy balanced diet. Chartwells can cater for many special dietary requirements.

Please speak to the Catering Manager if you have any questions.

EAT
LEARN
LIVE

Chartwells

Autumn 2015

WEEK 2

W/C 9th Nov, 30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb, 21st March

MONDAY

Pork Sausages
with Mash Potato
and Gravy

Penne Pasta Vegetable
Bake
(wholegrain)

Floured Loaf

Fresh Carrots
Fresh Cauliflower

Warm Lemon and
Almond Pudding
with Custard

TUESDAY

Jamaican Jerk Chicken
Drumsticks
with Rice and Peas

Falafel
with Warm Pitta Bread

Garlic and Herb Bread

Sweetcorn
Coleslaw

Coconut Macaroon Tart

WEDNESDAY

Roast Topside of Beef
with Crispy Roast
Potatoes and Gravy

Vegetarian Cottage Pie

Sesame Seed Loaf

Fresh Broccoli
Honey Roast Parsnips

Apple Charlotte
with Custard
(fruit based)

THURSDAY

Chicken Fajita
with Salsa and Crème
Fraiche

Sweet Potato Gumbo
with Corn Bread

Cheesy Corn Bread

Healthy Salad
Roasted Vegetables

Carrot Cake
with Orange Frosting

FRIDAY

Crispy Fiery Battered
Fillet of Fish
with Chunky Chips

Vegetarian Mixed Grill
with Chunky Chips

Classic Bloomer

Garden or Mushy Peas
Roast Tomato
with a Parsley Crust

Seasonal Fruit Salad
(fruit based)

Cool drinking water, yoghurt and fresh fruit available daily.

This menu is compliant with the school food standards. We encourage pupils to enjoy a healthy balanced diet. Chartwells can cater for many special dietary requirements.

Please speak to the Catering Manager if you have any questions.

EAT
LEARN
LIVE

Chartwells

Autumn 2015

WEEK 3

W/C 16th Nov, 7th Dec, 28th Dec, 18th Jan, 8th Feb, 29th Feb,

MONDAY

Salmon Tortellini and Dill Bake

Black Eyed Bean and Potato Burrito with Rice (wholegrain)

Wholemeal Loaf

Garden Peas Healthy Salad

Apple and Cinnamon Crumble with Custard (fruit based)

TUESDAY

Shepherds Pie

Macaroni Cheese

Garlic and Herb Bread

Fresh Carrots Sweetcorn

Eton Mess

WEDNESDAY

Pot Roasted Honey Glazed Ham with Roast Potatoes and Gravy

Pan Haggerty (Quorn and Potato Pie)

Crown Loaf

Swede Seasonal Cabbage

Vanilla and Coconut Rice Pudding

THURSDAY

Sauté of Chicken in Black Bean Sauce with Singapore Noodles

Bean and Vegetable Chilli with Rice

Sesame Seed Twist

Broccoli Florets Sweet Chilli, Cucumber and Tomato salad

Honey Baked Bananas with Crème Fraiche (fruit based)

FRIDAY

Cajun Battered Fillet of Fish with Chunky Chips

Goats Cheese, Leek and Tomato Tart with Chunky Chips

Poppy Bread

Garden or Mushy Peas Coleslaw

Chocolate Sponge with Chocolate Sauce

Cool drinking water, yoghurt and fresh fruit available daily.

This menu is compliant with the school food standards. We encourage pupils to enjoy a healthy balanced diet. Chartwells can cater for many special dietary requirements.

Please speak to the Catering Manager if you have any questions.

EAT
LEARN
LIVE

Chartwells