



MONDAY

## HOT SPECIALS...

**Macaroni Cheese**  
Cheesey Macaroni Pasta

**Veggie Sausage and Mash with Gravy**   
Fluffy mash with veggie sausages and rich gravy

**Allegra's Garlicky Chicken and Spanishy Spuds**   
Garlic seasoned chicken served with spanish style potatoes

**Allegra's Cheesy Peasy Risotto Bake**   
A delicious baked cheesy, pea risotto

**Roast Pork with Roast Potatoes & Gravy**  
Roast pork with fluffy roasties and tasty gravy

**Meat-free Roast with Roast Potatoes and Gravy**   
Delicious Quorn roast with fluffy roasties and tasty gravy

**Cornish Steak Pasty with Potato Wedges**  
Steak pasty with potato wedges

**Veggie Lasagne served with a Bread Wedge**   
Delicious sheets of pasta layered with veggies and tomato sauce

**Southern Fried Chicken Tasters with Chips**  
Lightly seasoned crispy chicken strips and scrummy chips

**Soft Taco and Chips**   
A soft taco shell filled with a yummy veggie tomato chilli

## DAILY FAVES...

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 3

W/C: 13/09 04/10 15/11  
06/12 17/01 07/02 28/02  
21/03

## SIDES...

Peas  
and  
Carrots

Sweetcorn  
and  
Broccoli

Carrots  
and  
Cabbage

Green Beans  
and  
Sweetcorn

Baked Beans  
and  
Peas

## PICK A PUD!

Oatie Biscuit  
with Fruit  
Slices

Pineapple &  
Peach  
Crumble with  
Custard

Strawberry Ice  
Cream

Chocolate  
Sponge Cake

Crispy Snow  
Bar

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Local Office: 01872 540544 or [diana.thomas@compass-group.co.uk](mailto:diana.thomas@compass-group.co.uk)

Chartwells



# Food Super Heroes Menu

YOUR  
FAVOURITES  
available  
every day

OUR  
NEW MENU!  
chosen by our  
parents and  
children



£2.34

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 BBC's Step Up to the Plate and Junior Bake Off.

Chartwells



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## HOT SPECIALS...



**Burrito**    
A soft wrap filled with lightly spiced veggies and rice

**Macaroni Cheese**   
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

**Allegra's Chicken Filo Pie with Mashed Potato**  
A delicious light filo pastry topped chicken pie

**Allegra's BBQ Beans served with Cornbread**    
Tasty BBQ beans served with Cornbread

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy**    
A chunky sweet potato and chickpea roast


**Pasta Bolognese**    
A classic Italian beef bolognese in a yummy tomato sauce


**Butternut Squash and Tomato Bake with Rice**   
A delicious butternut squash and tomato bake served with rice


**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips


**Quorn Dippers and Chips**  
Crispy Quorn Nuggets with their fav sauce - Ketchup


## DAILY FAVES...


**Jacket Potatoes**   
A choice of hot and cold fillings


**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta


**Jacket Potatoes**   
with salmon mayonnaise


**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta


**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 1

W/C: 20/09 11/10 01/11  
22/11 13/12 03/01 24/01  
14/02 07/03 28/03

## SIDES...

**Green Beans and Sweetcorn**

**Peas and Broccoli**

**Carrots and Cabbage**

**Broccoli and Sweetcorn**

**Baked Beans and Peas**

## PICK A PUD!

**Raspberry Ripple Ice Cream**

**Brownie**

**Shortbread Biscuit with Fresh Cut Fruit Slices** 

**Berry & Peach Oaty Crumble with Custard** 

**Lemon Slice**

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

## HOT SPECIALS...


**Veggie Bolognese**    
Penne pasta in a yummy tomato and Quorn sauce

**Cheese and Tomato Pizza with Dough Balls**    
Cheesy tomato topped pizza slice

**Allegra's Chicken Katsu with a Rice Side**   
Yummy crispy Chicken Katsu with rice

**Allegra's Oodles of Noodles**    
Delicious noodles with tofu and veggies


**Roast Turkey with Roast Potatoes & Gravy**  
Roast turkey with fluffy roasties and tasty gravy

**Creamy Vegetable Pie with Roast Potatoes and Gravy**   
Creamy vegetable pie with a cheesy shortcrust topper


**Cottage Pie**    
Home cooked minced beef with a crispy potato topping


**Mild Chickpea and Potato Curry**     
served with Wholemeal Rice


**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips


**Tomato Veggie Burger with Chips**   
A delicious homemade veggie burger


## DAILY FAVES...


**Jacket Potatoes**   
A choice of hot and cold fillings


**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta


**Jacket Potatoes**   
A choice of hot and cold fillings


**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta


**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potatoes**   
A choice of hot and cold fillings

**Tomato Pasta**   
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 2

W/C: 06/09 27/09 18/10  
08/11 29/11 10/01 31/01  
14/03 04/04

## SIDES...

**Green Beans and Sweetcorn**

**Broccoli and Peas**

**Cabbage and Carrots**

**Green Beans and Sweetcorn**

**Peas and Baked Beans**

## PICK A PUD!






**Flapjack with Fruit Slices** 

**Peach Shortbread Pudding & Custard** 

**Raspberry Yoghurt Cake**

**Fruity Chocolate Brownie**

**Vanilla Ice-Cream**

 Vegetarian  Oily fish  
 Wholegrain  Fruity!  
 Nutritionist's Choice

Water, salad,  
bread and fruit

Available  
every day!

