

# WEEK 1

W/C Sep, 3<sup>rd</sup> Oct, 24<sup>th</sup> Oct

# 2016

## MONDAY

Italian Beef Bolognese  
with Pasta\*\*

Spicy Vegetable and Bean  
Quesadillas  
with Cous Cous

Oat Crusted Bloomer

Healthy Salad  
Appleslaw

Apple and Blackberry  
Crumble  
with Custard

## TUESDAY

Chicken Jalfrezi Curry with  
Basmati Rice

Quorn Katsu Curry  
with Basmati Rice

Naan Bread

Raitta  
Coconut and Green Bean  
Stir Fry

Mango Fool  
(fruit based)

## WEDNESDAY

Roast Turkey  
with Crispy Roast Potatoes  
and Gravy

Cauliflower and Creamed  
Corn Bake with Roast  
Potatoes

Wholemeal Loaf

Seasonal Cabbage  
Fresh Carrots

Orange and Almond Cake  
with Custard

## THURSDAY

Crispy Battered  
Fillet of Fish  
with Chunky Chips

Cumin Spiced  
Black-Eyed Bean and  
Sweet Potato Burger  
With Chunky Chips

Poppy Bread

Garden or Mushy Peas  
Coleslaw

Peaches with Homemade  
Granola and Yoghurt  
(fruit based)

## FRIDAY

Sausage Meat, Red Onion  
and Tomato Plait  
with New Potatoes

Cheesy Loaded Twice  
Baked Potato Casserole

Garlic Bread Wedge 50/50

Sweetcorn  
Fresh Broccoli

Chocolate Brownie with  
Cream

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.

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# WEEK 2

W/C 29<sup>th</sup> Aug, 1 19<sup>th</sup> Sep, 10<sup>th</sup> Oct,

# 2016

## MONDAY

Pork Sausages  
with Mash Potato  
and Gravy

Penne Pasta Vegetable  
Bake  
(wholegrain)

Floured Loaf

Fresh Carrots  
Garden Peas

Carrot Cake  
with Orange Frosting

## TUESDAY

Spanish Chicken  
Paella

Sweet Potato and Bean  
Coconut Stew with Corn  
Bread\*\*

Corn Bread

Sweetcorn  
Mixed Salad

Lemon Curd and Yoghurt  
Fool  
with Shortbread

## WEDNESDAY

Roast Topside of Beef  
with Crispy Roast Potatoes  
and Gravy

Lynda McCartney Veggie  
Sausages with Crispy Roast  
Potatoes and Gravy

Sesame Seed Loaf

Fresh Broccoli  
Fresh Carrots

Toffee Apple Strudel  
with Custard  
(fruit based)

## THURSDAY

Crispy Fiery Battered  
Fillet of Fish  
with Chunky Chips

Cheddar Cheese and Leek  
Cakes  
with Chunky Chips

Classic Bloomer

Garden or Mushy Peas  
Roast Tomato  
with a Parsley Crust

Seasonal Fruit Salad  
(fruit based)

## FRIDAY

Lemon and Herb Chicken  
Thigh Ciabatta with Baked  
Garlic and Herb Wedges

BBQ Pulled Quorn Wrap  
with Baked Garlic and Herb  
Wedges

Poppy Bread

Houseslaw  
Sweet Chilli, Cucumber and  
Tomato Salad

Blueberry and Oatmeal  
Flummery

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# WEEK 3

W/C 11<sup>th</sup> Sep, 26<sup>th</sup> Sep, 17<sup>th</sup> Oct

# 2016

## MONDAY

Cajun Salmon Wrap  
with Spicy Rice\*\*

Loaded Triple  
Mac & Cheese

Wholemeal Loaf

Sweetcorn  
Healthy Salad

Lemon Drizzle Cake  
with Cream

## TUESDAY

Mexican Beef Chilli  
with Paprika Wedges

Tabasco Spiced Vegetable  
Jambalaya

Garlic and Herb Bread

Fresh Carrots  
Crushed Chilli Peas

Apple Cracknell  
with Custard  
(fruit based)

## WEDNESDAY

Roast Pork  
with Roast Potatoes and  
Gravy

Pan Haggerty  
(Quorn and Potato Pie)

Crown Loaf

Roasted Vegetables  
Seasonal Cabbage

Chocolate Sponge  
with Chocolate Sauce

## THURSDAY

Cajun Battered Fillet of Fish  
with Chunky Chips

Goats Cheese, Leek and  
Tomato Tart  
with Chunky Chips

Poppy Bread

Garden or Mushy Peas  
Coleslaw

Apricot Bakewell Mini Slice  
with Peaches  
(fruit based)

## FRIDAY

Thai Jungle Chicken Curry  
with Lime and Coriander  
Rice

Thai Yellow Vegetable  
Curry  
with Lime and Coriander  
Rice

Sesame Seed Twist

Sweet Chilli Broccoli  
Pickled Cucumber Salad

Honey, Yoghurt and  
Raspberry Pots

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