

# WEEK 3

W/C: 05/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 15/09/2025, 06/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT DISHES</b>	<b>OPTION 1</b> Cheese and Tomato Pizza Served with Garlic and Herb Bread ✓	Sausage Hot Dog Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	Chicken Tikka Masala Served with Wholegrain Rice 🌾	Fish Fingers Served with Chips
	OR	OR	OR	OR	OR
	<b>OPTION 2</b> Chilli No Carne With Crispy Tortilla Served with Wholegrain Rice 🌾	Veggie Sausage Hot Dog Served with Potato Wedges ✓	Meatless Shepherds Pie Served with Gravy 🌾	Macaroni Cheese	Quorn Dippers Served with Chips
OR	OR	OR	OR	OR	
<b>OPTION 3</b>	N/A	Halal Hot Dog Served with Potato Wedges 🕌	Roast Chicken With Roast Potatoes and Gravy 🕌	Chicken Tikka Massala Served with Wholegrain Rice 🌾	N/A
<b>HOT DISHES ARE SERVED WITH TWO VEGETABLES</b>					
<b>DELI DISHES</b>	<b>OPTION 4</b> Jacket Potato Served with Beans or Cheese ✓	Jacket Potato Served with Beans or Cheese ✓	Jacket Potato Served with Beans or Cheese ✓	Jacket Potato Served with Beans or Cheese ✓	Jacket Potato Served with Beans or Cheese ✓
	OR	OR	OR	OR	OR
<b>OPTION 5</b> Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓	Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓	Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓	Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓	Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓	Tomato Pasta Fresh, homemade tomato sauce with penne pasta ✓
<b>DELI DISHES ARE SERVED WITH MIXED SALAD</b>					
<b>DESSERT</b>	Orange Sticky Glazed Cake	Cornflake Tart Served with Custard	Lemon Cookie Served with Fruit 🍓	Crunchy Chocolate Mousse	Vanilla Ice Cream

 **BAKED POTATOES SERVED DAILY**  
With a choice of toppings ✓ 🌾

 **AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and

✓ Vegetarian
✓🌱 Vegan
🐟 Oily Fish
🌾 Wholegrain
🍓 Fruity!
❤️ Nutritionist's Choice
🕌 Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for

Menu\_64\_005542

# THREE WEEK MENU

SPRING/SUMMER 2025



For medical diets requirements please email [chartwells.medicaldiets@compass-group.co.uk](mailto:chartwells.medicaldiets@compass-group.co.uk) or visit [www.chartwells.co.uk/nutrition](http://www.chartwells.co.uk/nutrition)

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# WEEK 1

W/C: 21/04/2025, 12/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 01/09/2025, 22/09/2025, 13/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT DISHES</b>	<b>OPTION 1</b> Cheese and Tomato Pizza Served with Potato Wedges	BBQ Chicken Served with Rainbow Rice	Roast Gammon Served with Roast Potatoes and Gravy	Classic Beef Burger Served with Potato Wedges	Fish Fingers Served with Chips
	<b>OPTION 2</b> Sweet Potato & Lentil Curry Served with Wholegrain Rice   	Macaroni Cheese	Roast Quorn Served with Roast Potatoes and Gravy	Veggie Burger Served with Potato Wedges	Quorn Dippers Served with Chips  
	<b>OPTION 3</b> N/A	BBQ Chicken Served with Rainbow Rice	Roast Chicken With Roast Potatoes and Gravy	Classic Beef Burger Served with Potato Wedges	N/A
<b>HOT DISHES ARE SERVED WITH TWO VEGETABLES</b>					

<b>DELI DISHES</b>	<b>OPTION 4</b> Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese or Salmon Mayo	Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese
	<b>OPTION 5</b> Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 
<b>DELI DISHES ARE SERVED WITH MIXED SALAD</b>					

<b>DESSERT</b>	Shortcake Served with Fruit Slices	Fruits of the Forest Jelly	Pineapple Upside Down Cake Served with Custard	Chocolate Brownie	Strawberry Ice Cream
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**BAKED POTATOES SERVED DAILY**  
With a choice of toppings

**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

Vegetarian Vegan Oily Fish Wholegrain Fruity! Nutritionist's Choice Halal Available

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# WEEK 2

W/C: 28/04/2025, 19/05/2025, 16/06/2025, 07/07/2025, 08/09/2025, 29/09/2025, 20/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT DISHES</b>	<b>OPTION 1</b> Cheese and Tomato Pizza Served with Potato Wedges	Butter Chicken Curry Served with Wholegrain Rice 	Roast Beef Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread 	Fish Fingers Served with Chips
	<b>OPTION 2</b> Cheesy Bean Tortilla Toastie Served with Potato Wedges	Macaroni Cheese	Sweet Potato, Chickpea and Herb Roast Served with Gravy	Vegetarian Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread  	Quorn Dippers Served with Chips  
	<b>OPTION 3</b> N/A	Butter Chicken Curry Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta and Garlic and Herb Bread  	N/A
<b>HOT DISHES ARE SERVED WITH TWO VEGETABLES</b>					

<b>DELI DISHES</b>	<b>OPTION 4</b> Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese	Jacket Potato Served with Beans or Cheese
	<b>OPTION 5</b> Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 	Tomato Pasta Fresh, homemade tomato sauce with penne pasta 
<b>DELI DISHES ARE SERVED WITH MIXED SALAD</b>					

<b>DESSERT</b>	Chocolate Sponge Cake Served with Custard	Strawberry Jelly Served with Fruit Slices	Flapjack Served with Fruit Slices	Lemon Drizzle Muffin	Chocolate Ice Cream
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**BAKED POTATOES SERVED DAILY**  
With a choice of toppings

**AVAILABLE DAILY**  
Fresh fruit, salad, yoghurt and water

Vegetarian Vegan Oily Fish Wholegrain Fruity! Nutritionist's Choice Halal Available

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for