

**WEEK 3**

# NUTRITIOUS

# THREE WEEK MENU

## AUTUMN/WINTER 2026

Our new menu chosen by parents and children – Your favourites available every day



**Chartwells**  
Schools

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

|                                                                   | MONDAY                                                     | TUESDAY                                                    | WEDNESDAY                                                      | THURSDAY                                                   | FRIDAY                                                     |
|-------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|
| <b>OPTION 1</b>                                                   | Red Pepper and Nut-Free Pesto Spaghetti                    | Chinese Vegetable Noodles                                  | Quorn Roast with Roast Potatoes, Yorkshire Pudding and Gravy   | Macaroni Cheese                                            | Quorn Dippers with Chips                                   |
| <b>OPTION 2</b>                                                   | Cheese and Tomato Pizza with Nut-Free Pesto Pasta          | Homemade Sausage Roll with Herby Diced Potatoes            | Roast Chicken with Roast Potatoes, Yorkshire Pudding and Gravy | Beef Bolognese with Pasta                                  | Fish Fingers or Chicken Goujons with Chips                 |
| <b>OPTION 3</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 |
| HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD |                                                            |                                                            |                                                                |                                                            |                                                            |
| <b>OPTION 4</b>                                                   | Ham Sandwich                                               | Cheese Sandwich                                            | Chicken Sandwich                                               | Cheese Wrap                                                | Egg Sandwich                                               |
| <b>OPTION 5</b>                                                   | Egg Mayonnaise Sandwich                                    | Ham Wrap                                                   | Cheese Wrap                                                    | Tuna Mayonnaise Sandwich                                   | Cheese and Cucumber Wrap                                   |
| DELI DISHES ARE SERVED WITH MIXED SALAD                           |                                                            |                                                            |                                                                |                                                            |                                                            |
| <b>DESSERT</b>                                                    | Oat Cookie with fresh fruit slices                         | Vanilla Ice Cream                                          | Banoffee Pie                                                   | Chocolate Sponge with Chocolate Custard                    | Chocolate Cookie - with Fruit Slices                       |

### AVAILABLE DAILY



**FRESH FRUIT, SALAD, YOGHURT AND WATER**



**BAKED POTATOES**  
With a choice of topping

- Vegetarian
- Vegan
- Oily Fish
- Fruity!
- Wholegrain
- 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.

W/C: 16/11/2026, 07/12/2026, 18/01/2027, 08/02/2027, 01/03/2027, 22/03/2027  
Menu\_217\_027382

# WEEK 1

# FRESH!

# WEEK 2

HOT DISHES

TASTY

DELI DISHES

|                                                                   | MONDAY                                                       | TUESDAY                                                      | WEDNESDAY                                                    | THURSDAY                                                     | FRIDAY                                                       |
|-------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|
| OPTION 1                                                          | Cheese and Tomato Pizza with Nut-Free Pesto Pasta 🌱 🌱        | Bean and Cheese Pastry Turnover with Herby Diced Potatoes 🌱  | Sweet Potato and Chickpea Roast with Stuffing and Gravy 🌱 🌱  | Vegan Meatball Baguette with Potato Wedges 🌱                 | Veggie Fingers with Chips 🌱                                  |
| OPTION 2                                                          | BBQ Wrap with Rice 🌱 🌱                                       | Pork Meatball Sub with Herby Diced Potatoes                  | Roast Chicken with Roast Potatoes, Stuffing and Gravy        | Lasagne with a Garlic Doughball 🌱 🌱                          | Fish Fingers or Chicken Goujons with Chips                   |
| OPTION 3                                                          | 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 🌱 |
| HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD |                                                              |                                                              |                                                              |                                                              |                                                              |
| OPTION 4                                                          | Ham Sandwich                                                 | Cheese Sandwich 🌱                                            | Chicken Sandwich                                             | Cheese Wrap 🌱                                                | Egg Sandwich 🌱                                               |
| OPTION 5                                                          | Egg Mayonnaise Sandwich 🌱                                    | Ham Wrap                                                     | Cheese Wrap 🌱                                                | Tuna Mayonnaise Sandwich                                     | Cheese and Cucumber Wrap 🌱                                   |
| DELI DISHES ARE SERVED WITH MIXED SALAD                           |                                                              |                                                              |                                                              |                                                              |                                                              |
| DESSERT                                                           | Lemon Cookie 🌱                                               | Chocolate Ice Cream                                          | Apple Crumble with Custard 🌱 🌱                               | Chocolate Marble Cake 🌱                                      | Chocolate Crisps with Fruit 🌱                                |

HOT DISHES

DELI DISHES

|                                                                   | MONDAY                                                       | TUESDAY                                                      | WEDNESDAY                                                    | THURSDAY                                                     | FRIDAY                                                       |
|-------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|
| OPTION 1                                                          | Cheese and Tomato Pizza with Nut-Free Pesto Pasta 🌱 🌱        | Chinese Vegetable Rice 🌱 🌱                                   | Quorn Roast with Potatoes, Yorkshire Pudding and Gravy 🌱     | Vegetable Korma with Rice 🌱 🌱                                | Quorn Dippers with Chips 🌱                                   |
| OPTION 2                                                          | Spicy Tomato Pasta Bake with Garlic Doughball 🌱              | Cheeseburger with Herby Diced Potatoes                       | Roast Pork with Potatoes, Yorkshire Pudding and Gravy 🌱      | Chicken and Sweetcorn Pie with Mashed Potato                 | Fish Fingers or Chicken Goujons with Chips                   |
| OPTION 3                                                          | 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 🌱 |
| HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD |                                                              |                                                              |                                                              |                                                              |                                                              |
| OPTION 4                                                          | Ham Sandwich                                                 | Cheese Sandwich 🌱                                            | Ham Sandwich                                                 | Cheese Wrap 🌱                                                | Egg Sandwich 🌱                                               |
| OPTION 5                                                          | Egg Mayonnaise Sandwich 🌱                                    | Ham Wrap                                                     | Cheese Wrap 🌱                                                | Tuna and Sweetcorn Wrap                                      | Cheese and Cucumber Wrap 🌱                                   |
| DELI DISHES ARE SERVED WITH MIXED SALAD                           |                                                              |                                                              |                                                              |                                                              |                                                              |
| DESSERT                                                           | Chocolate Cookie 🌱 🌱 🌱                                       | Strawberry Ice Cream                                         | Cornflake Tart with Fruit                                    | Chocolate Fudge Cake                                         | Ginger Biscuit with Fruit 🌱                                  |

# FRUITY!

AVAILABLE DAILY



FRESH FRUIT, SALAD, YOGHURT AND WATER



BAKED POTATOES With a choice of topping 🌱 🌱

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

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W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027, 08/03/2027

AVAILABLE DAILY



FRESH FRUIT, SALAD, YOGHURT AND WATER



BAKED POTATOES With a choice of topping 🌱 🌱

🌱 Vegetarian 🌱 Vegan 🌱 Oily Fish 🌱 Fruity! 🌱 Wholegrain  
 🌱 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.

W/C: 09/11/2026, 30/11/2026, 11/01/2027, 01/02/2027, 22/02/2027, 15/03/2027