

THREE WEEK MENU

SPRING/SUMMER 2022



Chartwells
So much more than Fantastic Food
West Sussex

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN

YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEST SUSSEX COUNTY COUNCIL'S
PUBLIC HEALTH



WEEK 1 MENU

25-Apr 16-May 06-Jun 27-Jun 18-Jul 08-Aug 29-Aug 19-Sep 10-Oct 31-Oct 21-Nov 12-Dec 02-Jan 23-Jan 13-Feb 06-Mar 27-Mar



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish	Sausages, Mash & Gravy Pork & beef sausages in gravy	Macaroni Cheese ✓ Macaroni in a creamy cheese sauce	Roast Chicken with Roast Potatoes and Gravy Roast chicken with roasties and gravy	Cheese & Tomato Pizza ✓ Deep base pizza with a cheese & tomato topping	Fish & Chips Our traditional Friday favourite
Alternative Dish	Butternut Squash & Chickpea Curry & Rice 🌱 ✓ 🍷 Chunky vegetables in a mild curry sauce	Mild Bean Chilli & Rice 🌱 ✓ 🍷 Baked bean chilli and fluffy rice	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy ✓ 🍷 Chunky sweet potato and chickpea roast	Beef Pasta Bolognese 🍷 A classic Italian beef bolognese in tomato sauce	Dippers and Chips ✓ Crispy Quorn nuggets
Jacket Potato	Jacket Potato with Salmon Mayo 🍷 🐟	Jacket Potato with Veggie Bolognese 🍷 ✓	Jacket Potato with Cheese ✓	Jacket Potato with Baked Beans 🍷 ✓	Jacket Potato with Cheese ✓ 🍷
Vegetables	Golden Sweetcorn or Salad	Rainbow Vegetables or Salad	Carrots and Cabbage	Garden Peas or Salad	Baked Beans or Salad
Desserts	Smooth Fruit Yoghurt	Apple, Orange & Melon Fruit Bowl 🍏	Cranberry Shortbread Biscuit	Pear & Chocolate Sponge 🍏	Jammy Jack Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit available every day
Ketchup served on Friday

✓ Vegetarian 🐟 Oily fish 🌱 Wholegrain 🍏 Fruity! 🍷 Nutritionist's Choice

WEEK 2 MENU

02-May 23-May 13-Jun 04-Jul 25-Jul 15-Aug 05-Sep 26-Sep 17-Oct 07-Nov 28-Nov 19-Dec 09-Jan 30-Jan 20-Feb 13-Mar 03-Apr



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Chicken Korma & Rice

Mild creamy korma sauce and fluffy rice

Cheese & Tomato Pizza

Deep base pizza with a cheese & tomato topping

Roast Ham with Roast Potatoes and Gravy

Ham in gravy with roasties and gravy

Classic Beef Burger

Served with salad & diced potatoes

Fish & Chips

Our traditional Friday favourite

Alternative Dish

Quorn Sausage, Mash & Gravy

Sausage in gravy with mash potato

Beef Pasta Bolognese

A classic Italian beef bolognese in tomato sauce

Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

Chunky sweet potato and chickpea roast

Mild Bean Chilli & Rice

Baked bean chilli and fluffy rice

Cheese & Vegetable Frittata & Chips

Oven baked omelette and chips

Jacket Potato

Jacket Potato With Cheese

Jacket Potato With Baked Beans

Jacket Potato With Tuna Mayo

Jacket Potato With Cheese

Jacket Potato With veggie bolognese

Vegetables

Garden Peas or Salad

Green Beans or Salad

Carrots and Cabbage

Golden Sweetcorn or Salad

Baked Beans or Salad

Desserts

Cranberry Shortbread Biscuit

Smooth Fruit Yoghurt

Pear & Chocolate Sponge

Apple, Orange & Melon Fruit Bowl

Muesli Flapjack

SPRING/SUMMER 2022

Bread, Milk, Water & Fruit & available every day
Ketchup served on Friday

 Vegetarian  Oily fish  Wholegrain  Fruity!  Nutritionist's Choice

WEEK 3 MENU

09-May 30-May 20-Jun 11-Jul 01-Aug 22-Aug 12-Sep 03-Oct 24-Oct 14-Nov 05-Dec 26-Dec 16-Jan 06-Feb 27-Feb 20-Mar 10-Apr



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese



Macaroni in a creamy cheese sauce

Sausages, Mash & Gravy

Pork & beef sausages in gravy

Roast Beef with Roast Potatoes and Gravy

Sliced roast beef with roasties and gravy

Cheese & Tomato Pizza



Deep base pizza with a cheese & tomato topping

Fish & Chips

Our traditional Friday favourite

Alternative Dish

Chicken Tikka Masala & Rice



Mild tikka sauce and fluffy rice

Cheese & Tomato Pasta



Creamy cheese & tomato sauce with pasta

Quorn Sausage with Roast Potatoes and Gravy



Quorn Sausage in rich gravy with roasties

Butternut Squash & Chickpea Curry & Rice



Chunky vegetables in a mild curry sauce

Veggie Burger & Chips



Quorn Pattie in a bun with chips

Jacket Potato

Jacket Potato With Tuna Mayo

Jacket Potato With Baked Beans



Jacket Potato With Cheese



Jacket Potato With Veggie Bolognese



Jacket Potato With Cheese



Vegetables

Green Beans or Salad

Garden Peas or Salad

Carrots and Cabbage

Rainbow Vegetables or Salad

Baked Beans or Salad

Desserts

Jammy Jack Flapjack

Apple, Orange & Melon Fruit Bowl



Pineapple Sponge



Smooth Fruit Yoghurt

Muesli Flapjack

Bread, Milk, Water & Fruit available every day
Ketchup served on Friday

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

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