

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
OPTION 1	Red Pepper and Pesto Spaghetti	Chinese Vegetable Noodles	Quorn Roast with Mashed Potato, Yorkshire Pudding and Gravy	Macaroni Cheese	Quorn Dippers with Chips
OPTION 2	Cheese and Tomato Pizza with Pesto Pasta	Homemade Sausage Roll with Herby Diced Potatoes	Roast Chicken with Mashed Potato, Yorkshire Pudding and Gravy	Beef Bolognese with Wholewheat Pasta	Southern Fried Chicken 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	Chicken Sandwich	Chicken Sandwich	Cheese Wrap	Cheese and Tomato Panini
OPTION 5	Egg Sandwich	Ham Wrap	Cheese Wrap	Tuna Sandwich	Cheese Wrap
DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT	Oat Cookie with Fruit	Vanilla Ice Cream	Banoffee Pie	Chocolate Sponge with Chocolate Custard	Yoghurt and Fruit

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: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027, 08/02/2027, 01/03/2027, 22/03/2027
Menu_181_020600

WEEK 1

FRESH!

WEEK 2

HOT DISHES

OPTION 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Vegetable Wrap with Wholegrain Rice   	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 
Cheese and Tomato Pizza with Pesto Pasta  	Pork Meatball Sub with Herby Diced Potatoes	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Lasagne with a Garlic Doughball  	Fish Fingers with Chips
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
Egg Mayonnaise Sandwich 	Ham Wrap	Cheese Wrap	Tuna Mayonnaise Sandwich	Cream Cheese and Cucumber Wrap 

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT

Lemon Cookie 	Chocolate Ice Cream	Apple Crumble with Custard  	Chocolate Marble Cake	Yoghurt and Fruit  
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HOT DISHES

OPTION 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spicy Tomato Pasta Bake with a Garlic Doughball  	Chinese Vegetable Rice   	Quorn Roast with Potatoes, Yorkshire Pudding and Gravy 	Vegetable Korma with Wholegrain Rice   	Quorn Dippers with Chips 
Cheese and Tomato Pizza with Pesto Pasta  	Beef Burger with Herby Diced Potatoes	Roast Pork with Potatoes, Yorkshire Pudding and Gravy	Chicken and Sweetcorn Pie with Mashed Potato	Fish Fingers with Chips
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 Sandwich 	Egg Sandwich
Egg Sandwich	Ham Wrap	Cheese Wrap	Tuna and Sweetcorn Wrap	Cheese Wrap

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT

Chocolate Cookie 	Strawberry Ice Cream	Cornflake Tart with Fruit Slices 	Chocolate Fudge Cake	Yoghurt and Fruit  
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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, 15/02/2027, 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, 21/12/2026, 11/01/2027, 01/02/2027, 22/02/2027, 15/03/2027