

CHARTAW23-3W2MAIN\_818313

## WEEK 1 W/C: 13/11, 04/12, 15/01, 05/02, 26/02, 18/03

## WEEK 2 W/C: 30/10, 20/11, 11/12, 01/01, 22/01, 12/02, 04/03, 25/02

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
HOT MAINS	Cheese & Tomato Pizza ⊯ © Traditional Margarita Pizza	<b>Classic Beef Burger in a Bun</b> Served with Chips	Roast Chicken with Roast Potatoes & Gravy Roast Chicken served with roast potatoes & gravy	Beef Bolognaise Served with Wholewheat Pasta	Fish Fingers with Mashed Potato Crispy Fish Fingers served with Mashed Potato				
	Chickpea & Vegetable Tikka Masala with Rice O Chickpea's and vegetables in a mild curry sauce with rice	Vegetarian Burger in a Bun Served with Chips	Cheese and Onion Pasty with Roast Potatoes © Traditional Cheese and Onion Pasty	Vegetarian Meatballs in a Tomato Sauce with Pasta Vegetarian Meatballs in a Traditional Tomato Sauce with Pasta	Vegetarian Dippers with Mashed Potato © Crispy Vegetable Dippers served with Mashed Potatoes				
JACKET Potato	Jacket Potato & with a choice of Grated Cheese or Baked Beans	Jacket Potato with a choice of Grated Cheese or Tuna & Salmon Mayonnaise Mayonnaise	Jacket Potato with a choice of Grated Cheese or Baked Beans	Jacket Potato with a choice of Grated Cheese or Baked Beans	Jacket Potato & with a choice of Grated Cheese or Baked Beans				
All main meals are served with two vegetables									
DESSERT	Chocolate and Blackcurrant Sponge	Raspberry Slice	Apricot Flapjack	Chocolate and Pear Sponge with Custard ð	Berry Muffin				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
HOT MAINS	<b>Cheese &amp;</b> <b>Tomato Pizza @</b> Traditional Margarita Pizza	Chicken Tikka Masala with Rice Chicken in a mild curry sauce served rice	Roast Ham with Roast Potatoes & Gravy Roasted Ham served with crispy Roast Potatoes and Gravy	Sausage Pasta Bake Mini Sausages and pasta, baked in a light tomato sauce	<b>Breaded Fish</b> Fingers Served with Chips				
	Cauliflower Macaroni Cheese O Traditional Macaroni in a Cheese Sauce with flakes of Cauliflower	Cheese & Tomato Pasta Pasta in a traditional tomato sauce topped with cheeese	Vegetarian Sausages with Roast Potatoes & Gravy O Vegetarian Sausages served with crispy Roast Potatoes and Gravy	Vegetarian Bolognaise with Pasta & O Served with Wholewheat Pasta	Vegetarian Dippers © Served with Chips				
JACKET POTATO	Jacket Potato & with a choice of Grated Cheese or Baked Beans	Jacket Potato ♥ with a choice of Grated Cheese or Baked Beans	Jacket Potato with a choice of Grated Cheese or Tuna Mayonnaise	Jacket Potato & with a choice of Grated Cheese or Baked Beans	Jacket Potato & with a choice of Grated Cheese or Baked Beans				
All main meals are served with two vegetables									
DESSERT	Mandarin and Lemon Drizzle Cake	Cranberry and Orange Shortbread	Chocolate Cookie	Banana Marble Cake and Custard ŏ	Fruit & Ice Cream ð				





🛿 Vegetarian 🔅 Oily Fish 😻 Wholegrain 🎽 Fruity! 💖 Nutritionist's Choice