

# Week one

05/09 26/09 17/10 07/11 28/11 19/12

**Choose a main meal...**

\*British Pork Sausages with Diced Potatoes  
Linda McCartney Vegetarian Sausages with Diced Potatoes  
JP with a choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Baked Beans  
for dessert...  
Chocolate Fudge Brownie  
Yoghurt or Fresh Fruit

**Choose a main meal...**

\*Red Tractor Rustic Cottage Pie  
Macaroni Cheese  
JP with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

**on the side...**

Seasonal Vegetables  
for dessert...  
Apple Crumble and Custard  
Yoghurt or Fresh Fruit

**Choose a main meal...**

Roast Turkey with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy  
JP with a choice of Baked Beans or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Muller Fruit Corner  
Fresh Fruit

**Choose a main meal...**

Chicken Korma with Rice Cheese & Tomato Pizza on wholemeal Base  
JP with a choice of Baked Beans, Tuna & Salmon Mayonnaise or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Fruity Vanilla Sponge Cake with Chocolate Custard  
Yoghurt or Fresh Fruit

**Choose a main meal...**

MSC Smart Crumb Fish Fillet with Mashed Potato  
Vegetarian Cowboy Pie  
JP with a choice of Choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Lemon Drizzle Cake  
Yoghurt or Fresh Fruit

# Week two

12/09 03/10 14/11 05/12

**Choose a main meal...**

BBQ Chicken Pizza on Wholemeal Base with Jacket Wedges  
Omelette with Jacket Wedges  
JP with a choice of Choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Baked Beans  
for dessert...  
Strawberry Muffin  
Yoghurt or Fresh Fruit

**Choose a main meal...**

\*Red Tractor Minced Beef & Onion Pie  
BBQ Quorn Strips with Pasta  
JP with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

**on the side...**

Seasonal Vegetables  
for dessert...  
Dorset Apple Cake with Custard  
Yoghurt or Fresh Fruit

**Choose a main meal...**

Roast Chicken with New Potatoes & Gravy  
Cheesy Vegetable Hot Pot  
JP with a choice of Baked Beans or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Muesli Flapjack  
Yoghurt or Fresh Fruit

**Choose a main meal...**

Red Tractor Turkey Meatballs in Tomato Sauce with Rice  
Chick Pea Ratatouille with Rice  
JP with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

**on the side...**

Seasonal Vegetables  
for dessert...  
Mixed Fruit Crumble with Custard  
Yoghurt or Fresh Fruit

**Choose a main meal...**

MSC Fish Fingers with Oven Chips  
Baked Beans Lasagne with Oven Chips  
JP with a choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Muller Fruit Corner  
Fresh Fruit

# Week three

19/09 10/10 31/10 21/11 12/12

**Choose a main meal...**

\*British Pork Sausages with Diced Potatoes  
Omelette with Diced Potatoes  
JP with a choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Baked Beans  
for dessert...  
Branflake Crunch  
Yoghurt or Fresh Fruit

**Choose a main meal...**

Chicken & Vegetable Hot Pot  
Vegemince Bolognese  
JP with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

**on the side...**

Seasonal Vegetables  
for dessert...  
Pineapple Sponge Cake with Custard  
Yoghurt or Fresh Fruit

**Choose a main meal...**

\*Roast Pork Loin with Mashed Potatoes & Gravy  
Linda McCartney Vegetarian Sausages with Mashed Potato & Gravy  
JP with a choice of Baked Beans or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Iced Carrot Cake  
Yoghurt or Fresh Fruit

**Choose a main meal...**

\*Red Tractor Mild Chilli Con Carne with Rice  
Cheese & Tomato Pizza on wholemeal Base  
JP with a choice of Baked Beans, Grated Cheese or Tuna Mayonnaise

**on the side...**

Seasonal Vegetables  
for dessert...  
Muller Fruit Corner  
Fresh Fruit

**Choose a main meal...**

MSC Smart Crumb Fish Fillet with Oven Chips  
Chick Pea, Sweet Potato & Spinach Korma with Oven Chips  
JP with a choice of Spaghetti Hoops & Cheese or Grated Cheese

**on the side...**

Seasonal Vegetables  
for dessert...  
Apple & Blackcurrant Crumble and Custard  
Yoghurt or Fresh Fruit

There is a vegetarian choice **every day**... and don't forget that salad is available **daily**.

Keep yourself topped up with water - it will help you concentrate **all day long**.

AUTUMN MENU - September - December 2016

\* Contains either Beef or Pork

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us

THEME DAY - 6th October 2016



Helping you make healthier choices. Charwell has a range of products that are suitable for vegetarians and vegans. We are committed to making our customers feel healthy when eating out.



# Food Super Heroes



## Week one

07/11 28/11 19/12

**Choose from...**  
Tuna Mayonnaise Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Cookie

**Fruit**  
Orange

**Choose from...**  
Ham and Cheese Roll  
Cheddar Cheese Slice in a Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Blueberry Muffin

**Fruit**  
Apple

**Choose from...**  
Chicken Mayo & Grated Cheese Wrap  
Hummous & Salad Wrap (M)  
Cheese Roll (M)

**Crudité's**  
Mixed Crudites

**For Dessert**  
Cake of the Day

**Fruit**  
Banana

**Choose from...**  
Tuna Sweetcorn Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Muller Yoghurt

**Fruit**  
Apple

**Choose from...**  
Cheese Roll and Pasta Salad  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Chocolate Brownie

**Fruit**  
Orange

## Week two

14/11 05/12

**Choose from...**  
Tuna Sweetcorn Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Cookie

**Fruit**  
Orange

**Choose from...**  
Turkey and Tomato Roll  
Cheddar Cheese Slice in a Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Blueberry Muffin

**Fruit**  
Apple

**Choose from...**  
Ham and Grated Cheese Wrap  
Grated Cheese and Salad Wrap (M)

**Crudité's**  
Mixed Crudites

**For Dessert**  
Cake of the Day

**Fruit**  
Banana

**Choose from...**  
Chicken Mayonnaise Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Muller Yoghurt

**Fruit**  
Apple

**Choose from...**  
Salmon, Cream Cheese Roll & Noodle Salad  
Cheese Roll and Pasta Salad (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Chocolate Brownie

**Fruit**  
Orange

## Week three

31/10 21/11 12/12

**Choose from...**  
Tuna Mayonnaise Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Cookie

**Fruit**  
Orange

**Choose from...**  
Ham and Cheese Roll  
Cheddar Cheese Slice in a Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Blueberry Muffin

**Fruit**  
Apple

**Choose from...**  
Chicken Mayo & Grated Cheese Wrap  
Salad and Falafel Wrap (M)  
Cheese Roll (M)

**Crudité's**  
Mixed Crudites

**For Dessert**  
Cake of the Day

**Fruit**  
Banana

**Choose from...**  
Tuna Sweetcorn Sandwich  
Egg Mayonnaise Sandwich (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Muller Yoghurt

**Fruit**  
Apple

**Choose from...**  
Cheese Roll and Pasta Salad  
Cheese Roll and Noodle Salad (M)  
Cheese Roll (M)

**Crudité's**  
Crudites

**For Dessert**  
Chocolate Brownie

**Fruit**  
Orange

Our packed lunch menu has been developed in line with School Food Standards

We offer a vegetarian (V) and gluten free (GF) option every day  
Dairy fish appears on the menu once every three weeks

We only use wholegrain or 50/50 bread  
No confectionery, snacks or fizzy drinks are included in our packed lunches  
Each packed lunch contains 1 fruit portion, 1 veg portion and a dairy portion  
Cool water is served daily.

Chartwells Creative Kitchen 01908 615705

