

		W/C: 13/09 04/10 25/10 15/11 06/12 27/12 17/01 07/02 28/02
	<b>WEEK 3</b>	
	<b>DAILY FAVES...</b>	
<b>MONDAY</b>	<b>HOT SPECIALS...</b> <b>Macaroni Cheese</b> Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce <b>Veggie Sausage and Mash with Gravy</b> Veggie sausage and mash with rich gravy	<b>SIDES...</b> <b>Peas and Carrots</b> <b>PICK A PUD!</b> <b>Oatie Biscuit with Fruit Slices</b>
<b>TUESDAY</b>	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b> Garlic seasoned chicken served with spanish style potatoes <b>Allegra's Cheesy Peasy Risotto Bake</b> A delicious baked cheesy, pea rissoto	<b>Jacket Potato</b> with a choice of fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta <b>Sweetcorn and Broccoli</b> <b>Apple and Carrot Yoghurt Muffin</b>
<b>WEDNESDAY</b>	<b>Roast Pork with Roast Potatoes &amp; Gravy</b> Roast pork with fluffy roasties and tasty gravy <b>Butternut Squash and Potato Pastry Slice</b> A chunky Butternut Squash and potato slice	<b>Jacket Potato</b> with a choice of fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta <b>Carrots and Cabbage</b> <b>Strawberry Ice Cream</b>
<b>THURSDAY</b>	<b>Beef Meatballs in Tomato Sauce with Pasta</b> Delicious beef meatballs in a tasty tomato sauce with pasta <b>Veggie Lasagne served with a Bread Wedge</b> Delicious sheets of pasta layered with veggies and tomato sauce	<b>Jacket Potato</b> with a choice of fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta <b>Green Beans and Sweetcorn</b> <b>Chocolate Sponge Cake</b>
<b>FRIDAY</b>	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers with scrummy chips <b>Soft Taco and Chips</b> A soft taco shell filled with a yummy veggie tomato chilli	<b>Jacket Potato</b> with a choice of fillings <b>Tomato Pasta</b> Fresh, homemade tomato and basil sauce with penne pasta <b>Baked Beans and Peas</b> <b>Creamy Peach Rice Pudding</b>



Please contact us with any questions on 01983 550500.



Chartwells

**Food Super Heroes Menu**

**YOUR FAVOURITES** available every day

**OUR NEW MENU!** chosen by our parents and children

**£2.15**


**ISLE OF WIGHT THREE WEEK MENU**  
**AUTUMN/WINTER 2021**

Chartwells



MONDAY

## HOT SPECIALS...

**Macaroni Cheese**   
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce



## Vegetable Burrito Wrap

   
A soft wrap filled with lightly spiced veggies and rice

## Allegra's Chicken Filo Pie with Mashed Potato

A delicious light filo pastry topped chicken pie



## Allegra's BBQ Beans served with cornbread

Tangy BBQ beans served with cornbread  

## Roast Gammon with Roast Potatoes &amp; Gravy

Tender roast gammon served with fluffy roasties and tasty gravy

## Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy

A chunky sweet potato and chickpea roast  

## Beef Bolognese

A classic Italian Beef Bolognese in a yummy tomato sauce

## Butternut Squash and Tomato Bake with Rice

A delicious butternut squash and tomato bake served with rice

## Golden Fish Fingers and Chips



Crispy fish fingers with scrummy chips


## Meat-free Nuggets and Chips



Crispy Quorn nuggets with their fave sauce - ketchup

## DAILY FAVES...



**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Jacket Potato**   
with a choice of fillings including salmon mayo


**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 1

W/C: 30/08 20/09 11/10  
01/11 22/11 13/12  
03/01 24/01 14/02

## SIDES...

Green Beans  
and  
Sweetcorn

## PICK A PUD!

Raspberry  
Ripple Ice  
Cream

Peas  
and  
Broccoli

Brownie

Carrots  
and  
Cabbage

Shortbread  
Biscuit with  
Fruit Slices

Broccoli  
and  
Sweetcorn

Berry & Peach  
Oaty Crumble  
with Custard

Baked Beans  
and  
Peas

Orange,  
Sultana &  
Carrot Cake  
Slice

MONDAY



TUESDAY




WEDNESDAY

THURSDAY



FRIDAY

## HOT SPECIALS...


**Cheese and Tomato Pizza with Dough Balls**    
Cheesy tomato topped pizza slice


**Veggie Bolognese**     
Yummy veggie Bolognese with pasta

**Sausage and Mash with Gravy**  
Sausage and mash with rich gravy

**Allegra's Oodles of Noodles**    
Delicious noodles with tofu and veggies

**Roast Chicken with Roast Potatoes & Gravy**  
Succulent roast chicken with fluffy roasties and tasty gravy

**Creamy Vegetable Pie with Roast Potatoes and Gravy**   
Creamy vegetable pie with a cheesy shortcrust topper

**Beef Lasagne with a Garlic & Herb Bread Wedge**   
A classic Italian layered pasta dish with beef mince



**Mild Chickpea and Potato Curry**     
A tasty mild chickpea and potato curry

**Golden Fish Fingers and Chips**  
Crispy fish fingers with scrummy chips



**Tomato Veggie Burger and Chips**   
A scrummy tomato veggie burger in a soft bap

## DAILY FAVES...



**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta



**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

**Jacket Potato**   
with a choice of fillings

**Tomato Pasta**    
Fresh, homemade tomato and basil sauce with penne pasta

## WEEK 2

W/C: 06/09 27/09 18/10  
08/11 29/11 20/12  
10/01 31/01 21/02

## SIDES...

Carrot Sticks  
and  
Cucumber  
Sticks

## PICK A PUD!

Flapjack with  
Fruit Slices

Broccoli  
and  
Peas

Peach  
Shortbread  
Pudding &  
Custard

Cabbage  
and  
Carrots





Raspberry  
Yoghurt Cake

Green Beans  
and  
Sweetcorn

Fruity  
Chocolate  
Brownie

Peas  
and  
Baked Beans

Vanilla Ice  
Cream

 Vegetarian  Oily fish  
 Wholegrain  Fruity!  
 Nutritionist's Choice

Water, salad,  
freshly baked bread,  
yoghurt & fresh fruit

Available  
every day!

