WEEK 3

W/C: 26/04, 17/05, 07/06, 28/06, 19/07, 09/08, 30/08, 20/09, 11/10, 01/11, 22/11, 13/12, 03/01, 24/01, 14/02, 07/03, 28/03, 18/04

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Cheese & Tomato Pizza** (V) Cheesy tomato topped pizza slice **Beef Meatballs & Pasta** Classic Italian beef meatballs in a tomato sauce	**Jacket Potato** (V) with baked beans	**Sweetcorn** **Green Beans**	**Oat & Honey Shortbread**
TUESDAY	**Traditional Mac 'N' Cheese** (V) Delicious macaroni in a creamy cheese sauce **Chicken Korma with Rice** Chicken in a mild curry sauce with rice	**Jacket Potato** with tuna & cucumber mayo	**Peas** **Carrots**	**Yoghurt & Granola**
WEDNESDAY	**Roast Ham with Roast Potatoes and Gravy** Sliced ham with roasties and gravy **Quorn Sausage & Potatoes with Gravy** (V) Roast potatoes with Quorn sausages and rich gravy	**Jacket Potato** (V) with cheese or baked beans	**Cabbage** **Carrots**	**Banana Cake & Custard**
THURSDAY	**Cheese & Tomato Pasta** (V) Tomato and basil sauce with fusili pasta topped with cheese **Butternut Squash & Chickpea Curry with Rice** (V) A butternut squash and chickpea curry	**Jacket Potato** (V) with veggie bolognese	**Spring Vegetable Mix**	**Yoghurt & Fruit Slices**
FRIDAY	**Fish & Chips** Our traditional Friday favourite **Veggie Burger & Chips** (V) A delicious Quorn burger with chips	**Jacket Potato** (V) with coleslaw & cheese	**Baked Beans** or **Peas**	**Apple & Mango Drizzle Cake**

eat right stay bright · LACA MENU CHECKED 2021-2022 · west sussex county council · EATLESS SUGAR · Chartwells

Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.35

THREE WEEK MENU

2021/22

Chartwells

WEEK 1

W/C: 03/05, 24/05, 14/06, 05/07, 26/07, 16/08, 06/09, 27/09, 18/10, 08/11, 29/11, 20/12, 10/01, 31/01, 21/02, 14/03, 04/04

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Sausage & Mash with Gravy** Mash with pork and beef sausages and rich gravy **Cheese & Tomato Pasta** (V) Tomato and basil sauce with fusili pasta topped with cheese	**Jacket Potato** (V) with cheese or baked beans	**Green Beans** **Carrots**	**Yoghurt & Granola**
TUESDAY	**Traditional Mac 'N' Cheese** (V) Delicious macaroni in a creamy cheese sauce **Chicken Tikka Masala with Rice** A delicious mild Chicken Tikka Masala	**Jacket Potato** with salmon & cucumber mayo	**Spring Vegetable Mix**	**Apple & Mango Drizzle Cake**
WEDNESDAY	**Roast Beef with Roast Potatoes & Gravy** Succulent roast beef with roasties and gravy **Sweet Potato & Chickpea Loaf** (V) with roast potatoes & gravy	**Jacket Potato** with baked beans	**Cabbage** **Carrots**	**Jammy Jack Flapjack**
THURSDAY	**Cheese & Tomato Pizza** (V) Cheesy tomato topped pizza slice **Vegetable Burrito** (V) A soft wrap filled with lightly spiced veggies and rice	**Jacket Potato** (V) with veggie bolognese	**Sweetcorn** **Coleslaw**	**Oat & Honey Shortbread**
FRIDAY	**Fish & Chips** Our traditional Friday favourite **Veggie Nuggets & Chips** (V) Battered Quorn nuggets with chips	**Jacket Potato** (V) with tuna mayo or cheese	**Baked Beans** or **Peas**	**Yoghurt & Fruit Slices**

WEEK 2

W/C: 19/04, 10/05, 31/05, 21/06, 12/07, 02/08, 23/08, 13/09, 04/10, 25/10, 15/11, 06/12, 27/12, 17/01, 07/02, 28/02, 21/03, 11/04

	HOT SPECIALS...	DAILY FAVES...	SIDES...	PICK A PUD!
MONDAY	**Cheese & Tomato Pizza** (V) Cheesy tomato topped pizza slice **Beef Pasta Bolognese** A classic Italian beef bolognese in a yummy tomato sauce	**Jacket Potato** (V) with cheese	**Peas** **Sweetcorn**	**Muesli Flapjack**
TUESDAY	**Sausage & Mash with Gravy** Mash with pork and beef sausages and rich gravy **Veggie Chilli & Rice** (V) A classic vegetable chilli served with rice	**Jacket Potato** (V) with baked beans	**Green Beans** **Peas**	**Yoghurt & Fruit Slices**
WEDNESDAY	**Roast Chicken with Roast Potatoes & Gravy** Delicious roast chicken with roasties and gravy **Sweet Potato & Chickpea Loaf** (V) with roast potatoes & gravy	**Jacket Potato** (V) with cheese or baked beans	**Cabbage** **Carrots**	**Jammy Jack Flapjack**
THURSDAY	**Traditional Mac 'N' Cheese** (V) Delicious macaroni in a creamy cheese sauce **Chicken Fillet Sandwich with Diced Potatoes** A chicken fillet sandwich with diced potatoes	**Jacket Potato** with tuna & cucumber mayo	**Green Beans** **Sweetcorn**	**Yoghurt & Granola**
FRIDAY	**Fish & Chips** Our traditional Friday favourite **Cheese & Vegetable Frittata & Chips** (V) Yummy cheese and vegetable frittata with chips	**Jacket Potato** (V) with veggie bolognese	**Baked Beans** or **Peas**	**Banana Cake & Custard**

(V) Vegetarian · Oily fish · Wholegrain · Fruity!

Water, milk, salad, bread and fruit

Available every day!