

# FFL THREE WEEK MENU

SPRING/SUMMER 2022



**Chartwells**  
So much more than Fantastic Food

OUR NEW MENU  
CHOSEN BY  
PARENTS AND  
CHILDREN



YOUR  
FAVOURITES  
AVAILABLE  
EVERY DAY



# WEEK 1 MENU

W/C: 18/04, 09/05, 06/06, 27/06, 18/07, 12/09, 03/10,



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Burrito** 🌱❤️  
A soft wrap filled with lightly spiced veggies and rice

**Allegra BBQ Chicken Burger Corn and Pineapple Relish**  
BBQ chicken breast burger with zingy corn relish

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

**Beef Bolognese** ❤️🌱  
A classic Italian beef Bolognese in a yummy tomato sauce

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

### Alternative Dish

**Macaroni Cheese** 🌱  
Cheesy macaroni pasta

**Allegra Broccoli and Cauliflower Cheese Pie** 🌱  
Cheesy broccoli and cauliflower with a shortcrust topping

**Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy** 🌱❤️  
A chunky sweet potato and chickpea roast

**Butternut Squash and Tomato Bake with Rice** 🌱🌱  
A delicious butternut squash and tomato bake served with rice

**Quorn Dippers and Chips** 🌱  
Crispy Quorn nuggets with their fave sauce – ketchup

### Third Choice

**Jacket Potato with Salmon Mayonnaise** 🐟

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### Salads

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot, sweetcorn and potato salad

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### Jacket Potato

**Jacket Potato** ❤️  
with a choice of fillings

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### Pasta

**Tomato Pasta** 🌱🌱  
A delicious fresh, homemade tomato sauce with penne pasta

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### Vegetables

**Green Beans and Sweetcorn**

**Peas and Broccoli**

**Carrots and Cabbage**

**Broccoli and Sweetcorn**

**Baked Beans and Peas**

### Desserts

**Raspberry Ripple Ice-Cream**

**Secret Brownie**

**Shortbread Biscuit with Fruit Slices** 🍏

**Berry and Peach Oaty Crumble with Custard** 🍏

**Orange, Sultana and Carrot Slice**

SPRING/SUMMER 2022

#### PACKED LUNCH—AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

#### AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🌱 Wholegrain 🍏 Fruity! ❤️ Nutritionist's Choice



# WEEK 2 MENU

W/C: 25/04, 16/05, 13/06, 04/07, 29/08, 19/09,  
10/10,

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Hot Main Dish

**Veggie Bolognese** 🌱 🍄 ❤️  
Penne pasta in a yummy  
tomato sauce

**Allegra Asian Sticky Noodles**  
Chicken and vegetables in sweet  
sauce with noodles

**Roast Turkey with  
Roast Potatoes and Gravy**  
Succulent roast turkey with fluffy  
roasties and tasty gravy

**Cottage Pie** ❤️  
A classic cottage pie with  
veg and gravy

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

### Alternative Dish

**Cheese and Tomato Pizza** 🌱 🍄  
Cheesy tomato topped pizza slice

**Allegra's BBQ Beans** ❤️  
Tasty BBQ beans served  
with cornbread

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

**Mild Chickpea and Potato Curry**  
Served with wholemeal rice  
🌱 ❤️ 🍄

**The Incredible Burger with Chips**

### Salads

**A Selection of Fresh Salads**  
Including lettuce, cucumber,  
tomato, grated carrot, sweetcorn  
and potato salad

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### Vegetables

**Carrot Sticks and Cucumber Sticks**

**Peas and Broccoli**

**Carrots and Cabbage**

**Green Beans and Sweetcorn**

**Baked Beans and Peas**

### Desserts

**Flapjack with Fruit Slices** 🍏

**Peach Shortbread Pudding  
and Custard** 🍑

**Raspberry Yoghurt Cake**

**Fruity Chocolate Brownie**

**Vanilla Ice-Cream**

SPRING/SUMMER 2022

#### PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL  
WITH VEG STICKS AND FRESH FRUIT OR  
BEAR YO YO OR DESSERT OF THE DAY

#### AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD,  
YOGHURT & FRESH FRUIT

🌱 Vegetarian 🐟 Oily fish 🍄 Wholegrain 🍏 Fruity! ❤️ Nutritionist's Choice

# WEEK 3 MENU

W/C: 02/05, 23/05, 20/06, 11/07, 05/09,  
26/09, 17/10

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

**Macaroni Cheese** 🌱  
Cheesy Macaroni Pasta

**Allegra Chilli Con Chicken and Sweet Potato Bake** 🍷  
Baked wedges of sweet potato, topped with tomato chicken and tortilla crunchies

**Roast Gammon with Roast Potatoes and Gravy**  
Succulent roast Gammon with fluffy roasties and tasty gravy

**Beef Burrito** 🍷  
A soft wrap filled with fresh beef and rice

**Southern Fried Chicken Tasters**  
Lightly seasoned crispy chicken strips and scrummy chips

Alternative Dish

**Veggie Sausage and Mash with Gravy** 🌱 🍷  
Fluffy mash with veggie sausages and rich gravy

**Allegra's Cheesy Peasy Risotto Bake** 🌱  
A delicious baked cheesy pea risotto

**Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy**  
A chunky butternut squash and potato slice

**Veggie Lasagne** 🌱 🍷  
Delicious sheets of pasta layered with veggies and tomato sauce

**Soft Taco and Chips** 🌱 🍷  
A soft taco shell filled with a yummy veggie tomato chilli

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Vegetables

**Peas and Carrots**

**Sweetcorn and Broccoli**

**Carrots and Cabbage**

**Green Beans and Sweetcorn**

**Baked Beans and Peas**

Desserts

**Oatie Biscuit with Fruit Slices** 🍏

**Apple and Carrot Yoghurt Muffin** 🍏

**Strawberry Ice Cream**

**Chocolate Sponge Cake**

**Banana and Apricot Flapjack**

SPRING/SUMMER 2022

## PACKED LUNCH-AVAILABLE DAILY

HAM OR CHEESE SANDWICH OR DAILY SPECIAL WITH VEG STICKS AND FRESH FRUIT OR BEAR YO YO OR DESSERT OF THE DAY

## AVAILABLE EVERY DAY

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

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