

# weekly menu

# Week 3

Meal	monday	tuesday	wednesday	thursday	friday
Breakfast					
Hot Counter	American Style Pancakes	Bacon Sandwiches	Danish Pastries	Scrambled Egg	Sausage Sandwiches
Fruit & Yoghurt Bar	Fresh Yoghurt & Fruit	Fresh Yoghurt & Fruit	Fresh Yoghurt & Fruit	Fresh Yoghurt & Fruit	Fresh Yoghurt & Fruit
Cereals	Cornflakes & Coco Pops	Cornflakes & Coco pops	Cornflakes & Coco Pops	Cornflakes & Coco Pops	Cornflakes & Coco Pops
Lunch					
Main Option 1	Chicken Curry	Pizza Bar A Selection of 3 Toppings	Honey Roast Ham Roast Quorn	Chartwells Independent Around the World theme day	Jumbo Fish Fingers Hand Battered Fish (senior)
Main Option 2	Vegetable Jalfrezi	Pizza Bar A Selection of 3 Toppings	Vegetable Lasagne	Chartwells Independent Around the World theme day	Tomato & Basil Pasta
Sides	Poppadums Steamed Rice	Herb Potatoes	Roast Potatoes	Chartwells Independent Around the World theme day	Chipped Potatoes Curry Sauce
Vegetables	Carrots Salad Bar	Sweetcorn Garden Peas	Baton Carrots Honey Glazed Parsnips	Chartwells Independent Around the World theme day	Mushy Peas Garden Peas
Jackets with Hot Fillings	Tomato & Basil Baked Beans	Chicken & Mushroom Baked Beans	Mixed Bean Bolognaise Baked Beans	Mushroom & Rosemary Baked Beans	Beef Chilli Baked Beans
Jackets With Cold Fillings	Cheese & Spring Onion Grated Cheese	Tuna & Sweetcorn Grated Cheese	Sweet Chilli Chicken Grated Cheese	Cottage Cheese Grated Cheese	Tuna Crunch Grated Cheese
Deli Bar	Available Every Day	Available Every Day	Available Every Day	Available Every Day	Available Every Day
Hot Dessert	Cinnamon Apple Pie	Rhubarb & Mandarin Crumble	Baked Blackcurrant Tart	Chartwells independent around the world theme day	Zesty Lemon Sponge