

# Week one

08/05 19/06 10/07 11/09 02/10

Monday

**Choose a main meal...**

Pasta Pack's Amazing Bolognese  
Mega Mozzarella & Tomato Pizza with Jacket Wedges ✓  
Jacket - Baked Beans  
Sandwich - Ham or Cheese

**for dessert...**

Silvertop's Yoghurt with Peach Compote

Tuesday

**Choose a main meal...**

Mince & Onion Pie with Bud's New Spuds  
Pasta Pack's Neopolitan Super Cheesy Pasta ✓  
Jacket - Cheese  
Sandwich - Turkey or Egg Mayo

**for dessert...**

Crunchy Apple Crumble with Custard

Wednesday

**Choose a main meal...**

Roast Turkey & Bud's Crispy Spuds  
Super Quorn Roast with Bud's Crispy Spuds ✓  
Jacket - Coleslaw  
Sandwich - Ham or Tuna Mayo

**for dessert...**

Strawberry Yogurt

Thursday

**Choose a main meal...**

Sadie's BBQ Chicken with Mash  
Sadie's Super Mild Veggie Chili with Rice ✓  
Jacket - Cheese  
Sandwich - Turkey or Cheese

**for dessert...**

Chocolate and Mandarin Sponge with Chocolate Sauce

Friday

**Choose a main meal...**

Crispy Fish & Chips  
Vegetable Curry and Chickpea Wrap with Chips ✓  
Jacket - Baked Beans  
Sandwich - Ham or Tuna Mayo

**for dessert...**

Oatie Biscuit

Jacket Potatoes are available every day with a choice of fillings.

# Week two

24/04 15/05 05/06 26/06 17/07 18/09 09/10



**Choose a main meal...**

Veggie Balls in Tomato Sauce with Rice  
Pasta Pack's Mac 'N' Cheese ✓  
Jacket - Baked Beans  
Sandwich - Turkey or Cheese

**for dessert...**

Strawberry Fro-Yo

**Choose a main meal...**

Bangers with Bud's Mash Mountain  
Vegetarian Bangers with Bud's Mash Mountain ✓  
Jacket - Cheese  
Sandwich - Ham or Tuna Mayo

**for dessert...**

Flapjack

**Choose a main meal...**

Roast Gammon with Bud's Crispy Spuds  
Barry's Bean Omelette with Bud's Crispy Spuds ✓  
Jacket - Coleslaw  
Sandwich - Turkey or Egg Mayo

**for dessert...**

Mini Brownie with Banana Slices

**Choose a main meal...**

Sadie's Chicken with Rice and Peas  
Mega Mozzarella & Tomato Pizza with Bud's New Spuds  
Jacket - Cheese  
Sandwich - Ham or Tuna Mayo

**for dessert...**

Pineapple Upside Down Cake with Custard

**Choose a main meal...**

Golden Fish Fingers and Chips  
Very Veggie Lasagne with Chips ✓  
Jacket - Baked Beans  
Sandwich - Turkey or Cheese

**for dessert...**

Silvertop's Yoghurt with Fruit Compote

# Week three

01/05 22/05 12/06 03/07 04/09 25/09 16/10

**Choose a main meal...**

Really Cheesy Pizza Bianca with Oven Baked Wedges  
Pasta Pack's Tomato & Basil Pasta ✓  
Jacket - Baked Beans  
Sandwich - Ham or Tuna Mayo

**for dessert...**

Silvertop's Cool Ice-Cream Pot

**Choose a main meal...**

Chicken & Sweetcorn Pie with Bud's New Spuds  
Super Cheese & Onion Quiche with Pasta Pack's Salad ✓  
Jacket - Cheese  
Sandwich - Turkey or Egg Mayo

**for dessert...**

Raspberry Loaf Cake

**Choose a main meal...**

Roast Pork with Bud's Mash  
Barry's Bean and Cheese Bubble & Squeak ✓  
Jacket - Tuna Mayo  
Sandwich - Ham or Cheese

**for dessert...**

Chocolate Cripsy

**Choose a main meal...**

Sadie's Beef Lasagne with a Garlic Bread Wedge  
Sadie's Veggie Korma & Rice ✓  
Jacket - Cheese  
Sandwich - Turkey or Tuna Mayo

**for dessert...**

Oatie Apple Crumble with Custard

**Choose a main meal...**

Crispy Salmon Fillet or Golden Fish Finger & Chips  
BBQ Quorn and Bean Wrap with Chips ✓  
Jacket - Baked Beans  
Sandwich - Ham or Cheese

**for dessert...**

Silvertop's Yoghurt with Mixed Fruit Compote



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.



**Chartwells**  
EAT LEARN LIVE