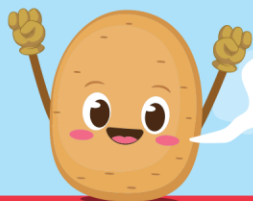


# WEEK one



Jacket Potato available everyday

# WEEK two



# WEEK three



CHADWICK'S KITCHEN

Autumn & Winter 2021

Monday

### choose a main meal:

Cheese & Tomato Pizza  
Served with Dough Balls (V)  
Or  
Tomato Pasta Bake  
Served with Dough Balls (V)  
Or  
Jacket Potato with Tuna

### on the side:

Carrot & Cucumber Sticks  
Sweetcorn

### for dessert:

Home made Flapjack with Peach slices or Fresh Fruit

### choose a main meal:

Pizza Wrap  
Served With Herby Potatoes  
Or  
Vegetarian Bolognaise Pasta Bake  
Served with Herby Potatoes (V)  
Or  
Jacket Potato with Tuna

### on the side:

Peas  
Sweetcorn

### for dessert:

Muffin  
Fresh Fruit

### choose a main meal:

Josh's Mild Peri-Peri Chicken  
Served with Rice  
Or  
Burrito filled with Rice and Vegetables (V)  
Or  
Jacket Potato with Tuna

### on the side:

Broccoli  
Carrots

### for dessert:

Chocolate and Orange Sponge with Custard or Fresh Fruit

Tuesday

### choose a main meal:

Sausage and Mashed Potato  
Served with Gravy  
Or  
Creamy Vegetarian Pastry Slice (V)  
Served with Mashed Potato  
Or  
Jacket Potato with Cheese (V)

### on the side:

Green Beans  
Carrots

### for dessert:

Syrup Sponge & Custard  
Fresh Fruit

### choose a main meal:

Grilled Chicken Breast Burger  
Served with Salad & Potato Wedges  
Or  
Quorn Hotdog  
Served Potato Wedges (V)  
Or  
Jacket Potato with Cheese (V)

### on the side:

Corn on the Cob  
Peas

### for dessert:

Ginger Sponge with Custard  
Fresh Fruit

### choose a main meal:

All Day Breakfast:  
Bacon, Sausage, Scrambled Egg, Beans, Tomato, and Toast **OR**  
Quorn Sausage, Scrambled Egg, Beans, Mushrooms, Tomato and Toast (V)  
Or  
Jacket Potato with Cheese (V)

### on the side:

Pea and Sweetcorn Mix

### for dessert:

Shortbread Fingers with Fruit Salad or Fresh Fruit

Wednesday

### choose a main meal:

Roast Gammon, served with Roast Potatoes, Yorkshire Pudding & Gravy  
Or  
Quorn Roast, served with Roast Potatoes, Yorkshire Pudding and Gravy (V)  
Or  
Jacket Potato with Beans (V)

### on the side:

Cabbage  
Parsnips

### for dessert:

St. Clement's Cake and Custard  
Fresh Fruit

### choose a main meal:

Roast Pork, served with Mashed Potato, Yorkshire Pudding and Gravy  
Or  
Quorn Savoury Mince & Dumpling  
Served with Mashed Potato (V)  
Or  
Jacket Potato with Beans (V)

### on the side:

Carrots  
Broccoli

### for dessert:

Home Made Rice Pudding  
Fresh Fruit

### choose a main meal:

Roast Turkey, served with Mashed Potato, Yorkshire Pudding and Gravy  
Or  
Quorn Roast, served with Mashed Potato, Yorkshire Pudding and Gravy (V)  
Or  
Jacket Potato with Beans (V)

### on the side:

Carrots  
Sprouts

### for dessert:

Lemon Drizzle Cake  
Fresh Fruit

Thursday

### choose a main meal:

Lasagne  
Served with Garlic Bread  
Or  
Mac 'n' Cheese  
Served with Garlic Bread (V)  
Or  
Jacket Potato with Cheese

### on the side:

Sweetcorn  
Coleslaw

### for dessert:

Chocolate Crispie Cake  
Fresh Fruit

### choose a main meal:

Cottage Pie  
Served with Roast Potatoes  
Or  
Vegetarian Sausages  
Served with Roast Potatoes (V)  
Or  
Jacket Potato with Cheese (V)

### on the side:

Cauliflower  
Swede Mash

### for dessert:

Home made Carrot Cake  
Fresh Fruit

### choose a main meal:

Mild Chicken Curry  
Served with Rice  
Or  
Mild Quorn vegetarian Chilli  
Served with Rice (V)  
Or  
Jacket Potato with Cheese (V)

### on the side:

Sweetcorn  
Green Beans

### for dessert:

Rachel's Home made Cornflake Tart and Custard or Fresh Fruit

Friday

### choose a main meal:

Fish Fingers  
Served with Chips  
Or  
Cheese and Baked Bean Wrap  
Served with Chips (V)  
Or  
Jacket Potato with Beans

### on the side:

Peas  
Baked Beans

### for dessert:

Ice-Cream  
Fresh Fruit

### choose a main meal:

Fish and Chips  
Or  
Cheese and Tomato Quiche  
Served with Chips  
Or  
Jacket Potato with Beans

### on the side:

Peas  
Baked Beans

### for dessert:

Cookie  
Fresh Fruit

### choose a main meal:

Fish Fingers  
Served with Chips  
Or  
Vegetarian Frittata  
Served with Chips  
Or  
Jacket Potato with Beans

### on the side:

Peas  
Baked Beans

### for dessert:

Jelly & Fruit  
Fresh Fruit

Fresh water available everyday

Fresh salad available everyday

Menu - September 2021 - April 2022