

Week one

29/10 19/11 10/12 14/01 04/02 04/03 25/03

Choose a main meal...
Mac 'N' Cheese ✓
Mild Potato & Chickpea Curry with Rice ✓
on the side...
Sweetcorn
Green Beans
for dessert...
Flapjack with Fruit Slices

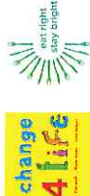
Choose a main meal...
Chinese Chicken Noodles
Creamy Broccoli & Sweetcorn Pasta ✓
on the side...
Peas
Carrots
for dessert...
Pear & Ginger Crumble with Custard

Choose a main meal...
Roast Turkey with Roast Potatoes & Gravy
Shepherdess Pie ✓
on the side...
Seasonal Cabbage
Cauliflower
for dessert...
Chocolate Ice Cream

Choose a main meal...
Pork Ragù with Rice
Vegetable & Cream Cheese Crumble with Mashed Potato ✓
on the side...
Carrots
Broccoli
for dessert...
Brownie Cake

Choose a main meal...
Crispy Fish & Chips
Quorn Dippers with Chips ✓
on the side...
Baked Beans
Crunchy Coleslaw
for dessert...
Lemon Shortbread

If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us
Our special diets menu can be provided following documentation from a medical professional
Jacket Potatoes with assorted toppings, fruit and yogurts available daily



WE ONLY USE
Lion Quality
British Eggs

FARM TO FORK
We can trace every
cut of meat back to
the farms of origin

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY



Week two

05/11 26/11 17/12 21/01 11/02 11/03 01/04

Choose a main meal...
Mozzarella & Tomato Pizza with Pasta Salad ✓
Vegetable Biryani ✓
on the side...
Broccoli
Sweetcorn
for dessert...
Vanilla Ice Cream

Choose a main meal...
Pork Sausages with Cheesy Mash
Vegetarian Sausages with Cheesy Mash ✓
on the side...
Baked Beans
Peas
for dessert...
St Clements Sponge Cake

Choose a main meal...
Roast Chicken with Roast Potatoes & Gravy
Cauliflower & Broccoli Cheese Bake with Roast Potatoes & Gravy ✓
on the side...
Seasonal Cabbage
Carrots
for dessert...
Oatie Biscuit with Fruit Slices

Choose a main meal...
Chicken & Tomato Lasagne with a Garlic & Herb Bread Wedge ✓
Vegetarian Tagine with Rice ✓
on the side...
Green Beans
Cauliflower
for dessert...
Apple & Berry Crumble with Custard

Choose a main meal...
Golden Fish Fingers & Chips
Mediterranean Tart & Chips ✓
on the side...
Baked Beans
Peas
for dessert...
Banana & Apricot Flapjack

Week three

£2.30

12/11 03/12 07/01 28/01 25/02 18/03

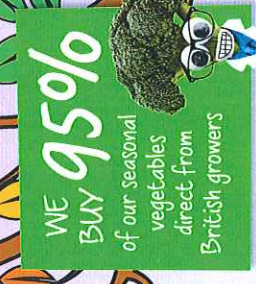
Choose a main meal...
Mozzarella & Tomato Pizza with Jacket Wedges ✓
Tomato & Vegetable Savoury Rice ✓
on the side...
Green Beans
Sweetcorn
for dessert...
Strawberry Ice Cream

Choose a main meal...
All Day Breakfast
Vegetarian All Day Breakfast ✓
on the side...
Baked Beans
Grilled Tomatoes
for dessert...
Raspberry Ripple Cake

Choose a main meal...
Roast Pork with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy ✓
on the side...
Seasonal Cabbage
Carrot & Swede Mash
for dessert...
Peach Slice

Choose a main meal...
Beef Macaroni Bake with Garlic & Herb Bread Wedge ✓
Vegetable Korma with Rice ✓
on the side...
Broccoli
Sweetcorn
for dessert...
Pineapple Upside Down Cake with Custard

Choose a main meal...
Salmon Fish Fingers with Chips
Golden Fish Fingers & Chips
Baked Bean & Cheese Quesadilla with Chips ✓
on the side...
Peas
Baked Beans
for dessert...
Shortbread Fingers with Fruit Slices



Chinese New Year

Tuesday 5th February

Chinese Chicken Noodles
Sweet & Sour Quorn with Rice
Wok Tossed Vegetables
Sticky Bananas with Ice Cream

*2019 is the year of the Pig
The Chinese decorate everything
red for Chinese New Year*



GOOL PERAN LOWEN! ST PERAN'S DAY CELEBRATIONS

Tuesday 5th March

Menu

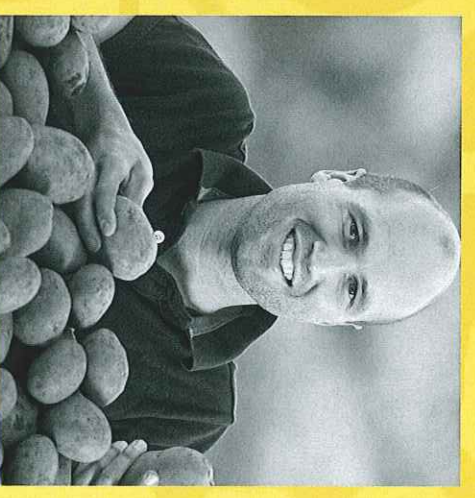
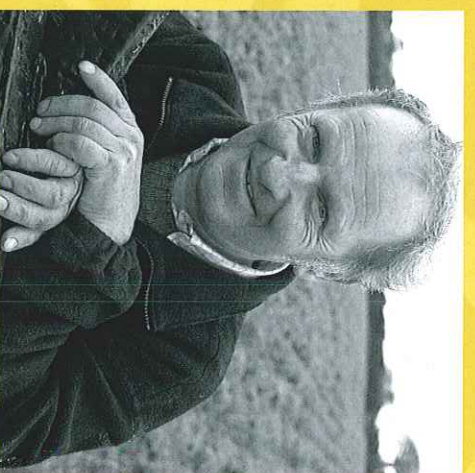
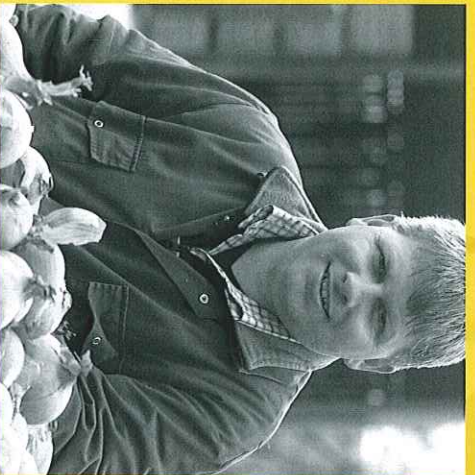
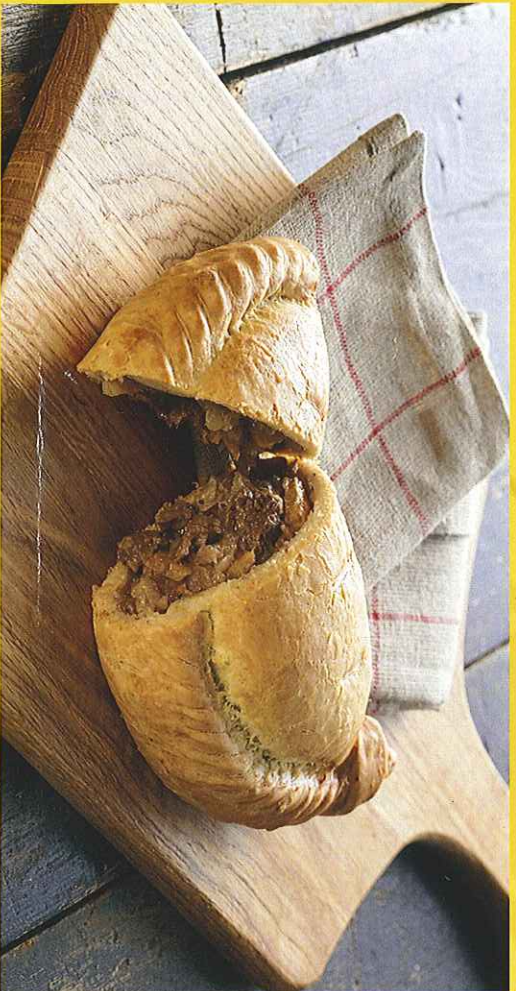


**Traditional Steak Pasty
or Cheese and Onion Pasty**

Hewva Cake

Jacket Potato available on request

*Pasties were taken down
the mines by the adults and
children who worked there;
the shape and size made them
ideal for carrying. It's distinctive
D shape with the crust acting as
a handle, which was discarded
to prevent contaminating the
food with grubby, possibly
arsenic-ridden hands*



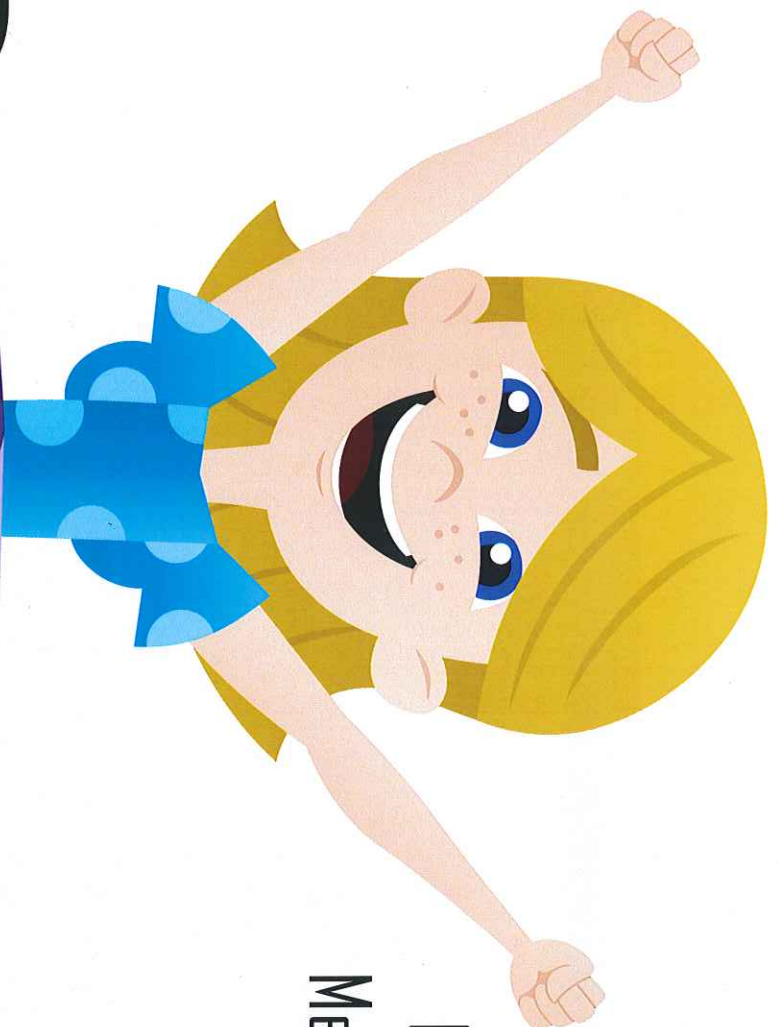
At Proper Cornish we are passionate about quality pastry, filled with great tasting ingredients, made properly in Cornwall for people who love food.

We are passionate and honest about where our ingredients come from. At Proper Cornish, we believe in supporting our local farmers. Our swede comes from Hayle, courtesy of Trevor Goldsworthy's family run farm, our potatoes come from third generation farmer Chris Dustow from Par and our onions are grown by Anthony West of Torpoint. Cornwall grows some of the highest quality produce in the world, so why go anywhere else?


Chartwells

WORLD BOOK DAY

THURSDAY 7TH MARCH



Snow White and the Hunters
Chicken Burger with Chips

Cloudy with a Chance of Quorn
Meatballs with The Twits Spaghetti



The Hungry Caterpillar's Salad
Princess and The Peas



Bruce Bogtrotter's
Chocolate Fudge Cake

The Jungle Book Fruit Salad
with Yoghurt Dippers

