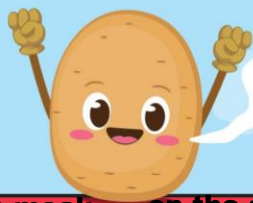


# WEEK one



Jacket Potato available everyday

# WEEK two



# WEEK three



CHADWICK'S KITCHEN

Autumn & Winter

2022

Monday

### choose a main meal:

Pizza Monday!  
Cheese and Tomato Pizza (V)  
Or  
Vegetable Quesadilla (V) Or ♻️  
Or  
Roasted Vegetable Pasta Bake (V) Or  
Jacket Potato with choice of topping

### on the side:

Potato Wedges  
Baked Beans  
Sweetcorn  
Fresh Carrot Batons

### for dessert:

Choice of: Homemade Iced  
Sponge, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Pizza Monday!  
Cheese & Tomato Pizza (V)  
Or  
Spaghetti with Tomato Sauce (V) Or ♻️  
Vegetarian Lasagne (V)  
Or  
Jacket Potato with a choice of topping

### on the side:

Peas  
Corn on the Cob  
Potato Wedges

### for dessert:

Choice Of: Chocolate Brownie  
Surprise, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Pizza Monday!  
Cheese & Tomato Pizza (V)  
Or  
Vegetable Quesadilla (V) Or ♻️  
Crunchy Topped Tomato Pasta Bake (V)  
Or  
Jacket Potato with choice of topping

### on the side:

Broccoli  
Sweetcorn  
Diced Potatoes  
Garlic Bread

### for dessert:

Choice of: Apple Cornflake  
Crunch, Cheese & Crackers,  
Fresh Fruit or Yoghurt

Tuesday

### choose a main meal:

Homemade Chicken Curry & Rice ♻️  
Or  
Cheese and Broccoli Quiche (V)  
Served with Sliced oven baked Potatoes  
Or  
Chicken Style Quorn Burrito (V) Or  
Jacket Potato with choice of topping

### on the side:

Green Beans  
Sweetcorn  
Homemade Coleslaw

### for dessert:

Choice of: Chadwick's Kitchen  
Fruity Flapjack, Cheese &  
Crackers, Fresh Fruit or Yoghurt

### choose a main meal:

Sausage & Baked Bean Casserole topped  
with Mashed Potato ♻️  
Or  
BBQ Chicken Wrap ♻️  
Or  
Quorn Curry (V) Or  
Jacket Potato with a choice of topping

### on the side:

Wholemeal Rice  
Broccoli  
Swede

### for dessert:

Choice of: Cheesecake with  
Mandarin Oranges, Cheese &  
Crackers, Fresh Fruit or Yoghurt

### choose a main meal:

All Day Breakfast:  
Sausage or Quorn Sausage (V), Bacon  
Scrambled Egg, Beans, Tomato, Hash  
Brown and Toast  
Or  
Cheese & Tomato Tagliatelle (V) Or  
Jacket Potato with Choice of topping ♻️

### on the side:

Broccoli  
Carrot Batons  
Mixed Pepper Strips

### for dessert:

Choice of: Rice Pudding with  
Apricot Compote, Cheese &  
Crackers, Fresh Fruit or Yoghurt

Wednesday

### choose a main meal:

Roast of the day, served with Roast ♻️  
Potato, Yorkshire Pudding and Gravy  
Or  
Stuffed Peppers (V) ♻️  
Or  
Macaroni Cheese (V) Or  
Jacket Potato with a choice of topping

### on the side:

Mashed Swede & Carrot  
Parsnips  
Garlic Slice

### for dessert:

Choice of: Apple Sponge and  
Custard, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Roast of the day, served with Roast ♻️  
Potato, Yorkshire Pudding and Gravy  
Or  
Quorn Roast (V)  
Or  
Ham Pasta Carbonara Or  
Jacket Potato with a choice of topping ♻️

### on the side:

Carrots  
Cauliflower Cheese  
Homemade Bread

### for dessert:

Choice of: Apple & Banana Cake  
& Custard, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Roast of the day, served with Roast Potato,  
Yorkshire Pudding and Gravy ♻️  
Or  
Quorn Sausages (V)  
Or  
Chicken & Tomato Pasta Or ♻️  
Jacket Potato with a choice of topping

### on the side:

Carrots  
Sprouts

### for dessert:

Choice of: Sticky Toffee Pudding  
& Custard, Cheese & Crackers,  
Fresh Fruit or Yoghurt

Thursday

### choose a main meal:

Homemade Mince Beef Pie with Mashed  
Potato ♻️  
Or  
Quorn Sausages with Mashed Potato (V)  
Or  
Chicken and Tomato Pasta Or ♻️  
Jacket Potato with a choice of topping

### on the side:

Broccoli  
Cabbage  
Homemade Bread

### for dessert:

Choice of: Mrs Vickers homemade  
Jammie Dodgers, Cheese &  
Crackers, Fresh Fruit or Yoghurt

### choose a main meal:

Mince & Dumplings with Creamy Potato  
Or  
Mrs Morton's Sticky Honey Chicken &  
Spaghetti ♻️  
Or  
Tomato & Basil Pasta (V) Or ♻️  
Jacket Potato with a choice of topping

### on the side:

Cabbage  
Peas  
Diced roasted Sweet Potato

### for dessert:

Choice of: Winter Fruit Sponge &  
Custard, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Mrs Vickers Spanish Chicken with Rice ♻️  
Or  
Beef Spaghetti Bolognese ♻️  
Or  
Mac n Cheese (V)  
Or  
Jacket Potato with a choice of topping

### on the side:

Cauliflower  
Green Beans  
Roasted Veg Cous Cous

### for dessert:

Choice of: Mr Parkin's Sticky  
Ginger Parkin, Cheese &  
Crackers, Fresh Fruit or Yoghurt

Friday

### choose a main meal:

Fish in breadcrumbs  
Served with Chips  
Or  
Chinese Egg Fried Rice (V) & Curry Sauce  
Or  
Jacket Potato with a choice of topping ♻️

### on the side:

Peas  
Baked Beans

### for dessert:

Choice of: Chocolate Crispie  
Cake, Cheese & Crackers, Fresh  
Fruit or Yoghurt

### choose a main meal:

Jumbo Fish Fingers and Chips  
Or  
Salmon Pasta ♻️  
Or  
Quorn no meat-ball Sub (V)  
Or  
Jacket Potato with a choice of topping ♻️

### on the side:

Peas  
Baked Beans

### for dessert:

Choice of: Mr Mc Nally's Viennese  
Whirl, Cheese & Crackers,  
Fresh Fruit or Yoghurt

### choose a main meal:

Fish Fingers  
Served with Chips  
Or  
Assorted Panini's  
Served with Chips  
Or  
Jacket Potato with a choice of topping ♻️

### on the side:

Peas  
Baked Beans

### for dessert:

Choice of: Banana Muffin,  
Cheese & crackers,  
Fresh Fruit or Yoghurt

Fresh water available everyday

Healthy option on the day  
Least food miles travelled

Fresh salad available everyday

Menu - October 2022 - April 2023

