

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Macaroni Cheese ✓
Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce

Veggie Sausage and Mash with Gravy ✓
Veggie sausages and mash with rich gravy

Chinese Chicken Noodles
Chicken and veg in a soy based sauce served with noodles

Allegra's Cheesy Peasy Risotto Bake ✓
A delicious baked cheesy, pea risotto

Roast Pork with Roast Potatoes & Gravy
Tender roast pork served with fluffy roasties and tasty gravy

Butternut Squash and Potato Pastry Slice
A chunky butternut squash and potato slice

Beef Meatballs in Tomato Sauce with Pasta
Delicious beef meatballs in a tasty tomato sauce with pasta

Veggie Lasagne served with a Bread Wedge ✓
Delicious sheets of pasta layered with veggies and tomato sauce

Golden Fish Fingers and Chips
Crispy fish fingers with scrummy chips

Soft Taco and Chips ✓
A soft taco shell filled with a yummy veggie tomato chilli

DAILY FAVES...

Jacket Potato ✓
With a choice of fillings

Tomato Pasta ✓
Fresh, homemade tomato and basil sauce with penne pasta

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With a choice of fillings

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Fresh, homemade tomato and basil sauce with penne pasta

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With a choice of fillings

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With a choice of fillings

Tomato Pasta ✓
Fresh, homemade tomato and basil sauce with penne pasta

WEEK 3

WC: 13/09/04/10/25/10
15/11/06/12/27/12
17/01/07/02/28/02

SDEs...

Peas
and
Carrots

Sweetcorn
and
Broccoli

Carrots
and
Cabbage

Green Beans
and
Sweetcorn

Baked Beans
and
Peas

PICK A PUDD!

Oatie Biscuit
with Fruit
Slices

Apple and
Carrot
Yoghurt Muffin

Strawberry Ice
Cream

Chocolate
Sponge Cake

Crispy Snow
Bar

Please contact us with any questions on 01983 550500.

Chartwells

Food Super Heroes Menu

YOUR FAVOURITES available every day

OUR NEW MENU! chosen by our parents and children

£2.15

**ISLE OF WIGHT
THREE WEEK MENU
AUTUMN/WINTER 2021**

Chartwells

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

Macaroni Cheese 
Traditional Mac N Cheese,
delicious macaroni in a creamy
cheese sauce

Vegetable Burrito Wrap

 
A soft wrap filled with lightly
spiced veggies and rice

Hot Chicken Sandwich
Sliced chicken breast in a
floury bap with lettuce

**Allegra's BBQ Beans served
with cornbread**
Tangy BBQ beans served with
cornbread  

**Roast Gammon with Roast
Potatoes & Gravy**
Tender roast gammon served
with fluffy roasties and tasty
gravy

**Sweet Potato and Chickpea
Roast with Roast Potatoes
and Gravy**  
A chunky sweet potato and
chickpea roast

Beef Bolognese
A classic Italian Beef Bolognese
in a yummy tomato sauce

Butternut Squash and
Tomato Bake with Rice


A delicious butternut squash
and tomato bake served with
rice

Golden Fish Fingers and
Chips

Crispy fish fingers with
scrummy chips

Meat-free Nuggets and
Chips


Crispy Quorn nuggets with
their fave sauce - ketchup

DAILY FAVES...

Jacket Potato 
With a choice of fillings

Tomato Pasta  

Fresh, homemade
tomato and basil sauce
with penne pasta

Jacket Potato 

With a choice of fillings

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Fresh, homemade
tomato and basil sauce
with penne pasta

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With a choice of fillings

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Jacket Potato 
With a choice of fillings

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with penne pasta

Jacket Potato 
With a choice of fillings

Tomato Pasta  

Fresh, homemade
tomato and basil sauce
with penne pasta

WEEK 1

WC: 30/08/20/09/11/10
01/11/22/11/13/12
03/01/24/01/14/02

SDEs..

Green Beans
and
Sweetcorn

PICKAPUD!

Raspberry
Ripple Ice
Cream

Peas
and
Broccoli

Brownie

Carrots
and
Cabbage

Shortbread
Biscuit with
Fruit Slices

Broccoli
and
Sweetcorn

Berry & Peach
Oaty Crumble
with Custard


Baked Beans
and
Peas

Orange,
Sultana &
Carrot Cake
Slice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT SPECIALS...

**Cheese and Tomato Pizza
with Dough Balls** 

Cheesy tomato topped
pizza slice

Veggie Bolognese  

Yummy veggie Bolognese
with pasta

**Sausage and Mash with
Gravy**

Sausage and mash with rich gravy

Allegra's Oodles of Noodles
 

Delicious noodles with tofu and
veggies

**Roast Chicken with Roast
Potatoes & Gravy**

Succulent roast chicken with
fluffy roasties and tasty gravy

**Creamy Vegetable Pie with
Roast Potatoes and Gravy**


Creamy vegetable pie with a
cheesy shortcrust topper

**Beef Lasagne with a Garlic &
Herb Bread Wedge** 

A classic Italian layered pasta
dish with beef mince

**Mild Chickpea and Potato
Curry**  

A tasty mild chickpea and potato
curry

**Golden Fish Fingers and
Chips**

Crispy fish fingers with scrummy
chips

**Tomato Veggie Burger and
Chips** 

A scrummy tomato veggie
burger in a soft bap

DAILY FAVES...

Jacket Potato 
With a choice of fillings

Tomato Pasta  

Fresh, homemade
tomato and basil sauce
with penne pasta

Jacket Potato 

With a choice of fillings

Tomato Pasta  

Fresh, homemade
tomato and basil sauce
with penne pasta

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tomato and basil sauce
with penne pasta

Jacket Potato 
With a choice of fillings

Tomato Pasta  

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with penne pasta

Jacket Potato 
With a choice of fillings

Tomato Pasta  

Fresh, homemade
tomato and basil sauce
with penne pasta

WEEK 2

WC: 06/09/27/09/18/10
08/11/29/11/20/12
10/01/31/01/21/02

SDEs..

Carrot Sticks
and
Cucumber
Sticks

PICKAPUD!

Flapjack with
Fruit Slices 

Broccoli
and
Peas

Peach
Shortbread
Pudding &
Custard 

Cabbage
and
Carrots

Raspberry
Yoghurt Cake

Green Beans
and
Sweetcorn

Fruity
Chocolate
Brownie

Peas
and
Baked Beans

Vanilla Ice
Cream

 Vegetarian  Oily fish
 Wholegrain  Fruity!
 Nutritionists Choice

Water, salad,
freshly baked bread,
yoghurt & fresh fruit

Available
every day!

