

CHARTWELLS LEWISHAM 2 WEEK MENU

OUR NEW MENU
CHOSEN BY
PARENTS AND
CHILDREN



YOUR
FAVOURITES
AVAILABLE
EVERY DAY



WEEK 1 MENU

W/C: 18/04 02/05 16/05 06/06 20/06
04/07 18/07 29/08 12/09 26/09 10/10



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main 1

Mild Smoky Bean & Vegetable Chilli with Rice
V VE

Vegetable Biryani V

Roast Turkey with Roast Potatoes & Gravy

Veggie Balls in Tomato Sauce with Pasta V

Golden Fish Fingers or Veggie Hotdog V & Chips

Hot Main 2

Cheese & Tomato Pizza with Skin on Wedges
V

Allegra's Asian Sticky Chicken Noodles
Jacket Potato with Salmon Mayo

Creamy Vegetable Pie with Roast Potatoes & Gravy V

Mild Chickpea and Potato Curry with Rice
V VE

Jerk Chicken with Rice

Schools Choice

Jacket Potato V with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta V or Sandwich/Baguette V

Vegetables

Sweetcorn & Roast Vegetables

Peas & Broccoli

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot, Tomato, Cucumber, Lettuce

Cous Cous Salad
Sweetcorn, Tomato, Cucumber, Lettuce

Noodle Salad,, Peppers, Tomato, Cucumber, Lettuce

Potato Salad, Carrot, Tomato, Cucumber, Lettuce

Pasta Salad, Sweetcorn, Tomato, Cucumber, Lettuce

Desserts

Organic Yoghurt with Fresh Fruit Slices
Or
Banana & Apricot Flapjack with Fruit Slices V

Organic Yoghurt with Fresh Fruit Salad
Or
Apple & Berry Oaty Crumble V & Custard

Organic Yoghurt with Fresh Fruit Slices
Or
Cheese & Biscuits with Apple & Grapes

Bowl of Seasonal Fresh Fruit
Or
Chocolate Slice with Fresh Fruit Slices

Organic Yoghurt with Fresh Fruit Salad
Or
Vanilla Ice Cream with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

We offer medical diet and allergen support, please speak to your school office in the first instance. Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

V Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice
VE Vegan



SPRING/SUMMER 2022

WEEK 2 MENU

W/C: 25/04 09/05 23/05 13/06 27/06
11/07 05/09 19/09 03/10 17/10



MONDAY



TUESDAY



WEDNESDAY

THURSDAY





FRIDAY

Hot Main 1

Vegetable Sausages
& Mash with Gravy  



Veggie Lasagne
with Garlic
Bread Wedge  

Roast Beef
with Roast Potatoes
& Gravy



Creamy Veggie Korma
Curry with Rice
   




Golden Fish Fingers or
Soft Vegetable Taco   & Chips

Hot Main 2

Veg Supreme Pizza
& Skin on Wedges  






Allegra's Chilli Con Chicken
& Sweet Potato Bake 

Butternut Squash & Potato
Pastry Slice with Roast
Potatoes & Gravy  

Veg Bolognese
with Pasta   

BBQ Chicken Wrap
with Cous Cous

Schools
Choice

Jacket Potato   with Tuna Mayo, Cheese, Coleslaw or Beans, or Tomato Pasta   or Sandwich/Baguette 

Vegetables

Sweetcorn & Broccoli

Peas & Cauliflower

Carrots & Cabbage

Green Beans & Sweetcorn

Baked Beans & Peas

Salads

Coleslaw, Carrot,
Tomato, Cucumber,
Lettuce


Noodle Salad, Sweetcorn,
Tomato, Cucumber,
Lettuce



Cous Cous Salad, Peppers,
Tomato, Cucumber,
Lettuce


Potato Salad, Carrot,
Tomato, Cucumber,
Lettuce




Pasta Salad, Sweetcorn,
Tomato, Cucumber,
Lettuce


Desserts

Organic Yoghurt
with Fresh Fruit Slices 
Or
Oatie Biscuit  
with Fresh Fruit Slices

Organic Yoghurt
with Fresh Fruit Salad 
Or
Apple and Carrot Cake
with Fresh Fruit Slices 

Organic Yoghurt
with Fresh Fruit Slices 
Or
Cheese and Biscuits
with Apples & Grapes

Bowl of Seasonal
Fresh Fruit 
Or
Berry Flapjack  
with Fresh Fruit Slices

Organic Yoghurt
with Fresh Fruit Salad 
Or
Strawberry Ice Cream
with Fresh Fruit Slices

Organic Milk or Water & Freshly Baked Bread available daily

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 **Vegetarian**  **Oily fish**  **Wholegrain**  **Fruity!**  **Nutritionist's Choice**
VE **Vegan**

SPRING/SUMMER 2022

