

Delicious Hot MAIN MEALS

Fresh Vegetable SIDES


Mmmm DESSERTS



CHADWICK'S
KITCHEN

Autumn & Winter 2022/
2023

Monday

 Cheese and Tomato Pizza (V)
Or
♥ Vegetable Quesadilla



Baked Beans
Sweetcorn
Fresh Carrot Batons
.....
Homemade Potato Wedges

A choice of:
Homemade Iced Sponge
Cheese & Crackers
Fresh Fruit
Yoghurt

Tuesday


 Homemade Minced Beef Pie
Or
♥ Macaroni Cheese



Green Beans
Sweetcorn
.....
Mashed or Sliced Oven Potatoes
Garlic Slice

A choice of:
Chadwick's Kitchen Fruity Flapjack
Cheese & Crackers
Fresh Fruit
Yoghurt

Wednesday

 Roast of the day with Yorkshire
Pudding ♥
Or
Chicken Style Quorn Burrito (V)



Mashed Swede and Carrot
Parsnips
Homemade Coleslaw
.....
Roast Potatoes

A choice of:
Apple Sponge & Custard
Cheese & Crackers
Fresh Fruit
Yoghurt

Thursday

 Home-made Chicken Curry
Quorn Sausages (V) ♥



Broccoli
Cabbage
.....
Rice
Mashed Potatoes

A choice of:
Mrs Vicker's Homemade Jammie
Dodgers
Cheese & Crackers
Fresh Fruit
Yoghurt

Friday

Fish in Breadcrumbs
Or
Chinese Egg Fried Rice & Curry Sauce
Or
Jacket Potato with Choice of topping



Baked Beans
Peas
Sweetcorn
.....
Chips

A choice of:
Chocolate Crispie Cake
Cheese & Crackers
Fresh Fruit
Yoghurt

 Fresh water
available
everyday

♥ Healthy option on the day

 Least food miles travelled

 Fresh salad
available
everyday

MENU WEEK: ONE



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Winter

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2023

Monday


Cheese and Tomato Pizza(V) 
Or
Spaghetti with Tomato Sauce 



Peas
Corn on the Cob
.....
Potato Wedges
Garlic Slice

A choice of:
Chocolate Brownie Surprise
Cheese & Crackers
Fresh Fruit
Yoghurt

Tuesday



Sausage and Bean Casserole topped
with Mashed Potato 
Or
Quorn Curry (V)



Broccoli
Mashed Swede
.....
Wholemeal Rice

A choice of:
Cheesecake with Mandarin Oranges
Cheese & Crackers
Fresh Fruit
Yoghurt

Wednesday

 **Roast of the Day** 
Or
Ham Pasta Carbonara



Carrots
Cauliflower Cheese
.....
Roast Potatoes
Yorkshire Pudding
Homemade Bread

A choice of:
Apple and Banana Cake
Cheese & Crackers
Fresh Fruit
Yoghurt

Thursday


 **Savoury Mince and Dumplings**
Or
Mrs Morton's Sticky Honey Chicken 



Cabbage
Peas
Diced Roasted Sweet Potato
.....
Creamed Potatoes
Noodles

A choice of:
Winter Fruit Sponge & Custard
Cheese & Crackers
Fresh Fruit
Yoghurt

Friday

Jumbo Fish Fingers
Or
Salmon Pasta 
Or
Quorn no Meat-ball Sub
(V)





Baked Beans
Peas
.....
Chips

A choice of:
Mr McNally's Viennese Whirl
Cheese & Crackers
Fresh Fruit
Yoghurt

MENU WEEK: TWO



 **Healthy option on the day**
 **Least food miles travelled**



Fresh Salad
available
everyday




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Monday

 **Crunchy Topped Tomato Pasta Bake** ♥
Or
Cheese and Tomato Pizza



Sweetcorn Broccoli
.....
Homemade Diced Potatoes
Garlic Bread

A choice of:
Apple Cornflake Crunch
Cheese & Crackers
Fresh Fruit
Yoghurt

Tuesday

All Day Breakfast
Or
Vegetarian All Day Breakfast
Or
Cheese and Tomato Tagliatelle (V) ♥



Broccoli
Carrot Batons
Mixed Pepper Strips
.....
Homemade Bread

A choice of:
Rice Pudding with Apricot Compote
Cheese & Crackers
Fresh Fruit
Yoghurt

Wednesday


Roast of the Day 
Or
♥ **Chicken & Tomato Pasta**



Carrots
Peas/Sweetcorn Mix
.....
Roast Potatoes
Yorkshire Pudding

A choice of:
Sticky Toffee Pudding & Custard
Cheese & Crackers
Fresh Fruit
Yoghurt

Thursday

 **Mrs Vicker's Spanish Chicken** ♥
Or
Mac N Cheese (V)



Cauliflower
Green Beans
Roasted Vegetable Cous Cous
.....
Rice

A choice of:
Mr Parkin's Sticky Ginger Parkin
Cheese & Crackers
Fresh Fruit
Yoghurt

Friday


♥ **Fish Fingers**
Served with Chips
Or
Assorted Panini's (V)



Baked Beans
Peas
.....
Chips

A choice of:
Banana Muffin
Cheese & Crackers
Fresh Fruit
Yoghurt



♥ Healthy option on the day
 Least food miles travelled



Fresh salad
available everyday



MENU WEEK: THREE