AUTUMN/ WINTER MENU 2026

FRESH!

NUTRITIOUS

Chartwells Schools

OUR SCHOOL MEALS AT A GLANCE

We believe school meals should be nutritious, varied and enjoyable – helping every child feel fuelled, focused and ready to learn.

Nutritious and Balanced

- ☑ Our Autumn/Winter menu provides balanced, tasty and nutritious meals for pupils
- ☑ Meals are carefully balanced with carbohydrates, protein and healthy fats to support wellbeing
- ☑ Menus offer variety, colour and familiar seasonal dishes that appeal to pupils

Fresh and Varied

- ☑ Fresh fruit and vegetables are available daily to encourage nutrient dense plates
- ☑ A wide variety of colourful vegetables are offered each week, including seasonal choices where possible

Standards You Can Trust

- ☑ All menus are developed in line with the School Food Standards
- ☑ No Food Standards Agency (FSA) prohibited additives are used in our meals
- ☑ Meat dishes meet Government Buying Standards (GBS) requirements
- ☑ Oily fish is included, in accordance with the School Food Standards

Something for Everyone

- ☑ Vegetarian options are available every day, with plant-based dishes featured across the menu cycle
- ☑ Allergy Aware and bespoke menus are available to support pupils with specific dietary needs

Healthier Choices

- ☑ Wholegrain carbohydrate options are regularly included, such as wholemeal bread, wholegrain rice and wholewheat pasta
- ☑ Ingredients and recipes meet, or are below, Public Health England targets for sugar and salt

TASTY

FRUITY!

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES — OPTION 1	Creamy Garlic Pasta (V)	Bean and Cheese Pastry Turnover with Herby Diced Potatoes (V)	Sweet Potato and Chickpea Roast with Stuffing and Gravy (VE) (NH)	Yellow Vegetable Curry with Wholegrain Rice (VE) (WG) (NH)	Quorn Dippers with Chips (VE)
HOT DISHES — OPTION 2	Cheese and Tomato Pizza with Nut-Free Pesto Pasta (V) (WG)	Jerk Chicken with Rice and Peas	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Chicken Tikka Masala with Wholegrain Rice (WG) (NH)	Southern Fried Chicken with Chips
HOT DISHES — OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V) (WG)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V) (WG)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V) (WG)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V) (WG)	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta (V) (WG)
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD					
DELI DISHES — OPTION 4	Cheese and Tomato Panini (V)	Tuna and Cheese Panini Melt	Roast Chicken Pitta Pocket	Cheese and Tomato Toastie (V)	Tuna and Cheese Panini Melt
DELI DISHES — OPTION 5	Egg Mayonnaise Sandwich (V)	Cheese and Sweetcorn Wrap	Cheese, Carrot and Apple Slaw Wrap (V)	Tuna Mayonnaise Sandwich	Cream Cheese and Cucumber Wrap (V)
DELI DISHES ARE SERVED WITH MIXED SALAD					
DESSERT	Chocolate Ice Cream	Lemon Cookie	Raspberry Jelly with Fruit (VE) (F)	Chocolate Marble Cake	Yoghurt and Fruit (F) (NH)

TASTY

W/C: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027, 15/02/2027, 08/03/2027, 29/03/2027

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping (V) (OF)

FRUITY!

WEEK 1
WEEK 2
WEEK 3

(V) Vegetarian (VE) Vegan (OF) Oily Fish (F) Fruity! (WG) Wholegrain (NH) Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

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AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS

Chartwells Schools

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES OPTION 1	**Spicy Tomato Pasta Bake** with a Garlic Doughball (V)	**Chinese Vegetable Rice** (V)	**Roast BBQ Quorn** with Mashed Potato, Yorkshire Pudding and Gravy (V)	**Beany Pasta Bake** (V)	**Quorn Dippers** with Chips (VE)
OPTION 2	**Cheese and Tomato Pizza** with Nut-Free Pesto Pasta (V)	**Beef Burger** with Herby Diced Potatoes	**Roast Chicken** with Mashed Potato, Yorkshire Pudding and Gravy	**Katsu Chicken** with Wholegrain Rice	**Fish Fingers** with Chips
OPTION 3	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)
	HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES OPTION 4	**Cheese Panini** (V)	**Tuna and Cheese Panini Melt**	**Roast Chicken Pitta Pocket**	**Cheese and Tomato Panini** (V)	**Cheese Panini** (V)
OPTION 5	**Egg Mayonnaise Roll** (V)	**Cream Cheese and Cucumber Pitta Pocket** (V)	**Cheese Baguette** (V)	**Tuna and Sweetcorn Wrap**	**Huomous and Carrot Wrap**
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	**Strawberry Ice Cream**	**Chocolate Cookie**	**Chocolate Brownie**	**Jam and Coconut Sponge**	**Yoghurt and Fruit**

TASTY

W/C: 09/11/2026, 30/11/2026, 21/12/2026, 11/01/2027, 01/02/2027, 22/02/2027, 15/03/2027, 05/04/2027

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES
With a choice of topping (V)

FRUITY!

WEEK 1
WEEK 2
WEEK 3

(V) Vegetarian (VE) Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice

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AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS

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HOT DISHES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	**Red Pepper and Nut-Free Pesto Spaghetti** (V)	**Cheese and Tomato Quiche** with Potato Wedges (V)	**Quorn Roast** with Mashed Potato, Yorkshire Pudding and Gravy (V)	**Macaroni Cheese** (V)	**Quorn Dippers** with Chips (VE)
OPTION 2	**Cheese and Tomato Pizza** with Nut-Free Pesto Pasta (V)	**Beef Meatballs in Tomato Sauce** with Wholewheat Pasta	**Roast Chicken** with Mashed Potato, Yorkshire Pudding and Gravy	**Beef Bolognese** with Wholewheat Pasta	**Fish Fingers** with Chips
OPTION 3	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)	**Tomato Pasta** Fresh, homemade Tomato Sauce with Penne Pasta (V)

HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD

DELI DISHES

OPTION 4	**Cheese Panini** (V)	**Cheese and Tomato Panini** (V)	**Roast Chicken Pitta Pocket**	**Cheese Panini** (V)	**Cheese and Tomato Panini** (V)
OPTION 5	**Houmous and Carrot Wrap** (VE)	**Cheese and Sweetcorn Wrap**	**Cheese Wrap** (V)	**Tuna and Sweetcorn Pitta Pocket**	**Egg Mayonnaise Baguette** (V)

DELI DISHES ARE SERVED WITH MIXED SALAD

DESSERT	**Vanilla Ice Cream**	**Oat Cookie - with Fruit**	**Strawberry Jelly - with Fruit**	**Chocolate Sponge** with Chocolate Custard	**Yoghurt and Fruit**

TASTY

W/C: 16/11/2026, 07/12/2026, 28/12/2026, 18/01/2027, 08/02/2027, 01/03/2027, 22/03/2027

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping (V)

FRUITY!

WEEK 1
WEEK 2
WEEK 3

(V) Vegetarian (VE) Vegan Oily Fish Fruity! Wholegrain Nutritionist's Choice

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