AUTUMN/ WINTER MENU 2026

FRESH!

NUTRITIOUS

TASTY

FRUITY!

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

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NUTRITIOUS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES — OPTION 1	**Cheese and Tomato Pizza** with Pesto Pasta (V)	**Sweet Potato and Lentil Curry** with Wholegrain Rice (VE)	**Roast Chicken** with Roast Potatoes, Stuffing and Gravy (H)	**Lasagne** with a Garlic Doughball (H)	**Battered Pollock** with Chips
HOT DISHES — OPTION 2	**Creamy Garlic Pasta** (V)	**Chicken Meatball Sub** with Herby Diced Potatoes (H)	**Cheese and Onion Pie** with Mashed Potato (V)	**Vegan Meatball Baguette** with Potato Wedges (VE)	**Quorn Dippers** with Chips (VE)
HOT DISHES — OPTION 3		**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	
	HOT DISHES ARE SERVED WITH TWO SEASONAL VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES — OPTION 4	**Cheese and Tomato Panini** (V)	**Tuna and Cheese Panini Melt**	**Roast Chicken Pitta Pocket** (H)	**Cheese and Tomato Toastie** (V)	**Cheese Panini** (V)
DELI DISHES — OPTION 5	**Egg Mayonnaise Sandwich**	**Chicken and Sweetcorn Wrap** (H)	**Cheese, Carrot and Apple Slaw Wrap** (V)	**Tuna Mayonnaise Sandwich**	
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	**Lemon Cookie** (VE)	**Chocolate Ice Cream**	**Apple Crumble** with Custard	**Chocolate Marble Cake**	**Yoghurt and Fruit**

TASTY

FRUITY!

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping (V)

V Vegetarian · VE Vegan · Oily Fish · Fruity! · Wholegrain · Nutritionist's Choice · H Halal Available

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

WEEK 1
WEEK 2
WEEK 3

05/01/2026, 26/01/2026, 16/02/2026, 09/03/2026, 30/03/2026, 20/04/2026, 05/01/2026, 26/01/2026, 16/02/2026, 09/03/2026, 30/03/2026, 20/04/2026, 05/01/2026, 26/01/2026, 16/02/2026.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES – OPTION 1	**Cheese and Tomato Pizza** with Pesto Pasta (V)	**Beef Burger** with Herby Diced Potatoes (H)	**Roast Turkey** with Potatoes, Yorkshire Pudding and Gravy (H)	**Chicken and Sweetcorn Pie** with Mashed Potato (H)	**Fish Fingers** with Chips
HOT DISHES – OPTION 2	**Spicy Tomato Pasta Bake** with a Garlic Doughball (V)	**Chinese Vegetable Rice** (V)	**Quorn Roast** with Potatoes, Yorkshire Pudding and Gravy (V)	**Baked Bean Pasta Bake** (V)	**Quorn Dippers** with Chips (VE)
HOT DISHES – OPTION 3		**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	
	HOT DISHES ARE SERVED WITH TWO SEASONAL VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES – OPTION 4	**Cheese Panini** (V)	**Tuna and Cheese Panini Melt**	**Roast Chicken Pitta Pocket** (H)	**Cheese and Tomato Panini** (V)	**Cheese Panini** (V)
DELI DISHES – OPTION 5	**Egg Mayonnaise Roll** (V)	**Cream Cheese and Cucumber Pitta Pocket** (V)	**Cheese Baguette** (V)	**Tuna and Sweetcorn Wrap**	
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	**Chocolate Cookie** (VE)	**Strawberry Ice Cream**	**Apple and Berry Crumble** with Custard	**Chocolate Fudge Cake**	**Yoghurt and Fruit**

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping (V)

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

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WEEK 3

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES — OPTION 1	**Cheese and Tomato Pizza** with Pesto Pasta (V)	**Vegan Sausage Roll** with Herby Diced Potatoes (H)	**Roast Chicken** with Mashed Potato, Yorkshire Pudding and Gravy (H)	**Beef Bolognese** with Wholewheat Pasta (H)	**Battered Pollock** Served with Chips
HOT DISHES — OPTION 2	**Red Pepper and Pesto Spaghetti** (V)	**Chinese Vegetable Noodles** (V)	**Quorn Roast** with Mashed Potato, Yorkshire Pudding and Gravy (V)	**Macaroni Cheese** (V)	**Quorn Dippers** with Chips (VE)
HOT DISHES — OPTION 3		**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	**Tomato Pasta** Fresh, Homemade Tomato Sauce with Pasta (V)	
	HOT DISHES ARE SERVED WITH TWO SEASONAL VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES — OPTION 4	**Cheese Panini** (V)	**Cheese and Tomato Panini** (V)	**Roast Chicken Pitta Pocket** (H)	**Cheese Panini** (V)	**Cheese Panini** (V)
DELI DISHES — OPTION 5	**Houmous and Carrot Wrap** (VE)	**Tuna Sandwich**	**Cheese Wrap** (V)	**Tuna and Sweetcorn Pitta Pocket**	
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	**Oat Cookie** with Fruit (VE) (Fruity!)	**Vanilla Ice Cream**	**Chewy Muesli Fruit Bar** (VE) (Nutritionist's Choice)	**Chocolate Sponge** with Chocolate Custard	**Yoghurt and Fruit** (Fruity!)

AVAILABLE DAILY

FRESH FRUIT, SALAD, YOGHURT AND WATER

BAKED POTATOES With a choice of topping (V) (Oily Fish)

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

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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