

Weekly Menu

Lunch Set Menu 03/01/2022 - 07/01/2022

weekly menu



Date	Monday, 03/01/22	Tuesday, 04/01/22	Wednesday, 05/01/22	Thursday, 06/01/22	Friday, 07/01/22
Soup	Pumpkin Soup	Egg & Seaweed Soup	Lentils Soup	Minestrone Soup	Mushrooms & Noodle Soup
Main Dish	Pasta Bolognese with Garlic Bread	Sweet & Sour Chicken with Steamed Rice	Fish & Shrimp Curry with Rice	Shepherds Pie with Garlic Bread	Cutlet Pork with Tonkatsu Sauce & Udon Noodles
Vegetarian Option	Pesto Pasta & Roast Tomatoes with Garlic Bread	Sweet & Sour Eggplant and Eggs with Steamed Rice	Quinoa & Cauliflower Balls with Coconut Sauce	Lentils & Veggies Pie	Stir Fried Soba Noodles with Tofu
Vegetable Sides	Sauteed Cauliflower & Carrots	Steamed Green Veggies	Cauliflower & Carrots	Grilled Veggies	Broccoli & Carrots
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day
Weekly Special(Nanhu)	Stewed Beef & Noodles				
Sandwich Special(Secondary)	Chicken & Avocado				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):745
Fat (g):24

Protein (g): 22
Carbohydrate (g):116

Chartwells

Weekly Menu

Lunch Set Menu 10/01/2022 - 14/01/2022

weekly menu



Date	Monday, 10/01/22	Tuesday, 11/01/22	Wednesday, 12/01/22	Thursday, 13/01/22	Friday, 14/01/22
Soup	Roast Tomato Soup	Miso Soup	Pumpkin Soup	Corn Chowder	Pistou Soup
Main Dish	Sausage & Ham Tomato Sauce with Pasta and Garlic Bread	Teriyaki Chicken with Steamed Rice	Beef Stew with Mash Potato	Fish Fingers & Roasted Potato Wedges	Chicken Fajitas & Roast Mini Potatoes
Vegetarian Option	Roast Peppers Pesto Pasta with Eggplant & Garlic Bread	Eggplant Teriyaki with Steamed Rice	Quinoa & Veggies Pancakes with Mash Potato	Aloo Gobi Mutter	Mixed Beans Chili with Tortilla & Roast Mini Potatoes
Vegetable Sides	Grilled Zucchini	Sauteed Broccoli & Cauliflower with Carrots	Roast Veggie Mix	Sauteed Green Veggies	Corn on Cob
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day
Weekly Special(Nanhu)	Chicken Pad Thai & Asian Slaw				
Sandwich Special(Secondary)	Roast Beef & Pickles				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755
Fat (g):25

Protein (g):75
Carbohydrate (g):118

Chartwells

Weekly Menu

Lunch Set Menu 17/01/2022 - 21/01/2022

weekly menu



Date	Monday, 17/01/22	Tuesday, 18/01/22	Wednesday, 19/01/22	Thursday, 20/01/22	Friday, 21/01/22
Soup	Egg & Seaweed Soup	Broccoli & Spinach Soup	Mushrooms & Noodles Soup	Roast Pumpkin Soup	Veggie Soup
Main Dish	BBQ Chicken Wings with Rice Noodles	Beef Lasagna	Braised Pork with Steamed Rice & Boiled Egg	Roast Chicken with Mash Potato & Gravy	Stir Fried Beef with Mushrooms & Steamed Rice
Vegetarian Option	Vegetarian Dumplings with Fried Rice Noodles	Roast Eggplant & Lentils Lasagna	Veggie Pancake with Sour Cream & Tomato Fried Egg	Chickpea Stew & Mash Potato	Spanish Omelette with Roast Bell Peppers
Vegetable Sides	Sauteed Chinese Broccoli	Cauliflower & Carrots	Steamed Baby Cabbage	Broccoli & Carrots	Ratatouille
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans
Weekly Special(Nanhu)	Tonkatsu Pork, Fried Rice With Shrimps, Hibachi Vegetables				
Sandwich Special(Nanhu)	BBQ Pulled Pork				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):745
Fat (g):23

Protein (g):25
Carbohydrate (g):118

Chartwells

Weekly Menu

Lunch Set Menu 23/01/2022 - 27/01/2022

weekly menu



Date	Monday, 23/01/22	Tuesday, 24/01/22	Wednesday, 25/01/22	Thursday, 26/01/22	Friday, 27/01/22
Soup	Tomato Soup	Pea Soup	Creamy Corn Chowder	Broccolis Soup	Seaweed & Egg Soup
Main Dish	Creamy Chicken Pasta with Garlic Bread	Teriyaki Char siou with Veggie Rice	Fried Chicken with Tartar Sauce & Roasted Wedges	Shepherds Pie with Garlic Bread	Kung Pao Chicken with Steamed Rice
Vegetarian Option	Vegan Pasta Bake with Z-Rou Bolognese	Teiyaki Eggplant with Veggies & Steamed Rice	Butternut Squash & Spinach Curry	Cauliflower Ball with Tomato Sauce & Pasta	Vegan Mapo Tofu with Steamed Rice
Vegetable Sides	Cauliflower & Carrots	Garlic Baby Cabbage	Sauteed Chinese Broccoli	Grilled Veggies	Sauteed Choisum
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day
Weekly Special(Nanhu)	Sausage, Potato Gratin, Ratatouille				
Sandwich Special(Secondary)	Bacon & Egg Salad				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755
Fat (g): 24

Protein (g):25
Carbohydrate (g):114

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