



## Chartwells Lewisham Spring/Summer 2019 Menu Introduction

Summer is on the way and our main menu is changing! As you are aware our menu is accredited with the Soil Association 'Food for Life' award, we are very proud of this and work hard to keep our menu at a high standard. The Food for Life 'Making Healthy Eating Easy' standard now promotes a 'Meat and Cheese' free day and therefore this menu cycle reflects this to maintain our silver standard.

In line with our Sugar Smart partnership, we are also reducing the number of non-fruit accompaniments in our desserts, as well as the amount of added sugar in the desserts themselves. We are very proud of this achievement and have taken out a whopping 9g of sugar per dessert per day since 2015. Similarly, we are also promoting more whole grains in our menu to increase the fibre content.



Chartwells Lewisham are Sugar Smart  
find out more, visit our website:  
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MSC-C-50704



# LEWISHAM MENU WEEK 1

## Spring/Summer 2019

Week Starting: 22/04 13/05 10/06 01/07 22/07 02/09 23/09 14/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish 1</b>	<b>Vegetable Bolognese Pasta**</b> <i>with Broccoli &amp; Cauliflower</i>	<b>BBQ Beef Meatballs</b> <i>with Rice, Green Beans &amp; Sweetcorn</i>	<b>Roast Chicken</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Jerk Chicken</b> <i>with Rice, Broccoli &amp; Mixed Vegetables</i>	<b>MSC Salmon Fish Fingers ***</b> <i>with Chips, Peas &amp; Baked Beans</i>
<b>Main Dish 2</b>	<b>Chinese Style Veggie Rice**</b> <i>with Broccoli &amp; Cauliflower</i>	<b>Tomato &amp; Mozzarella Pizza</b> <i>with Jacket Wedges (no oil), Green Beans &amp; Sweetcorn</i>	<b>Quorn Roast</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Vegetable Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **, Broccoli &amp; Mixed Vegetables</i>	<b>Veggie Hotdog</b> <i>with Chips, Peas &amp; Baked Beans</i>
<b>Deli Choice</b>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
<b>Salad Bar</b>	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
<b>Desserts</b>	<b>Apple Oaty Flapjack</b> <i>with Fresh Fruit Slices *</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Strawberry Swirl Sponge</b> <i>With Custard</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Mango Frozen Yoghurt</b> <i>with Fresh Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Brownie Cake</b> <i>with Cream</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Peach &amp; Berry Chill</b> <i>with Fresh Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>

Offered Daily: Fresh Bread, 5 Choice Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

\*\*\*\*Deli/Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

\*50%Fruit Based \*\*Wholegrain \*\*\*Oily Fish



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# LEWISHAM MENU WEEK 2

## Spring/Summer 2019

Week Starting: 29/04 20/05 17/06 08/07 09/09 30/09



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish 1</b>	<b>Quorn Meatball Sub</b> <i>with Jacket Wedges (no oil), Sweetcorn &amp; Peas</i>	<b>Beef Bolognese Pasta</b> <i>with Green Beans &amp; Cauliflower</i>	<b>Roast Turkey or Beef</b> <i>with Roast Potatoes, Gravy, Cabbage &amp; Carrots</i>	<b>Chicken &amp; Tomato Spicy Rice**</b> <i>with, Broccoli &amp; Mixed Vegetables</i>	<b>Battered MSC Pollock Fish Fillet</b> <i>with Chips, Peas &amp; Baked Beans</i>
<b>Main Dish 2</b>	<b>Tomato and Basil Pasta**</b> <i>With Sweetcorn &amp; Peas</i>	<b>Vegetarian Sausages</b> <i>with Mashed Potato, Green Beans &amp; Cauliflower</i>	<b>Shepherdess Pie</b> <i>with Cabbage &amp; Carrots</i>	<b>Veggie Noodles</b> <i>with Broccoli &amp; Mixed Vegetables</i>	<b>Macaroni Cheese</b> <i>with Peas &amp; Baked Beans</i>
<b>Deli Choice</b>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
<b>Salad Bar</b>	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
<b>Desserts</b>	<b>Chocolate Cake</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Apple &amp; Carrot Traybake</b> <i>with Fresh Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Vanilla Ice Cream</b> <i>with Fresh Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Pear Upside Down Cake</b> <i>with Custard</i>  <b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Oaty Biscuit</b> <i>with Fresh Fruit Slices*</i>  <b>Yoghurt &amp; Fresh Fruit Slices*</b>

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# LEWISHAM MENU WEEK 3

## Spring/Summer 2019

Week Starting: 06/05 03/06 24/06 15/07 16/09 07/10



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish 1</b>	<b>BBQ Quorn Burger</b> <i>with Jacket Wedges (no oil), Broccoli &amp; Carrots</i>	<b>Beef Lasagne</b> <i>with Garlic &amp; Herb Bread Wedge **, Peas &amp; Roast Vegetables</i>	<b>Roast Chicken</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Chicken &amp; Vegetable Noodles</b> <i>with Sweetcorn &amp; Mixed Vegetables</i>	<b>Golden MSC Cod Fish Fingers</b> <i>with Chips, Baked Beans &amp; Peas</i>
<b>Main Dish 2</b>	<b>Mild Chickpea &amp; Potato Curry</b> <i>with Rice**, Broccoli &amp; Carrots</i>	<b>Vegetable Supreme Pizza</b> <i>with Jacket Wedges (no oil), Peas &amp; Roast Vegetables</i>	<b>Sweet Potato and Chickpea Roast</b> <i>with Roast Potatoes, Gravy, Carrots &amp; Cabbage</i>	<b>Vegetarian Paella**</b> <i>with Sweetcorn &amp; Mixed Vegetables</i>	<b>Crispy Quorn Dippers</b> <i>with Chips, Baked Beans &amp; Peas</i>
<b>Deli Choice</b>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>	<i>School's Choice****</i>
<b>Salad Bar</b>	<i>Coleslaw, Carrot Sticks, Cucumber, Tomato, Lettuce</i>	<i>Potato Salad, Pepper Sticks, Cucumber, Tomato, Lettuce</i>	<i>Pasta Salad, Sweetcorn, Cucumber, Tomato, Lettuce</i>	<i>Bean Salad, Grated Carrot, Cucumber, Tomato, Lettuce</i>	<i>Apple Slaw, Beetroot, Cucumber, Tomato, Lettuce</i>
<b>Desserts</b>	<b>Peach Slice</b> <i>with Fresh Fruit Slices*</i>	<b>Lemon Drizzle Cake</b> <i>with Fresh Fruit Slices*</i>	<b>Strawberry Frozen Yoghurt</b> <i>with Fresh Fruit Slices*</i>	<b>Apple and Berry Crumble</b> <i>with Custard</i>	<b>Chocolate Shortbread</b> <i>with Fresh Fruit Slices*</i>
	<b>Yoghurt &amp; Fresh Fruit Bowl*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>	<b>Yoghurt &amp; Fresh Fruit Salad*</b>	<b>Yoghurt &amp; Fresh Fruit Slices*</b>

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