

Autumn/Winter
2017/2018
Steamplicity

FREE

Super Hero school
meals for every
child in reception
and years 1 & 2

You could
save over
£430.00*
per child, per year

We engage
with children
through fun
food activities.

Welcome to the West Sussex
School menu. As well as having
some exciting new meals to try,
our executive chefs have been
listening to our young customers
and updating some of our
traditional favourites.
In addition to providing tasty and
nutritious food you can also be
safe in the knowledge that it is
sustainably sourced with meat
from British quality assured farms,
fish from sustainable fisheries and
all our eggs are free range and
Fairtrade products used when
possible

Lovingly prepared,
tasty and nutritious
school meals.

We are proud
to have our own
team of registered
nutritionists.

To order meals or for more information visit us at www.mealselector.co.uk,
email 73041@compass-group.co.uk or phone 01243 836130.
For more information on special diets, please contact westsussexspecialdiets@compass-group.co.uk.
To report sickness on the day call by 10:30am on 01243 773239 (messages only).

Food

Super Heroes

Menu



Chartwells
EAT LEARN LIVE

Week one

Monday

30/10 20/11 11/12 01/01 22/01 05/03 26/03

Choose a main meal...

Chicken Korma & Rice

Vegetarian Hotpot ✓

Jacket Potato with Filling

on the side...

Sweetcorn

for dessert...

Fruity Yoghurt with a Crunchy Twist

Fruit Salad

Tuesday

Choose a main meal...

Beef Stew & Dumplings

Beany Pasta ✓

Jacket Potato with Filling

on the side...

Rainbow Vegetables

for dessert...

Pineapple Upside Down Cake & Custard

Yoghurt or Fruit

Wednesday

Choose a main meal...

Roast Ham Slices in Gravy with Roast Potatoes

Cauliflower & Sweetcorn Bake ✓

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Yoghurt & Melon Slices

Fruit Salad

Thursday

Choose a main meal...

Cheese & Tomato Wholegrain Pizza ✓

Salmon Paella

Jacket Potato with Filling

on the side...

Peas & Sweetcorn

for dessert...

Apricot Shortbread

Yoghurt or Fruit

Friday

Choose a main meal...

Fish & Chips

Quorn Burger in a Bun & Chips ✓

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Yoghurt with Apple & Grapes

Fresh Fruit

Week two

06/11 27/11 18/12 08/01 29/01 19/02 12/03

Choose a main meal...

Mild Beef Chilli & Wholegrain Rice

Veggie Sausage & Bean Casserole ✓

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Chocolate Muffin

Yoghurt or Fruit

Choose a main meal...

Cheese & Tomato Pasta ✓

Butternut Squash & Chickpea Curry with Rice ✓

Jacket Potato with Filling

on the side...

Peas & Sweetcorn

for dessert...

Crunchy Red Berry Yoghurt

Fruit Salad

Choose a main meal...

Roast Chicken in Gravy with Roast Potatoes

Quorn Fillet in Gravy with Roast Potatoes ✓

Jacket Potato with Filling

on the side...

Carrots

for dessert...

Oat Cookie

Yoghurt or Fruit

Choose a main meal...

Burger in a Bun with Salad

Veggie Pasta Bolognese ✓

Jacket Potato with Filling

on the side...

Peas

for dessert...

Yoghurt & Melon Slices

Fruit Salad

Choose a main meal...

Fish & Chips

Free Range Omelette & Chips ✓

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Mandarin Drizzle Sponge

Yoghurt or Fruit

Week three

£2.30

13/11 04/12 15/01 05/02 26/02 19/03

Choose a main meal...

Sausages in Gravy & Mash Potato

Veggie Shepherd's Pie ✓

Jacket Potato with Filling

on the side...

Peas

for dessert...

Yoghurt with Sliced Orange & Grapes

Fruit Salad

Choose a main meal...

Mild Chicken Tikka Masala & Rice

Creamy Pesto Pasta ✓

Jacket Potato with Filling

on the side...

Carrots & Sweetcorn

for dessert...

Cheese & Crackers

Yoghurt or Fruit

Choose a main meal...

Slow Cooked Shredded Beef in Gravy & Roast Potatoes

Quorn Sausage in Gravy & Roast Potatoes ✓

Jacket Potato with Filling

on the side...

Green Vegetable Medley

for dessert...

Mandarin Yoghurt Pot

Yoghurt or Fruit

Choose a main meal...

Macaroni Cheese ✓

Mild Bean Chilli & Wholegrain Rice ✓

Jacket Potato with Filling

on the side...

Rainbow Vegetables

for dessert...

Toffee & Apple Muffin

Yoghurt or Fruit

Choose a main meal...

Fish & Chips

Quorn Burger in a Bun & Chips ✓

Jacket Potato with Filling

on the side...

Baked Beans or Salad

for dessert...

Yoghurt with Orange & Apple Slices

Fruit Salad

Our chicken and milk are Red Tractor approved



WE BUY 95% of our seasonal vegetables direct from British growers



ALL OUR BEEF is from THE UK OR IRELAND

FRESH SALAD IS AVAILABLE ON A DAILY BASIS

REDUCING OUR CARBON FOOTPRINT OVER 30% of our products are transported by vehicles that run on biodiesel

WE SUPPORT 82 BRITISH DAIRY FARMS



All Eggs used are British Free Range

FARM TO FORK We can trace every cut of meat back to the British farms of origin

Bloomer Bread

AVAILABLE EVERY DAY



All our bananas are FAIRTRADE

