

FREE

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

You could save
£430*
per child, per year

We engage with children through fun food activities.

Welcome to our West Sussex lunch 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

Autumn/Winter
2018/2019
Steamplicity



Chartwells
EAT LEARN LIVE

Week one

12/11 03/12 24/12 14/01 04/02 25/02 18/03 08/04

Monday

Choose a main meal...

Sausage, Mash & Baked Beans

on the side...

Peas or Salad

Butternut Squash & Chickpea Curry with Rice v

for dessert...

Cheese & Biscuits

Jacket Potato with Coleslaw v

Fruit Salad

Tuesday

Choose a main meal...

Macaroni Cheese v

on the side...

Rainbow Vegetables or Salad

Chicken Korma & Rice

for dessert...

Apricot Flapjack

Jacket Potato with Cheese & Baked Beans v

Fruit Salad

Wednesday

Choose a main meal...

Roast Chicken in Gravy with Roast Potatoes

on the side...

Seasonal Vegetables

Veggie Sausage in Gravy & Roast Potatoes v

for dessert...

Fruit Yoghurt & Granola Topping

Jacket Potato with Tuna Mayo or Cheese

Fruit Salad

Thursday

Choose a main meal...

Cheese & Tomato Pizza v

on the side...

Sliced Carrots & Sweetcorn or Salad

Beef Pasta Bolognese

for dessert...

Banana Marble Sponge & Custard
Fruit Salad

Jacket Potato with Baked Beans v

Friday

Choose a main meal...

Fish & Chips

on the side...

Baked Beans or Salad

Veggie Burger in a Bun & Chips v

for dessert...

Melon Slices & Orange Wedges

Jacket Potato with Cheese & Coleslaw v

Fresh Fruit Bowl

Week two

29/10 19/11 10/12 31/12 21/01 11/02 04/03 25/03 15/04

Choose a main meal...

Cheese & Tomato Pasta v

on the side...

Rainbow Vegetables or Salad

Salmon Paella

for dessert...

Muesli Flapjack

Jacket Potato with Cheese & Baked Beans v

Fruit Salad

Choose a main meal...

BBQ Chicken & Rice

on the side...

Sliced Carrots & Sweetcorn or Salad

Veggie Sausage & Bean Casserole & Diced Potatoes v

for dessert...

Cheese & Biscuits

Jacket Potato with Coleslaw v

Fruit Salad

Choose a main meal...

Roast Beef in Gravy with Roast Potatoes

on the side...

Seasonal Vegetables

Cauliflower Bake with Roast Potatoes v

for dessert...

Toffee Apple Muffin

Jacket Potato with Tuna Mayo or Cheese

Fruit Salad

Choose a main meal...

Chicken Fillet in a Bun with Mayo or Ketchup

on the side...

Peas or Salad

Mild Bean Chilli and Rice v

for dessert...

Fruit Salad

Jacket Potato with Baked Beans v

Whole Piece of Fruit

Choose a main meal...

Fish & Chips

on the side...

Baked Beans or Salad

Quorn Frankfurter & Chips v

for dessert...

Fruit Yoghurt & Granola Topping

Jacket Potato with Cheese & Coleslaw v

Fruit Salad

Week three

05/11 26/11 17/12 07/01 28/01 18/02 11/03 01/04

Choose a main meal...

Macaroni Cheese v

on the side...

Rainbow Vegetables or Salad

Mild Beef Chilli & Rice

for dessert...

Fruit Yoghurt & Granola

Jacket Potato with Coleslaw v

Fruit Salad

Choose a main meal...

Cheese & Tomato Pizza v

on the side...

Peas or Salad

Butternut Squash & Chickpea Curry and Rice v

for dessert...

Mandarin Drizzle Cake

Jacket Potato with Cheese & Baked Beans v

Fruit Salad

Choose a main meal...

Roast Ham in Gravy & Roast Potatoes

on the side...

Seasonal Vegetables

Veggie Meatballs in Gravy & Roast Potatoes v

for dessert...

Peaches & Custard

Jacket Potato with Tuna Mayo or Cheese

Fruit Salad

Choose a main meal...

Chicken Tikka Masala & Rice

on the side...

Sliced Carrots & Sweetcorn or Salad

Veggie Pasta Bolognese v

for dessert...

Cheese & Biscuits

Jacket Potato with Baked Beans v

Fruit Salad

Choose a main meal...

Fish & Chips

on the side...

Baked Beans or Salad

Cheese & Tomato Pasta v

for dessert...

Chocolate Muffin

Jacket Potato with Cheese & Coleslaw v

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

Chilled water, milk, salad and bread are available daily.

All paid meals to be ordered one full week in advance of the entire week they are required, either online by midnight Sunday or via telephone by 3pm Friday.

Terms and Conditions apply. Please see our website or contact us for more information. Menu is subject to availability.



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

