

Spring/Summer  
2018

You could  
save over  
**£418.00\***  
per child per year

We engage  
with children  
through fun  
food activities.

Lovingly prepared,  
tasty and nutritious  
school meals.

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

Since September 2014, children in reception and years 1 & 2 are entitled to FREE school meals through the Government's 'Universal Infant Free School Meals' initiative. So who are we? We're Chartwells and are responsible for preparing your children's tasty meals. We love to help children discover and learn about the food they eat, where it comes from and how it's prepared. It's great fun for them and us!

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

If you would like to know more about our school meals, contact Di Thomas  
- Tel: 01872 540544, e-mail: [diana.thomas@compass-group.co.uk](mailto:diana.thomas@compass-group.co.uk)

# Food Super Heroes Menu

  
**Chartwells**  
EAT LEARN LIVE



## Week one

Monday

16/04 07/05 04/06 25/06 16/07 03/09 24/09 15/10

Choose a main meal...

Mozzarella & Tomato Pizza with Jacket Wedges ✓  
Mediterranean Summer Beans with Wholemeal Pasta ✓

on the side...

Carrots  
Peas

for dessert...

Berry Chill

Tuesday

Choose a main meal...

Chicken Mayo Burger with half Jacket Potato  
Vegetable Biryani ✓

on the side...

Green Beans  
Sweetcorn

for dessert...

Mini Chocolate Brownie with Banana & Custard

Wednesday

Choose a main meal...

Roast Pork with Roast Potatoes & Gravy  
Quorn Roast with Roast Potatoes & Gravy ✓

on the side...

Seasonal Cabbage  
Carrots

for dessert...

Blueberry Fro Yoghurt

Thursday

Choose a main meal...

Beef Chilli with Rice  
Macaroni, Sweetcorn & Cheese Bake ✓

on the side...

Broccoli  
Cauliflower

for dessert...

Berry Flapjack

Friday

Choose a main meal...

Crispy Fish & Chips  
Veggie Hot Dog with Chips ✓

on the side...

Baked Beans  
Peas

for dessert...

Orange Shortbread with Yoghurt Dipper

## Week two

23/04 14/05 11/06 02/07 23/07 10/09 01/10 22/10

Choose a main meal...

Mac 'N' Cheese ✓  
Vegetarian Moussaka ✓

on the side...

Broccoli  
Sweetcorn  
for dessert...  
Vanilla Ice Cream

Choose a main meal...

Pork Sausages with Creamy Mash & Gravy  
Vegetarian Sausages with Creamy Mash & Gravy ✓

on the side...

Sweetcorn  
Seasonal Cabbage  
for dessert...  
Chocolate & Banana Mousse Pot

Choose a main meal...

Roast Turkey with Roast Potatoes & Gravy  
Cauliflower and Broccoli Cheese Bake with Roast Potatoes & Gravy ✓

on the side...

Peas  
Cauliflower  
for dessert...  
Oatie Biscuits with Fruit Slices

Choose a main meal...

Beef Keema Curry with Rice  
Creamy Tomato & Basil Pasta ✓

on the side...

Carrots  
Green Beans  
for dessert...  
Carrot & Banana Slice with Custard

Choose a main meal...

Golden Fish Fingers & Chips  
Bean Burger in a Bun & Tomato Relish with Chips ✓

on the side...

Baked Beans  
Crunchy Light Coleslaw  
for dessert...  
Strawberry Jelly

## Week three

£2.20

30/04 21/05 18/06 09/07 17/09 08/10

Choose a main meal...

Cheesy Pizza Bianca with Jacket Wedges ✓  
Vegetarian Bolognese ✓

on the side...

Peas  
Apple Slaw  
for dessert...  
Mango Fro Yoghurt

Choose a main meal...

Creamy Chicken Curry with Rice  
Quorn Frankfurter Pasta Bake ✓

on the side...

Broccoli  
Carrots  
for dessert...  
Peach Crumble with Custard

Choose a main meal...

Roast Chicken with Roast Potatoes & Gravy  
Country Vegetable Pie with Roast Potatoes & Gravy ✓

on the side...

Seasonal Cabbage  
Sweetcorn  
for dessert...  
Wedges of Pear, Apples & Orange

Choose a main meal...

Beef Pasta Bolognese  
Mild Potato & Chickpea Curry with Rice ✓

on the side...

Green Beans  
Mediterranean Vegetables  
for dessert...  
Chocolate & Gingerbread Bite

Choose a main meal...

Crispy Salmon Fillet with Chips  
Crispy Battered Fish & Chips  
Bean & Pepper Fajita with Chips ✓

on the side...

Baked Beans  
Peas  
for dessert...  
Strawberry Ice Cream

All our milk is Red Tractor approved



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



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

change 4 life



WE SUPPORT 82 BRITISH DAIRY FARMS



We only use Lion Quality British Eggs



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

ALL OUR BREAD IS FRESHLY BAKED EVERY DAY



All our bananas are FAIRTRADE

