



FREE

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

You could
save over
£430*
per child per year

We engage
with children
through fun
food activities.

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!

*This saving will depend on the cost of a meal
at your school.

Lovingly prepared,
tasty and nutritious
school meals.

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

Food

Super Heroes

Menu




Chartwells
EAT LEARN LIVE

Week one



If you don't fancy dessert, you can **always** enjoy fresh fruit or yoghurt

30/10, 20/11, 11/12, 8/1, 29/1, 26/2, 19/3,

Monday

Vegetable Supreme Pizza

Sweetcorn, Peppers, Cheese and Tomato Pizza with Jacket Wedges, Garden Peas and Sweetcorn

Borlotti Bean and Mushroom Carbonara (V)

Beans and Mushrooms in a Creamy Sauce with, Garden Peas and Sweetcorn

Ice Cream Pot and Fresh Fruit Slices

Tuesday

Beef and Vegetable Pie with Suet Crust

Organic Beef and Vegetables Topped with a Suet Crust Pastry Lid with New Potatoes, Gravy, Green Beans and Cauliflower

Vegeballs in Tomato Sauce (V)

Veggie Meatballs in a Tomato and Basil Sauce, with Rice Green Beans and Cauliflower Fruit in Jelly

Wednesday

Roast Turkey with Crispy Potatoes

Red Tractor Turkey with Cabbage, Carrots and Gravy

Cheese and Potato Bake (V)

Rich Creamy Cheese and Potato Bake with Cabbage and Carrots

Fruity Flapjack with Yoghurt

Thursday

Chinese Chicken

Farm Assured Chicken in a Five Spiced Sauce with Egg Noodles, Broccoli and Sweetcorn

Vegetable Biryani (V)

Mild Vegetable Rice Curry, Broccoli and Sweetcorn

Pineapple and Peach Crumble with Custard

Friday

MSC Battered Fish

Crispy Battered Pollock Fillet with Chips, Baked Beans and Garden Peas

Vegetable Chilli (V)

Vegetable Chilli with Rice, Baked Beans and Garden Peas

Chocolate and Banana Slice

Week two



Jacket Potatoes are **available every day** with a choice of filling

6/11, 27/11, 18/12, 15/1, 5/2, 5/3, 26/3

Monday

Super Hero Mac 'N' Cheese (V)

Macaroni in a Cheddar Cheese Sauce with Broccoli and Sweetcorn

Boston Bean Casserole (V)

BBQ Bean Casserole with Broccoli and Sweetcorn

Chocolate and Mandarin Sponge with Chocolate Sauce

Tuesday

Bangers with a Mash Mountain

Farm Assured Pork Sausages with Creamy Mashed Potato, Gravy, Garden Peas and Carrots

Vegebangers with Mash Mountain (V)

Vegetarian Sausages with Creamy Mash Potato, Gravy, Garden Peas and Carrots

Strawberry Cheesecake

Wednesday

Roast Beef with Crispy Potatoes

Organic Beef with Peas, Cauliflower and Gravy

Quorn Roast with Crispy Potatoes (V)

Quorn Roast with Peas, Cauliflower and Gravy

Ice Cream

Thursday

Beef Mexican Chilli

Organic Beef in a Mild Tomato Sauce with Wholegrain Rice, Sweetcorn and Green Beans

Roasted Cauliflower and Chickpea Korma (V)

Vegetables in a Creamy Curry Sauce with Wholegrain Rice, Sweetcorn and Green Beans

Carrot and Pineapple Cake Slice

Friday

MSC Fish Fingers

Golden Cod Fillet Fish Fingers with Chips, Baked Beans and Garden Peas

Bean and Potato Burrito (V)

Mexican Bean in Fajita Seasoning with Chips, Baked Beans and Garden Peas

Oatie Biscuit with Fruit Slices

Week three

13/11, 4/12, 1/1, 22/1, 19/2, 12/3,

Monday

Sizzling Beef Pizza

Cajun Spiced Organic Beef Pizza with Potato Wedges, Peas and Sweetcorn

Mild Vegetable Curry (V)

Fresh Vegetables in a Mild Curry Sauce with Wholegrain Rice, Peas and Sweetcorn

Strawberry Fro Yoghurt

Tuesday

Marinated Mild Chicken Tikka

Farm Assured Chicken in a Tikka Masala Sauce with Wholegrain Rice, Broccoli and Salad

Cheese and Sweetcorn Quiche (V)

Sweetcorn and Cheese in a Shortcrust Pastry Tart with New Potatoes, Broccoli and Salad

Mini Gingerbread Cake with Fresh Fruit

Wednesday

Roast Gammon with Crispy Potatoes

Farm Assured Gammon with Cabbage, Carrots and Gravy

Shepherdess Pie (V)

Veggie Mince with a Creamy Mash Top with Cabbage and Carrots

Apple Cracknell with Custard

Thursday

Pasta Bolognese

Organic Beef in an Italian Tomato Sauce with Wholegrain Pasta, Green Beans and Sweetcorn

Chinese Veggie Noodles (V)

Vegetable Chow Mein with Egg Noodles, Green Beans and Sweetcorn

Chocolate Sultana Crispie

Friday

MSC Crispy Salmon Fillet

Smartcrumb Salmon Fillet with Chips, Baked Beans and Peas

Veggie Quesadilla (V)

Mexican Vegetables in a Tortilla Wrap topped with Cheese with Chips, Baked Beans and Peas

Shortbread Biscuits with Fruit

Our dishes contain increased levels of:

- Fruit & Vegetables
- Pulses & Wholegrains

to ensure a nutritious, balanced meal everyday.



There is a vegetarian choice **every day...** and don't forget that salad is available **daily.**

- Fresh baked bread available everyday

Our Suppliers provide the freshest local ingredients:

- Scorse Butchers
- Trewithen Dairy
- Proper Cornish

Keep yourself topped up with water - it will help you concentrate **all day long.**

