

Spring/Summer
2018

Food Super Heroes Menu

FREE

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

You could
save over
£418.00*
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!

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

Lovingly prepared,
tasty and nutritious
school meals.

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

Chartwells
EAT LEARN LIVE

Week one

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

Choose a main meal...

Mozzarella & Tomato Pizza with Pasta Salad v
Mediterranean Summer Beans with Rice v

on the side...

Crunchy Salad
Peas

for dessert...

Wedges of Melons and Orange

Monday

Choose a main meal...

Chicken Mayo Burger with Jacket Wedges
Vegetable Biryani v

on the side...

House Coleslaw
Sweetcorn

for dessert...

Mini Chocolate Brownie with Banana & Custard

Tuesday

Choose a main meal...

Roast Garmmon with Roast Potatoes & Gravy
Quorn Roast with Roast Potatoes & Gravy v

on the side...

Seasonal Cabbage
Carrots

for dessert...

Blueberry Fro Yoghurt

Wednesday

Choose a main meal...

Beef Chilli with Rice
Macaroni, Sweetcorn & Cheese Bake v

on the side...

Broccoli
Cauliflower
for dessert...
Berry Flapjack

Thursday

Choose a main meal...

Crispy Fish & Chips
Veggie Hot Dog with Chips v

on the side...

Baked Beans
Peas
for dessert...
Orange Shortbread with Yoghurt Dipper

Friday

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 v
Vegetarian Moussaka v

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 v

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 v

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 v

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 v

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 v
Vegetarian Bolognaise v

on the side...

Peas
Apple Slaw
for dessert...
Mango Fro Yoghurt

Choose a main meal...

Creamy Chicken Curry with Rice
Quorn Frankfurter Pasta Bake v

on the side...

Broccoli
Carrots
for dessert...
Peach Crumble with Custard

Choose a main meal...

Roast Beef with Roast Potatoes & Gravy
Country Vegetable Pie with Roast Potatoes & Gravy v

on the side...

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

Choose a main meal...

Beef Pasta Bolognaise
Mild Potato & Chickpea Curry with Rice v

on the side...

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

Choose a main meal...

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

on the side...

Baked Beans
Peas
for dessert...
Strawberry Ice Cream

change
4life



If your child receives or needs a special diet or allergen menu, please speak to your catering manager or contact us. Our special diets menu can be provided following documentation from a medical professional. Jacket Potatoes with assorted toppings, fruit and yoghurt available daily.

WE SUPPORT
82 BRITISH DAIRY FARMS

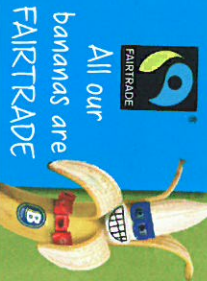


We only use
Lion Quality
British Eggs



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

ALL OUR
BREAD IS
FRESHLY BAKED
EVERY DAY



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

FRESH SALAD
IS AVAILABLE ON
A DAILY BASIS

