

## Week one

Monday

16/04 07/05 04/06 25/06 16/07 03/08 24/09 15/10

### Choose a main meal...

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

### on the side...

Crunchy Salad  
Peas  
**for dessert...**  
Wedges of Melons and Orange

Tuesday

### Choose a main meal...

Chicken Mayo Burger with Jacket Wedges  
Vegetable Biryani ✓

### on the side...

House Coleslaw  
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 10/08 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...**  
Strawberry Jelly

### 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...**  
Oatie Biscuit with Fruit Slices

## Week three

£2.20

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

### Choose a main meal...

Cheesy Pizza Bianca with Jacket Wedges ✓  
Vegetarian Bolognaise ✓

### 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 Bolognaise  
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 with 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

ALL OUR BANANAS ARE FAIRTRADE



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

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.





Spring/Summer  
2018

# 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!

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](mailto:diana.thomas@compass-group.co.uk)

# Food Super Heroes Menu



  
**Chartwells**  
EAT LEARN LIVE