

Autumn 2019 /
Winter 2020

Food Super Heroes Menu

FREE

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

You could save over
£399*
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.

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 school meals please contact our local office on 01174 406 456 or email NESquiries@compass-group.co.uk

Chartwells
EAT LEARN LIVE

Week one

04/11 25/11 16/12 20/01 10/02 09/03 30/03

Monday

Cheese & Tomato Pizza with Jacket Wedges ✓
on the side...
Peas
Carrots
for dessert...
Chocolate Slice

Organic Cottage Pie and Gravy

on the side...
Mad Veg
Green Beans
for dessert...
Apple & Berry
Crumble with Custard

Tuesday

Farm Assured Roast Chicken with Roast Potatoes & Gravy

on the side...
Cabbage
Broccoli & Cauliflower
Medy
for dessert...
Orange Drizzle Cake
with Custard

Wednesday

Beef Burger with Jacket Wedges

on the side...
Sweetcorn
Carrots
for dessert...
Shortbread Biscuit
with Fruit Slices

Thursday

Veggie Pizza Hot Dog with Jacket Wedges ✓

Golden Fish Fingers with Chips

on the side...
Baked Beans
Peas
for dessert...
Peach and Chocolate
Sponge

Friday

Week two

11/11 02/12 06/01 27/01 24/02 16/03

Vegetable Supreme Pizza with Jacket Wedges ✓

on the side...
Sweetcorn
Broccoli
for dessert...
Cheese & Biscuits

Farm Assured Chicken and Sweetcorn Pie with Mashed Potato

on the side...
Peas
Roasted Peppers &
Sweetcorn
for dessert...
Fruitjack with Fruit
Slices

Organic Roast Beef with Roast Potatoes & Gravy

on the side...
Roast Parsnips
Broccoli & Cauliflower
Medy
for dessert...
Apple & Pear Strudel
with Custard

Roast Vegetable and Butterbean Crumble with Roast Potatoes & Gravy ✓

Organic Beef Lasagne with Garlic & Herb Bread

on the side...
Green Beans
Carrots
for dessert...
Bread and Butter
Pudding with Custard

Quorn Pasta Bolognese with Garlic & Herb Bread ✓

Golden Fish Fingers with Chips

on the side...
Baked Beans
Peas
for dessert...
Chocolate Cake

Quorn Dippers with Chips ✓

Week three

£1.20

18/11 09/12 13/01 03/02 02/03 23/03

Tomato & Mozzarella Pizza with Jacket Wedges ✓

on the side...
Carrots
Peas
for dessert...
Creamy Baked Rice
Pudding

BSO Quorn Burger with Jacket Wedges ✓

Organic Beef Pasta Bolognese

on the side...
Broccoli
Green Beans
for dessert...
Crunchy Chocolate
Biscuit with Fruit
Slices

Sweet Potato and Chickpea Tikka Masala with Rice ✓

Farm Assured Roast Turkey with Roast Potatoes & Gravy

on the side...
Cabbage
Carrot & Sweet Mash
for dessert...
Mango Frozen
Yoghurt

Vegetable Wellington with Roast Potatoes & Gravy ✓

Organic Pork Sausages with Mashed Potatoes & Gravy

on the side...
Peas
Sweetcorn
for dessert...
Banana and
Cinnamon Cake with
Custard

Vegetarian Sausages with Mashed Potatoes & Gravy ✓

Golden Fish Fingers with Chips

on the side...
Coleslaw
Baked Beans
for dessert...
Strawberry Frozen
Yoghurt

Tomato and Quorn Taco Cone with Chips ✓

If your child is in Reception, Year 1 or Year 2 then you can get your packed lunch or hot meal free of charge!

SPEAK TO YOUR SCHOOL RECEPTION TODAY

All of our packed lunches include a healthy snack, fruit and dessert to stop little tummies rumbling!

100% OF OUR MILK IS SUPPLIED BY BRITISH FARMERS

SERVED DAILY Jacket potatoes with various tasty fillings

2 OF YOUR 5 A DAY in every hot meal

SUGAR CRACKDOWN

30% less sugar across all of our desserts