

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.

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 school meals please contact our local office on 01174 406 456 or email NESqueries@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
 Bean and Potato Wrap with a Rice side ✓
for dessert... Chocolate Slice

Tuesday

-  Organic Cottage Pie and Gravy
on the side... Med Veg Green Beans
 Mac 'N' Cheese ✓
for dessert... Apple & Berry Crumble with Custard

Wednesday

-  Farm Assured Roast Chicken with Roast Potatoes & Gravy
on the side... Cabbage Broccoli & Cauliflower Medley
 Quorn Roast with Roast Potatoes & Gravy ✓
for dessert... Orange Drizzle Cake with Custard

Thursday



-  Beef Burger with Jacket Wedges
on the side... Sweetcorn Carrots
 Veggie Pizza Hot Dog with Jacket Wedges ✓
for dessert... Shortbread Biscuit with Fruit Slices

Friday

-  Golden Fish Fingers with Chips
on the side... Baked Beans Peas
 Salmon Fish Fingers or Quorn Dippers with Chips
for dessert... Peach and Chocolate Sponge

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
 Spaghetti Bake ✓
for dessert... Cheese & Biscuits

-  Farm Assured Chicken and Sweetcorn Pie with Mashed Potato
on the side... Peas Roasted Peppers & Sweetcorn
 Chinese Veggie Noodles ✓
for dessert... Flapjack with Fruit Slices

-  Organic Roast Beef with Roast Potatoes & Gravy
on the side... Roast Parsnips Broccoli & Cauliflower Medley
 Roast Vegetable and Butterbean Crumble with Roast Potatoes & Gravy ✓
for dessert... Apple & Pear Strudel with Custard

-  Organic Beef Lasagne with Garlic & Herb Bread
on the side... Green Beans Carrots
 Quorn Pasta Bolognese with Garlic & Herb Bread ✓
for dessert... Bread and Butter Pudding with Custard

-  Golden Fish Fingers with Chips
on the side... Baked Beans Peas
 Quorn Dippers with Chips ✓
for dessert... Chocolate Cake

Week three

£2.10



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

-  Tomato & Mozzarella Pizza with Jacket Wedges ✓
on the side... Carrots Peas
 BBQ Quorn Burger with jacket Wedges ✓
for dessert... Creamy Baked Rice Pudding

-  Organic Beef Pasta Bolognese
on the side... Broccoli Green Beans
 Sweet Potato and Chickpea Tikka Masala with Rice ✓
for dessert... Crunchy Chocolate Biscuit with Fruit Slices

-  Farm Assured Roast Turkey with Roast Potatoes & Gravy
on the side... Cabbage Carrot & Swede Mash
 Vegetable Wellington with Roast Potatoes & Gravy ✓
for dessert... Mango Frozen Yoghurt

-  Organic Pork Sausages with Mashed Potatoes & Gravy
on the side... Peas Sweetcorn
 Vegetarian Sausages with Mashed Potatoes & Gravy ✓
for dessert... Banana and Cinnamon Cake with Custard

-  Golden Fish Fingers with Chips
on the side... Coleslaw Baked Beans
 Tomato and Quorn Taco Cone with Chips ✓
for dessert... Strawberry Frozen Yoghurt

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